



Sherando High School Color Guard 2025

Color Guard is a team sport. It allows students to work with their peers, challenge themselves, enhance their communication and time management skills, and entertain audiences of all kinds. Through dance, flag, rifle, and sabre choreography, color guard performers in grades 8 through 12 will tell a visual story—while competing with other Virginia marching band programs.

The Sherando High School Color Guard program has been active since 1993. The program has continued to grow throughout the years. The 2025 Winter Guard program placed in the top 3 at each competition they attended and placed 6th out of 11 groups in their new class, CGSA2 at championships. The winter guard has reclassified into a new class the last 4 years. We participate in multiple events throughout the entire year such as:

- Apple Blossom Parade & Festivities
- Guard/band camp
- Fall Contest Season
- Home Football games
- Winchester & Middletown Holiday Parade
- Winter Guard Contest Season

Attendance

We are offering Color Guard as a Co-Curricular Activity. *It is NOT mandatory to be enrolled in the class to participate in the fall or winter seasons;* however, we do offer it as a class option for students (Day 1, 7th period). Those participating in the class will be held to the same attendance requirements as other courses. The grade for Color Guard class is solely based on attendance. *Class time will be utilized for individual rehearsal time and equipment preparation. Evening rehearsals are used as group rehearsals.*

Evening and weekend rehearsals are **required** by all members (those that are AND are not in the class). These rehearsals are used for an ensemble perspective such as learning movement and equipment technique, new choreography, and editing any show design concepts.

Please fill out the Google absence form for ANY absence (tardiness, early departure, or full missed rehearsal):

2025 Fall Absence Form



Work is not an excused absence. Please inform your employer of the rehearsal and performance schedule. **If a student has one unexcused or two excused absences from a rehearsal within a one-week period, they may not be allowed to participate in that week's performances.** If a student has missed a rehearsal, excused or unexcused, it is their responsibility to make up what was missed. Any absence issues will be dealt with on an individual basis.

Attendance for performances are required. These include all competitions and local parades occurring in the winter season. Calendars are given in April to help prepare for the upcoming season. Below are a few other **required** events:

- Evening Rehearsals
- All Home Football Games
- All Saturday day camps & Tag Day
- All Saturday contest days
- Holiday Parades throughout the season

Color Guard is a team sport. Our time together is valuable. We rely on one another and hold each other accountable. In order to grow as a team, we must all be present and attentive.

Rehearsals

Being on time is arriving 10 minutes early. Being on time is late. Being late is unacceptable. Please arrive at rehearsal and **be ready to begin at the noted time.** Our time together as a team is valuable. Lateness can result in individual or group consequences such as running laps or push-ups.

A normal rehearsal consists of about 20 minutes of body warm-up and movement, 20-30 minutes of equipment technique, and the rest of the time will be working on show content. Day camps will be predominantly learning drill and choreography for the fall show and offer some leadership and group activities.

Etiquette

- Open mind & positive attitude
- Holding yourself accountable
 - **Punctual**
 - If you are struggling, make time outside of rehearsal to practice and ask for help if needed
 - Taking care of equipment, uniforms, etc.
- Follow the appropriate dress code:
 - Work out shorts, capris, or leggings (we need to see your ankles and feet)
 - **NO jeans** or short shorts
 - All spaghetti strap shirts MUST be worn with a sports bra
 - Minimal to no jewelry (will need to be taken out or covered for performances)
 - Hair pulled back and out of face
 - Tennis shoes must be worn to every rehearsal
- Minimal talking in rehearsals; excessive talking could result in laps or push-ups
- No spinning when someone is talking
- Show respect to fellow members, staff, parents, and band members
- **Keep all non-guard related issues at the door. If a situation arises, please notify Kayla immediately.**

Safety

Color Guard can be a dangerous sport. All instructional practices are created to encourage and strengthen our members mentally and physically. If you have a preexisting injury, please notify us along with documentation from your doctor. If you are hurt during a rehearsal, please notify a director immediately. We will take the necessary actions needed to ensure the member does not increase the injury.

If you are feeling sick or experienced a recent injury, it is up to YOU on how much you participate. This is based on you knowing your limits and how much you can handle. Like mentioned before, this is a team sport where everyone holds themselves accountable. There is a difference between being hurt or sick and just giving up because you're tired, bored, etc. If you need a moment, inform a staff member, and take a few minutes.

Fees/Expenses

All members will have a responsibility of \$150 for the fall season. A \$50 retainer fee will be due May 28th, 2025 to assist with summer orders of uniforms, props, and shoes. This \$50 will go towards the \$150 band fee. Full band fee is to be paid by Friday, August 8th, 2025.

SHS Equipment/Accessories Provided

Uniform & garment bag
Undergarments
Guard gloves
Guard shoes
Jewelry/Hair Accessories
Eyeshadow & Lipstick per season
Show shirts (Fall & Winter)
Equipment

Guard Member Provided

Makeup: Sunscreen, Moisturizer, Primer, Foundation, Concealer, Powder, Eyebrow pencil, Eyeliner, Mascara, Setting spray/powder. (Blush, Contour, and Highlight are optional.)
Hair: Hair spray, gel, bobby pins, ponytail holders, curling iron, straightener, etc.
Attire: Guard Jacket (one time purchase), black attire (leggings, t-shirt, and tank top), athletic tennis shoes

There are multiple fundraising opportunities students can take advantage of to help contribute to their fees and the band booster organization. Some of these include:

- ❖ Tag Day
- ❖ Script Cards
- ❖ Krispy Kreme Donut Sales
- ❖ Touch a Truck
- ❖ T-Shirt Sponsorships (winter guard)

We may set up specific fundraising opportunities such as car washes, bake sales, etc. to go towards our guard account.

Conduct and Expectations

We will be traveling to various competition sites. All school rules and policies are in effect and are expected to be followed at all rehearsals and competitions. Any violation by students or parents will be disciplined according to the Frederick County Schools handbook.

Not only are we representing the Sherando High School band program, we are representing Sherando H.S., Frederick County Schools, and our community. Represent them with integrity and pride.

Just for Parents

The Sherando Band Booster organization would not be as successful as we are without a group of amazing students **AND** parents. We need your help and support! There will be several volunteer opportunities throughout the year to help us. Here are a few examples:

- Uniform managers
- Prop/tarp parents
- Bus chaperones
- Volunteers for fundraisers
- Group activity planner
- Meals on contest days

These opportunities will be presented through newsletters.

Communication

Communication is a key to our success. The Sherando Band Boosters send out a Newsletter. There will be notifications sent through the Remind App.

Band Booster website: sherandoband.org

Band Booster Facebook: www.facebook.com/SherandoBandboosters/

Sherando H.S. Website: <http://shs.frederick.k12.va.us>

Atlantic Indoor Association (winter guard): <http://atlanticindoor.org>

Winter Guard

For the 2025-2026 winter guard season, all members will be auditioning for the group. Elements such as attendance, attitude, execution of audition choreography, and paid fees from fall season will be considered. Winter guard will have a set fee of \$300. Calendars, t-shirt sponsorships, and any fundraising money in a student's account can go towards the fee.

Staff Contact Info:

Color Guard Director; TBD

Devon Stein-Band Assistant; steind@fcpsk12.net

Joel Cosner-Band Director; cosnerjo@fcpsk12.net