

Winter Guard

Columbus North High School

2018 Handbook

Program Director - Ivan Somers

Cadet Guard

Director - Tom Jackson

The Cadet guard will be comprised of elementary school students. This guard is a great place to begin developing the essential fundamentals of color guard. Students will be learning dance and flag basics, as well as a short show designed to showcase the skills they have learned throughout the season. This year our Cadet program will not be competing. However, they will get to perform their show during both parent previews during their winter season.

JV Guard

Co-directors - Tom Jackson & Seth Sharpe

The JV guard will be comprised of middle school students and high school students. Students will be required to audition for this guard. Students will be learning fundamentals in dance, flag, and rifle. This program is designed to increase the student's color guard vocabulary and strengthen skills they began learning during the prior season. The JV guard will be competing in the IHSCGA circuit this season, and will be attending 5 competitions (6 if we advance to state). Along with the competitions the JV program will have the opportunity to perform at 2-3 Northside basketball games. This will allow the students a chance to practice performing in front of a larger audience to help prepare them for competitions.

Varsity Guard

Director - Ivan Somers

The Varsity guard will be comprised of high school students. Only high school students that participated in the prior fall season will be allowed to audition for the varsity program. Students will be learning advanced fundamentals in dance, flag, rifle, and sabre. This program is designed to challenge the student's current knowledge of the activity. The Varsity program be competing in the IHSCGA circuit this season, and will be attending 5 competitions (6 if we advance to state).

What to Know

Fundraisers

This season will be the inaugural season for winter guard fundraisers. To help alleviate fees, and to help bring more money into the program to alleviate future fees, it will be required for all guard members to participate in fundraisers. Fundraisers will be announced to the students periodically and students will be encouraged to participate in as many fundraisers as possible, but are required to participate in at least 2 fundraisers.

Attendance

Attendance is vital for all guards. It greatly effects rehearsals, show design, competitions, and more importantly the student's education over the activity when the student is not at rehearsal. If the student is going to be late the director(s) must be notified. This is to ensure the students safety.

Each student is allowed 3 *unexcused* absences. After 3 unexcused absences the student will be placed on alternate status, and will not be able to perform at any competitions. *As an alternate the student will still have to pay their fees and participate in fundraising activities.*

Should the student be sick a doctor's note is *required* upon returning to rehearsals. Should an emergency arise the director(s) of the guard is to be notified by a parent. This is to ensure the student's safety, and to make sure the student is not marked as unexcused.

**Should the student become injured a doctor's note is required. The note must explain what the injury is, how to take care of the injury, and the time needed for the injury to heal. This is to ensure the student's safety, and more importantly to make sure the student doesn't further injure themselves. If the student is instructed to wear a brace, the brace must be worn for the student to participate in the activity. If the student is diagnosed with asthma an inhaler must with the student always.*

Rehearsal Times

Cadet

Wednesday 4³⁰-6³⁰p

Friday 4³⁰-6³⁰p

JV

Monday 3³⁰-6³⁰p

Tuesday 3³⁰-6³⁰p

Thursday 3³⁰-6³⁰p

Varsity

Monday 6-9p

Tuesday 6-9p

Thursday 6-9p

*The JV guard will be performing at 2 - 3 basketball games at Northside Middle School this year. Game dates are pending and have been marked on the schedule provided.

Rehearsal Gear

- Water Bottle or Jug
- Workout Clothes
- Flip Flops & Tennis Shoes
- Field Bag with
 - White & Black tape (1 roll of each)
 - Band Aids
 - Guard Gloves
 - Knee Pads
- Equipment

Contacts

Program director/Varsity Director

Ivan Somers

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JV Co-Director/ Cadet Director

Tom Jackson

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JV Co-Director

Seth Sharpe

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Band Director

Keith Burton

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Band President

Amy Jackson

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Fees

Cadet

The Cadet guard is free of charge. This is because the Cadet guard will not be competing this season.

