

# Orange Park High School



## Colorguard

2019-2020

Dear Parents and Colorguard Members,

You have indicated a desire to become a team member of the Colorguard at Orange Park High School. Welcome to the team! Enclosed is a copy of the 2019-2020 handbook for Colorguard. Please read it carefully and sign/return the enclosed form.

Colorguard is a competitive sport which is time consuming and requires a financial obligation. Students are required to pay for shoes, uniforms, etc. No one shall be turned away due to financial issues! Please see Mr. Pikuritz or Mrs. Sosinsky, if you have any questions or concerns about this issue.

More than the financial obligation is the time factor. We will begin now to make the team the best it can be! When school is in session you will be required to attend Colorguard rehearsals on Tuesdays and Thursdays 3:15pm- 5:00pm, as well as full band rehearsals.

Also, keep in mind that Colorguard is a sport and by its nature, is a physical activity. Colorguard members use every available resource from their bodies to the smiles on their faces, to create an atmosphere of excellence and inspiration. There is a great demand placed on a student to be able to march and perform to complete a show. As a result, it is the belief of the guard staff that there should be proper conditioning throughout the season in order to facilitate a strong personal performance and to prevent injury. Running, stretching, and toning will be advocated and reinforced at rehearsals.

Most importantly, Colorguard is an activity where performers unite as a team and learn from one another while building self-confidence and personal improvement. When you join guard, you join a family. Being a member of the Colorguard requires making a commitment to a group of people and saying that you will do whatever it takes to make the team as good as it can be. Members learn the importance of responsibility and working for a larger goal. They learn leadership skills and earn respect. Above all, they learn whatever you put forward you will get back. Hard work really does pay off!

Consider carefully your decision to become a member of the Orange Park High School Colorguard because it is a tremendous commitment for your child and parents. Should you have any questions after reading the handbook, please contact Mrs. Sosinsky.

Sincerely,

Stephanie Sosinsky  
Orange Park HS Colorguard Director  
Stephanie.Sosinsky@gmail.com

## REQUIRED ITEMS

- Knee Pads
- Electrical tape
- Makeup (TBD) and hair supplies
- Athletic shoes for outdoor rehearsals
- Water jug of at least a half gallon/OP water cooler

## EQUIPMENT CARE

1. All poles should have rubber tips on both ends. The tips should be protected by electrical tape. The electrical tape should also attach the tip to the pole to ensure that it does not come loose.
2. With time and use, especially in the heat, electrical tape can become worn and loose. It is important that you re-tape your flags and other equipment and end tips at least once every 3 weeks. It may need to be done more often depending on rehearsal conditions. The electrical tape is used to protect your equipment. It is important to replace the electrical tape to help increase the longevity of the equipment.
3. Flags should be kept clean. The silks may be washed by hand with woolite. Do not use regular detergent or washing machine to clean your silks.
4. Flags should be kept dry. In the event that your flag gets wet (which will happen in the rain), it is imperative that you let them dry completely before returning them to your flag bag. Flags can be air dried or a blow dryer can be used to help expedite the process. **Do not place your flags in the drier.**
5. Flag fabric is very delicate. It is important that you do not pull on your silk, sit on it, or wrap it around you (unless it is choreographed); doing so will help prevent it from tearing. Should you develop a hole in your flag please notify Mrs. Sosinsky. She will determine if it can be sewn by hand, or if it needs to seek further repair.
6. All equipment should be stored properly in your flag bag. To properly store a flag, you must roll the silk around the pole before placing it in the bag.
7. All rifle and sabre tips must be taped at all times. This protects the performer, the Colorguard floor, and the floor beneath the Colorguard floor.

## REHEARSAL ATTIRE

**Clothes:** Appropriate rehearsal attire must be worn at all times. Wear slim fit work out attire. No jeans, jean shorts, or baggy clothing. Extra fabric around your body can get tangled in flag poles, which could cause injury.

**Hair:** Hair (including bangs) should be worn up and back, away from the face and neck. If your hair is too short to put into a ponytail, wear a headband. This keeps your hair out of your way, and you can spend more time focusing on rehearsal instead of brushing hair out of your face.

**Shoes:** Since we rehearse outdoors, you should be wearing a pair of tennis shoes/sneakers or dance shoes. No flip-flops, sandals, Toms, open toed shoes, or heeled shoes may be worn.

**Jewelry:** Necklaces, bracelets, rings, and hoop/dangly earrings should not be worn at practice. Stud earrings are allowed. No jewelry will be worn during a performance unless it is part of the uniform.

## **REHEARSAL ETIQUETTE**

Please arrive at least 15 minutes before the scheduled rehearsal time, and be ready to start by the time rehearsal begins. Equipment and yourself need ready to rehearse BEFORE rehearsal begins.

