

2017

Colour Guard Manual

Introduction

Welcome to another year of Colour Guard! Whether this is your first year with the Red Deer Royals or your fifth year, it is sure to be an exciting adventure. This is a team activity, therefore all expectations and guidelines in this manual are to ensure both individual and group success. Let's get started!

Expectations

The colour guard staff expects the following from all of the members.

Attendance

1. **Know when we rehearse**. Check the website regularly. Keep your calendar up to date with changing times and locations.
2. **Adhere to the Red Deer Royals attendance guidelines** (page 9 in your band members manual). Unexcused absences should be avoided at all costs. As a team activity the colour guard relies heavily on all members being present for rehearsals.
3. **Be on time for rehearsals**. An incomplete warm-up does not prepare your body or mind for long periods of dancing and spinning. Be early enough that you have time to do an individual warm up, and are ready to start rehearsing at the specified practice times (6:15 for Wednesdays, 8:45 for camps).
4. **Notify us about your absences**. You must let one of your CG staff **and** Mr. Mann know if you will be missing rehearsal for a valid reason.

Mr. Mann	(403)346-3911
Megan MacKenzie	(403)616-6347
Lynsey Neufeld	(587)894-6500
Dani Heap	(403)506-2479

5. Make up time for absences. If an absence is unavoidable, it is your responsibility to catch up on any new choreography/clarifications BEFORE the next rehearsal.
6. Missed rehearsals and performances. The rehearsal before any performance acts as a dress rehearsal, as such it is the staff's discretion as to whether a member will have the opportunity to perform if they are absent at this rehearsal. In situations where this occurs, it is the member's responsibility to be present at the performance in the support of their team.

I understand the expectations on attendance.

Signature _____ Date _____

Equipment

- 1. Care for you equipment.** The flags, rifles, sabers and other props are the property of the Red Deer Royals. Treat them with care and respect.
- 2. Load the trailer.** Please make sure all equipment is properly packed. Don't just worry about your own equipment getting loaded. This also applies to unloading the equipment as well.
- 3. Have proper maintenance gear.** It is always useful to have scissors, screwdrivers and tape on hand in case of any equipment emergencies.
- 4. Fix broken equipment.** We do not expect you to supply all your own equipment hardware and the staff is more than happy to help you with changing bolts, straps etc. We DO expect you to know that it needs to be done and plan for the equipment to be fixed at an appropriate time. Please do not begin to re-tape a rifle or replace a bolt 3 -5 minutes before rehearsal starts.
- 5. Adhere to the Red Deer Royals equipment guidelines.** (page 10 in band members manual)

I understand the expectations on Equipment.

Signature _____ Date _____

Practice

1. **Warm-up.** In addition to getting better at the warm-up exercises, the skills you develop help you to increase your technique and performance during show choreography.
2. **Fix your mistakes.** Simply running through your excises and routines is not as effective as stopping and fixing the trouble spots.
3. **Practice often.** Take some times as often as possible to run through exercises and routines. Not every practice session has to be long and focused. Just reviewing a troublesome area a few times a day can help immensely. Additionally, showing up early to rehearsals to review any new or troublesome choreography aids in the effectiveness of rehearsal.

I understand the expectations on practicing.

Signature _____ Date _____

Individuals

1. **Wear appropriate clothing.** Colour guard requires physical exertion. Wear comfortable, form fitting clothes. The staff needs to see your body to provide useful feedback for all movement technique. No jeans for any rehearsal. Rehearsal attire must comply with the Royals dress code outlined in the membership manual.
2. **Have a rehearsal bag.** You need to have a bag that is dedicated to colour guard only. This way you can stay more organized and prepared. This bag should include water, running shoes, something to write on and a pen/pencil.
3. **Tie your hair back.** Colour guard is a visual activity and you must be able to see to learn. Hair must also not get in the way of choreography.
4. **Drink water.** Stay hydrated. If you wait until you are thirsty to drink water, it is already past the point of usefulness and your body will require time to regain hydration.
5. **Take care of your body.** Do what you have to outside of band to be physically ready for rehearsals. This includes eating properly before rehearsals, eating nutritiously throughout the week, staying in shape, fixing blisters and sore muscles, etc.
6. **Have fun.** Band is supposed to make us happy. If you find you are struggling to enjoy the activity, take some time and talk to someone- friends, section leaders, staff, whoever. Everyone is here to help you make it through the year.

I understand the expectations for myself as a individual.

Signature _____ Date _____

Colour Guard Rehearsal Etiquette

1. All equipment repairs and maintenance are to be done outside of rehearsal time. (Before or after rehearsal or during breaks is fine.)
2. Appropriate attire **must** be worn to all rehearsals, no excuses. **No jeans!**
3. All students are encouraged to have water with them at every rehearsal. Do not rely on other members to bring you a water bottle.
4. There is to be **no** gum chewing during rehearsal.
5. When a section is being run, no one is to go past the specified stop point. Everyone must hold at the specified stop point until told to relax.
6. No talking and spinning when being spoken to.
7. Questions are to be held if possible until asked for, or when an appropriate time presents itself. There is **no** yelling out questions immediately after a exercise or a run of a section of choreography.
8. Mistakes during exercises or choreography will result in the restart of the section in question. This will help encourage the development of focus in rehearsal, which will translate into better focus during performance. This will also allow for more efficient rehearsals.
9. Cell phones are not to be used in rehearsal.

I understand the expectations on rehearsal etiquette.

Signature _____ Date _____

General rules to remember for the colour guard season

1. Be on time.
2. Be prepared to rehearse.
3. Rehearse the way you want to perform.
4. Be professional
5. Respect- Treat others the way you would want to be treated.
6. Respect others personal needs and special requests.
7. Set high standards for yourself - you will get more out of your experience.
8. Respect your equipment and uniform
9. Regular maintenance of your equipment and uniform must be done before rehearsals and performances
10. Attendance at all rehearsals is extremely important- others are depending on you!!
11. You are a representative of the city of Red Deer, Alberta and Canada!
#represent
12. Have fun and enjoy what you are doing!