



# Pasco High School

Preparing All Students for Challenging Opportunities

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## Pasco High School Color Guard Handbook, 2018-19 School Year

### Mission Statement:

The goal of the Pasco High School Colorguard Program is to provide an opportunity for students to participate in representing their school, to grow as individuals and team members, to teach performance skills, and to build self-confidence and self-esteem. Team activities will require that an individual put aside their personal feelings for the good of the team, creating an inclusive environment for all members to build relationships through respect and team-building. What is required of one, is required of all.

**Most importantly, membership in Colorguard is a *privilege* not a right.**

Please read the following Handbook carefully. Sign and return the agreement sheet to Mrs. Virtue, no later than  
**June 5<sup>th</sup> 2018.**

## **Attendance Policy:**

1. Attendance at every practice and performance is mandatory.
2. Excused Absence Policy
  - a. Each member is allowed **three (3) excused** absences during each color guard season.
  - b. An absence is excused if **both** of the following criteria are met:
    - i. The member's parent or guardian notifies the coach one week in advance of the absence, or the member's parent or guardian notifies the coach of a sudden, serious family emergency.
    - ii. The absence is **not** related to any of the following events or activities: social plans, jobs, sports, or other appointments or commitments of this nature.
  - c. Illness is an excused absence.
    - i. If you attend school, you must attend practice unless you are contagious or too ill to observe practice.
  - d. Missing school the Friday before a competition, for any reason, may prohibit you from performing in the competition. This will be discussed on a case-by-case basis with Mr. Herring and Coach Virtue.
3. Unexcused Absences
  - a. All other absences not addressed in the Excused Absence Policy are unexcused.
  - b. After **one (1) unexcused absence**, a phone call to the member's parents/guardians to discuss the reason for the unexcused absence and to give notice that the member has been put on *probation*.
  - c. Should a member on probation incur an additional unexcused absence, **totaling two (2) unexcused absences**, the member will be asked to leave color guard.
4. Tardy Policy
  - a. "Early is on time, On time is late, if you're late, go run some laps "  
Should a member arrive **on time or past practice start time**, that member will be considered late and may have to run laps, do extra spins, or depending on how late, asked to leave practice, resulting in an unexcused absence.

## **Practice Policies & Procedures**

1. Arrive 10-15 minutes early to every practice.
2. NO chewing gum is allowed at any time during practice.
3. All members must bring a water bottle or jug that holds at least 32-40oz of water. Water bottles must be full **before** practice starts. Members are **not** permitted to share water bottles.
4. Appropriate practice attire is required. You should be in practice attire before practice. "Appropriate practice attire" includes:
  - Comfortable workout attire
  - Gym/tennis shoes with socks
  - Hair pulled back and secure
  - No jewelry should be worn at practice. Stud earrings are acceptable.
  - Hats and Sun Visors are acceptable during band camp.
  - Sunglasses are not acceptable unless you have an eye condition and written notice from your doctor.
5. All members must come to every practice. Only exceptions are made for those who are sick or have sudden or serious family concerns. All of these concerns must be discussed with Coach Virtue.
6. No junk food will be allowed at practices. This includes fast food of any kind, chips, candies, chocolates, soda, juices, etc. Please arrive to practice with a well-balanced meal in your system and bring only water to drink. We live in Florida where it is 90 degrees plus on a regular basis. Taking care of ourselves while we are out in the heat is crucial.
7. All guard members are expected to exhibit respect and kindness at all times. Anything other than a positive attitude during practice will **not be tolerated**.

## **Performance Polices & Procedures**

1. You are never allowed to be in "partial uniform." The uniform is either entirely on, or entirely off.
2. You are not to run in uniform.
3. You are not to eat in uniform.

4. You must be on your best behavior while at a performance venue. Making negative comments about other performing groups is not permitted.
5. You may not leave the performance venue early unless you have it approved in advance with Coach Virtue.
6. You may not go anywhere alone while at a performance venue. You must always be with another guard member.

**Academic & Physical Eligibility:**

All students must meet Pasco High School requirements to be eligible for participation in a sport (maintain a **GPA of 2.0 or higher**). All students must have a **current physical** (signed on or before May 19<sup>th</sup> 2018 for the following school year) on file with the athletics office.

**Financial Obligations:**

Each Member will be responsible for paying all uniform package fees. Additionally the color guard may decide, as a group, to purchase additional personal equipment or spirit wear (t-shirts, sweats, shorts, pom poms, etc.). These costs will be communicated to the member and his or her parents/guardians in a timely fashion. Fundraising through the band booster organization is available to color guard members in order to off-set any of the costs of participating in color guard.

Fall 2018	Color Guard Fees
Uniform	\$101.90
Shoes & Gloves	\$40.90
Warm Up Jacket	\$39.95
T-Shirt & Shorts	\$30.00
Duffel & Garment Bag	\$32.90
<b>Total Fees:</b>	<b>\$245.65</b>

## **Etiquette**

### **General**

1. Arriving at practice “on time” means at least 15 minutes early.
2. If you are struggling, you will enlist someone to help you *outside* of practice or during your rhythmitics class.
3. Do not spin while the coach is giving whole-group instruction.
4. Do not move or talk at the end of a repetition until you are told to “relax or at ease.”
5. If the coach is working with another group that does not involve you, you should be working silently on parts of your show while paying attention in case your coach needs you.
6. Do your color guard duties (carrying cones, flag bags, music, etc.) without being asked.
7. There is a difference between being given time for water and being given a “break.” Time for water is **short** and **mandatory**. Breaks may be a bit longer and are optional.
8. Be dependable.
9. Be your best.