You should respect yourself as well as others at all times. If a staff member is talking, your equipment should be still and your mouth closed so you can listen for corrections. Your equipment should also be still when you finish running a segment. Freeze, and do not go on. Rehearsal time is not a time for socialization. Save the conversations for long breaks or after rehearsal.

Do not give corrections without permission from instructors. This keeps people from unknowingly giving wrong corrections, and bad habits from forming. If members are doing similar choreography, and not the same choreography, then the work will look messy and it won't click together.

## **ROUTINES**

It is the student's responsibility to learn the warm-ups and routines. For **ALL** students this will mean extra practice at home or with other members. If you are unable to complete the routines with confidence, you will be asked not to march at a performance. It is a safety hazard for your teammates. Please do not hesitate to ask for extra help or help each other.

Giving, when requested, and asking advice for improvement is okay, but please remember that no one is perfect, and we all have feelings.

## **WATER**

Students should come prepared to all rehearsals with water. Ample breaks for water, not for socializing, will be given throughout each rehearsal and it is the student's responsibility to have this available to themselves during rehearsals. Water coolers need to be at least a half gallon and must be present at every rehearsal, no matter what time of day. Small 16 oz bottles do not last for a 3-4 hour rehearsal. Products such as Gatorade and Powerade are permitted as well. For the

health of the student, no carbonated or caffeinated drinks are allowed during rehearsal or before a performance.

Keep in mind that you will not be rehearsing indoors 100% of the time. You will experience a wide variety of weather conditions throughout the season, so it is your responsibility to be prepared for any possible weather.

## **FOOD AND GUM**

Gum and food are not permitted at any time, unless otherwise stated. You may not eat in uniform unless a staff member tells you it is okay. No soda during rehearsals and performances.

## **COLORGUARD ROOM**

This room is to be used for the storage of Colorguard equipment. Students are expected to keep the Colorguard room neat and clean at all times. Also, it is every member's responsibility to ensure that equipment is put away properly. The only time that you may place personal belongings in your locker is during rehearsals and performances. The Colorguard room is not your personal locker. Therefore, leaving your belongings in the room before and after rehearsals and performances will not be tolerated. If anything is left out, it will be placed into the 'lost and found' receptacle.

## **UNIFORM**

While you are in uniform, you are constantly being observed. Your personal appearance and your actions represent not only you, but also the Orange Park Raider Band, Orange Park High School, and your local community. The manner in which the guard presents itself can leave either a positive or negative impression on the audience. A guard member's behavior while wearing it goes far toward creating pride and continuing tradition.

The visual designer will determine the Colorguard uniform. You are responsible for its proper care and maintenance. All portions of the uniform, including accessories, are expected to be kept clean. If something needs to be fixed or adjusted on your uniform, simply report it to the guard captain(s) or a staff member.

Hair, makeup, and jewelry are also a component of your uniform. Please follow the instructions of the Colorguard staff to their **EXACT** specifications in regards to hair, makeup, and jewelry. You will be asked to purchase specific makeup products. **Please note that hair must be a natural color at all performances.**

A student in violation of any of the uniform procedures will not be permitted to perform. Your uniform is a symbol of dignity, prestige, and stature. Wear it proudly!

## **TRANSPORTATION**

**Rehearsal:** If you do not drive, please be sure that you have reliable transportation.

Transportation issues are not acceptable excuses for being absent or late. If you need help with this, do not hesitate to communicate your transportation needs with either Mrs. Sosinsky or Mr. Pikuritz. We will find a way to get you there.

## **CONSEQUENCES**

Should a student not follow the policies set forth in the Colorguard Handbook, they may be required to do extra physical conditioning after rehearsal, not perform for a show, or might be written out of part of the show, depending on the severity of their actions. They may also lose any privileges they have at a competition (after their performance).

These consequences are in addition to any effect their actions may have on their class grade.

Last, but not least...

## **ENJOY YOURSELF AND HAVE FUN!**

**CONFIRMATION OF RECEIPT OF HANDBOOK**

Please read through the contents of this band handbook supplement very carefully. Questions regarding any of this material should be directed to Mr. Pikuritz and/or Mrs. Sosinsky.

If there are no questions and you agree to abide by the contents of this band handbook supplement, please read and sign the statement below.

**STUDENT STATEMENT**

I hereby certify that I have read and understand the contents of this handbook. I recognize and fully understand the policies set forth, and I am prepared to accept the consequences for any violation of them. I am also aware of the time and financial obligation as well as the physical demand of Colorguard at Orange Park High School.

Student Name – Printed \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

**PARENT/GUARDIAN STATEMENT**

I hereby certify that I have read and understand the contents of this handbook. I recognize and understand the policies set forth by which my child may participate, and I acknowledge that she will have to face the consequences of violating the contents of this handbook. I am also aware of the time and financial obligation as well as the physical demand of Colorguard at Orange Park High School.

Parent/Guardian Name – Printed \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_