



Sherando High School Fall Guard 2026

The Sherando High School Color Guard program has been active since 1993. The program has continued to grow throughout the years. The 2026 Winter Guard program placed in the top 5 at each competition they attended and placed 5th at championships.

Attendance

All evening rehearsals, day camps, contest days, & parades are mandatory. Missed rehearsals must be entered into Absence Form. Unplanned emergencies must be communicated to Anneka ASAP through Student Square or email (nestvoga@fcpsk12.net) whether tardy or absent.

Students must make up what you missed before the next rehearsal regardless of the reasoning behind the missed rehearsal. A missed rehearsal/day camp may result in limited to no performance time. Work is NOT an excused absence. If there is ever trouble with transportation to and from rehearsals please communicate this, lack of transportation should not be a reason for absence at a rehearsal we can help you find a ride. **All absences must be communicated by 5/26/26, unless you are sick/injured or a family emergency arises.**

Any fall guard participant will be required to march in both Firefighter's & Apple Blossom parade—playing in band or spinning with color guard.

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. Tardiness 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, 10-20 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 marching band show.

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 have 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. As 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 the director and take a few minutes.

Etiquette

- ❖ Open mind & positive attitude
- ❖ Team Spirit
- ❖ Holding yourself accountable
 - o **Punctual**
 - o If you are struggling, make time outside of rehearsal to practice and ask for help if needed
 - o Taking care of equipment, uniforms, etc.
- ❖ Follow the appropriate dress code:
 - o Shorts, capris, or leggings (we need to see your ankles and feet)
 - **NO jeans** or short shorts
 - o Breathable shirts (t-shirts, or tank tops)
 - o Hair pulled back and out of face
 - o Tennis shoes must be worn to every rehearsal
- ❖ Minimal talking in rehearsals; excessive talking disrupts the rehearsal environment and takes away from instructional time
- ❖ **No spinning when someone on staff or leadership is talking**
- ❖ Show respect to fellow members, directors, parents, and band members
- ❖ **Keep all non-guard related issues at the door. If a situation arises, please notify Anneka immediately.**

Fees/Expenses/Fundraising

- ❖ All members must have their \$220 tuition paid + \$30 band fee
- ❖ Students will be responsible for purchasing the following: foundation, mascara/eyeliner, hair supplies, black attire (leggings, t-shirt/tank top), and Guard Jacket (for all members)

Conduct and Expectations

We will be traveling to various competition sites in the fall season. 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:

- ❖ **Prop parents**
- ❖ **Bus chaperones**
- ❖ **Volunteers for fundraisers**

Communication

Communication is a key to our success. Anneka will be sending out a monthly email to members and parents with upcoming rehearsals, events, and any other need-to-know information. The Sherando Band Boosters send out a Newsletter as well.

Band Booster website: www.sherandoband.org

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

Staff Contact Info:

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