### **Social Media/Bullying/Discrimination/Harassment:**

All color guard members represent our school and team at **ALL** times. This means when you are off campus and not participating in color guard activities, you will behave in the same manner you are expected to when you are at practices or performances. This includes when using any form of social media, including but **not limited to**; Facebook, Twitter, Snap Chat, Instagram, and any other social media platform that allows you to post your photos, videos, and thoughts, send private messages, and communicate information in any other manner to the public world.

Furthermore, any guard member that participates in **any** form of Cyber-Bullying, discrimination, harassment, or simply speaking in a demanding,,

insulting, or threatening manner, on these platforms OR through text message, video, or **any** other platform your cell phone or computer has built in, PHSCG staff reserves the right to immediately dismiss you from the color guard team, no questions asked. This includes messages not only to guard members but to any other student attending Pasco High School or any other school, anywhere. There is a **ZERO tolerance policy** for behavior of this manner.

### **Technique:**

One of the most important aspects of color guard is having good technique. A color guard only has good technique if we all strive for, and achieve, the technique as a unit. The technique program used by each color guard is at the discretion of the color guard staff. How we spin in the PHSCG may be different than other schools or other instructors you have had in the past. Disagreeing with or questioning the technique of the coach and/or band director will not be tolerated.

### **Equipment & Maintenance:**

The maintenance and care of the Color Guard equipment is incredibly important. Equipment must be stored and cared for correctly. Equipment should never be lent out, left out, or unattended for any reason. It should be cleaned and handled with care per given instructions. Only color guard members are permitted to practice with the equipment. No member should ever allow another person to spin their equipment, even if that person participate(-s -d) in color guard during another season.

### **Leadership:**

The staff's duties include:

- General Supervision:
  - Order uniforms and equipment for each season.

- Plan and run appropriate practices to prepare for upcoming competitions and football game appearances.
- Plan and run the audition process for each season.
- Ensure students adhere to the behavior code as described in handbook.
- Discipline members, as outlined in handbook.
- Assign duties and responsibilities to color guard captains and members and evaluate their performances of these duties.
- Technical Program & Show:
  - Establish clear goals at the beginning of each season, for both individual members and the color guard as a whole.
  - Develop a technical or “basics” program that provides the tools needed to achieve the current show’s vocabulary.
  - Write work, including flag, rifle, sabre, and movement as required to fill the current season’s show and in line with the color guard’s ability level.
  - Constantly develop the technical program and show vocabulary to allow the membership to achieve excellence at their current competitive level and within their abilities.
- Administrative Tasks:
  - Prepare and publish the current season’s handbook.
  - Confirm that all members have turned-in a current, signed handbook agreement.
  - Confirm that all members have a physical on file and an emergency medical form signed by a parent/guardian.
  - Oversee that the correct forms for all after-school group activities are submitted.

**Fall 2018 Staff Members:**

Tiffany Virtue – Colorguard Instructor

Cell: (813) 312-7542

[tvirtue@pasco.k12.fl.us](mailto:tvirtue@pasco.k12.fl.us)

### **Guard Captain:**

Each season, the staff may choose a member of the color guard to be the color guard captain. Being chosen as a guard captain is a privilege, and can be revoked at any time, without warning, if the staff sees fit. It is a leadership role that requires self-discipline and dedication. As a member of the marching band leadership, the guard captain must fulfill any leadership team duties assigned by the band director, staff, or drum major(s). Guard captain responsibilities include, but are not limited to:

- Leading stretches
- Starting practice if the coach has a staff meeting or will be late due to work commitments
- Assisting the coach in identifying problem areas or concerns within the show/work
- Encourage all team members to achieve their full potential
- Being an example to other members of the color guard.

### **Discipline:**

Color Guard is a sport of the arts, but still a sport, nonetheless. It may be necessary for the color guard instructors, band directors, or other band staff to discipline a member of the guard, just like a coach would discipline members of his or her team. Examples of disciplinary action include spins, running laps, throwing tosses, arriving early or staying late at practice, and assigning the member additional duties for the remainder of the season. In all situations where discipline is warranted, every attempt will be made to instill responsibility for his or her actions in the member and to use a form of punishment that will further enrich the member's overall color guard experience



## PASCO HIGH SCHOOL COLOR GUARD AGREEMENT - FALL 2018

### Student Agreement

I have read and understand the information presented in the PHSCG Handbook Fall 2018. By signing below, I agree to abide by the guidelines listed herein. I acknowledge that by signing below, I am making a commitment, not only to myself, but to the other members of the marching band and color guard. My fellow members will depend on me to attend all practices and performances, be prepared for practice, and meet all the other obligations outlined in the handbook. I understand that if I am unable to or choose to work or act in a contrary manner to the standards and expectations listed in the handbook, appropriate disciplinary action will be taken which may include my being removed from the team.

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### Parent/Guardian Agreement

I have read and understand the information presented in the PHSCG Handbook Fall 2018. By signing below, I agree to support the guidelines listed herein. I acknowledge that if my student does not follow these guidelines he or she will be subject appropriate disciplinary action which may include being removed from the team. I also agree to pay the full cost outlined in the financial obligations of the handbook as determined by the Pasco High School Color Guard Staff.

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**Please return this agreement page signed, to Mrs. Virtue by June 5, 2018**