

# Atascadero High School Color Guard Program.

## **Purpose:**

Color guard is a physical performing art that utilizes team coordination, musical timing, and stage performance. We will work to develop core techniques that will enhance balance, group timing, posture, and body control. Members will also learn team development skills such as synchronizing with others, working together to create a unified picture, and helping other team members to achieve excellence in performance.

## **Dress code:**

You must wear all black clothing you can move in. This means no jean material. Closed toed running shoes must be worn to every rehearsal. Hair must be pulled back and be out of your face. No Jewelry is allowed. This includes but is not limited to earrings (lobe and cartilage), nose rings, lip rings, necklaces, bracelets, and **finger rings**. If something is worn to rehearsal that is not appropriate the student will be asked to remove it or go home and change. This includes all Piercing.

## **Equipment Use:**

All equipment will be provided by the school. It is the student's responsibility to maintain the equipment assigned to them. If equipment is misused, or lost by a student the student is required to pay for replacement/repairs.



Equipment rules:

- Do not throw or drop equipment.
- Do not lean any equipment. Lay it flat or put it away.
- Before using any flags, check that they have good butts.
- Keep the silks as dry and clean as possible.
- When you are finished using your equipment roll it up and put it away.

## **Cell Phones:**

Cell Phones will in no way be tolerated at practice, rehearsal, and in class. If caught using a cell phone or your cell phone goes off during practice you will receive a point deduction for that day. A student that uses a cell phone during rehearsal will also be required to write a one page essay on why cell phones are not allowed during rehearsals. If there is a situation where you think you need to use a cell phone during rehearsal, get it cleared with the coach.

## **Fundraising:**

Fundraising is not required by any student; however, several fundraisers have been set up to ensure that the group will be able to accomplish the things that they want to. Every student will receive a share of fundraising to accomplish. Whether they do so is up to them.

## What's expected at practice.

- Punctuality is very important to us. Being late to a rehearsal doesn't just put you behind but puts the rest of us behind as well. If you know that you will be missing a rehearsal, you must notify your coach with at least a **24 hour notice** if not more. If there is a family emergency or you have to go to the hospital you will be excused from practice day of. We will need a note from your parent and may ask for a doctors note.
- Here at Atascadero we have the saying, "**Keep it off the mat,**" meaning that whatever is happening in your life it does not affect how you act and conduct yourself at rehearsal. If a situation occurs that makes it hard for a student to perform well at rehearsal please contact the head coach immediately.
- If an instructor is directing you, clarifying, or helping another student, spinning or "noodling" will not be tolerated. It is also expected that when the captain is directing or informing you of something that they receive the same respect that you would give to your coach. Captains are appointed for specific reasons. They have earned their position and will be treated with respect. If you are not a captain please do not act like one.
- Every student is required to keep a guard notebook. This is to help you memorize the counts and work faster. Weekly checks will be done to ensure that you are keeping up on this task.
- To have a great season and perform well you must work hard at every rehearsal and have a good attitude. Every guard has the potential to be amazing, so help us out and do your part so that we may achieve greatness.

## To parents specifically:

- Because there is a no cell phone rule for this organization, there will be times when you child will be unreachable. In these instances it is fine to send them a text or leave a message but know that they may not respond to that message until the end of practice.
- If you feel that your student is falling behind in school please contact the head coach and we will figure out a plan to get them back on track and not fall behind in guard.
- This organization is group based, meaning if one or more students are absent for any reason it affects the group as a whole and puts them behind.

## Contact:

Jasper Gracia, Head Coach (805) 423-6633 [ahsguardcoach@gmail.com](mailto:ahsguardcoach@gmail.com)  
Baylee Wickham, Assistant Coach (661) 979-4633



[www.nkguardmation.com](http://www.nkguardmation.com)

*Please sign and return this to your coach to show that you  
have read and accept the terms and guidelines of the  
Atascadero High School Color Guard Program.  
Please print clearly and sign.*

*Student:* \_\_\_\_\_ *date* \_\_\_\_\_

*X* \_\_\_\_\_ *Phone* \_\_\_\_\_

*Student Email* \_\_\_\_\_

*Parent:* \_\_\_\_\_ *date* \_\_\_\_\_

*X* \_\_\_\_\_ *Phone* \_\_\_\_\_

*Parent Email* \_\_\_\_\_