JV

Total \$250

The fees pay for

- ✓ Contest Fees
- ✓ Buses
- ✓ Equipment
- ✓ Equipment Maintenance
- ✓ Warm-Up Rentals
- ✓ Floor Design
- ✓ Staff Pay

What the fees do not pay for

- ✗ Show make-up or hair products
- ✗ Uniforms
- ✗ Body tights
- ✗ Knee Pads
- ✗ Guard Shirts
- ✗ Food on camp days and at competitions

The JV guard will have a \$50 deduction from their normal fees because they will be responsible for purchasing their own uniform. The uniform guidelines will be provided by the guard directors later in the pre-season.

*First \$50 covers the expense of the warm-up jacket.

Payments

- 📅 December 12th: \$50
- 📅 January 16th: \$100
- 📅 February 13th: \$100

Varsity

Total \$300

The fees pay for

- ✓ Contest Fees
- ✓ Buses
- ✓ Equipment
- ✓ Equipment Maintenance
- ✓ Warm-Up Rentals
- ✓ Uniform Rental/ Maintenance
- ✓ Floor Design
- ✓ Staff Pay

What the fees do not pay for

- ✗ Show make-up or hair products
- ✗ Body tights
- ✗ Knee Pads
- ✗ Guard shirts
- ✗ Food on camp days or at competitions

*First \$50 covers the expense of the warm-up jacket.

Payments

- 📅 December 12th: \$50
- 📅 January 16th: \$100
- 📅 February 13th: \$100
- 📅 March 6th: \$50

All Money Is Non-Refundable.

**If you have a financial situation you may talk to the program director and the band directors.*

Homework

School always comes before extra-curricular activities. Students with less than satisfactory grades will be placed on alternate status until their grades improve. Education is **extremely** important! Therefore, it is important that the student keeps up with schoolwork outside of rehearsal. Again, I cannot stress enough how important obtaining an education is.

Health

It is important that the students take care of themselves during the winter guard season. This is a very demanding activity. Students are encouraged to drink water outside of rehearsal, but **only water and moderate use of sports drinks** (Gatorade, Powerade, etc.) are allowed in rehearsals. ***only water is allowed in uniform.**

A healthier diet is also encouraged. This means less fried foods. It is important that our bodies are prepared for the physical demand of this performing sport.

Stretching and conditioning at home is strongly encouraged as well. This will allow the student to perform better and achieve more.

**Stretching is essential to this activity and your student improving their flexibility will help prevent injuries in the future. Stretching can easily be done at home while doing normal daily activities (watching tv, doing homework, etc.).*

Competitions

Competition etiquette is important. The student is not only representing the program, but they are also representing their school. All school rules apply on competition days. From the time the student arrives in the morning, to the time the student is picked up post competition. Should the student have issues following rules they will be pulled from the competition, and will have a meeting with the director(s), program director, band directors, and parents.

**At competitions students will be required to wear warm-ups.*

Pre-rehearsal

Students will be expected to arrive at least 15 minutes before rehearsal. This will allow them time to gather all equipment needed for rehearsal, to travel to the rehearsal sight, unfold the floor, and be in conditioning block before rehearsal begins. By being "rehearsal ready" this will allow us more rehearsal time.

Post-rehearsal

Rehearsal will end 15 minutes early. This will allow us time to fold the floor, gather all equipment, travel back to the band room for dismissal, and have post rehearsal meetings. All students will be dismissed from the band room. By ending rehearsal 15 minutes early we aim to have students dismissed at the scheduled end time, however there may be some rehearsals where students are dismissed late. It is recommended that parents pick students up 10 minutes later than the scheduled end time.

Dance Clinics

This winter we will be having 2 dance clinics with our fall dance instructor Jenna Voris. These dance clinics will include the JV and Varsity students and will be treated as a clinic/guard party. These clinics will cost \$10 for attendance to help cover staff cost. For this reason, the clinics are optional, but **highly recommended for the students to attend to help grow their dance technique and vocabulary.** Food will be provided at these clinics

Volunteers

Volunteers are vital to the success of our program! We always need parent help and support to help make the season run smoothly. We can always use chaperones, Penske drivers, sewers to help manage uniforms, and of course audience members at shows to help cheer for the kids. If you would like to help in anyway, please contact me and let me know what you would like to help with. The students, the staff, and myself always appreciate parent support.

Attached to this handbook is the schedule for all the guards. If there are any questions, comments, or concerns unaddressed in this handbook or that arise throughout the season you may contact the director(s) or program director at any point and time.