

## **Fall Color Guard rules and tips**

- 1) Arrive to practice on time---dressed appropriately with all needed equipment and items.
- 2) You must wear either shorts or sweat pants.....NO JEANS.
- 3) You must wear a loose fitting short or long sleeved t-shirt. NO HOODIES. If it is cold outside, you may wear a t-shirt or jacket that does not interfere with your twirling. During the school year, wear the purple "Property of RMHS Color Guard" practice t-shirt.
- 4) You must wear gym shoes or marching shoes to after school practices, but you MUST wear marching shoes to all WEDNESDAY NIGHT REHEARSALS and performance day REHEARSALS.
- 5) You must wear THEME T-SHIRTS to all game or contest day warmup rehearsals
- 6) For each rehearsal, you need to always have your binder, coordinate book, pencil, and highlighter. You might only use some of those items during a practice, but have all of them available.
- 7) Always check the weekly schedule posted on the bulletin board outside the Band Room doors.
- 8) Always check your folder slot for handouts, new drill charts, schedules, etc.
- 9) All flags must be rolled and put away in flag bags at the end of rehearsals and performances.
- 10) At practice, you may want to have water bottles, sunscreen, and bug spray.
- 11) Everyone needs to help with taking equipment out to the practice field and back in to the band room.
- 12) If we are inside the band room due to weather, everyone must help moving chairs, stands, and percussion instruments out and back into the room. Try to note the number of chairs in each row before moving them.
- 13) Help each other learn the routines!! Feel free to come in during lunch, seminar, or before and/or after school to practice with team members. We are only as strong as our weakest member, so let us all help each other to become strong.
- 14) You need to practice outside of rehearsal time. This is the only way to memorize the routine and to build strength and endurance. It is suggest that you own your own practice pole(s) and flag(s), or you may check out certain equipment from the school.
- 15) YOU MUST COMPLETE your coordinate book. Failure to do so, will possibly keep you from practicing and performing. This effects the entire squad and marching band. If you are having difficulties figuring out how to do the coordinate book, then ask another squad member or the coach/director.
- 16) Get to know each other. It is always more fun when you are working together on a common goal with people that you know.
- 17) Make sure to write all practice and performance dates down in your calendars/planners. Also, share all dates with parents and employers. It is your responsibility to be in attendance at all scheduled practices and performances.
- 18) WORK HARD AND HAVE FUN!!!!!!!