

Lebanon High School Colorguard

Etiquette Guide 2011

On the field:

Whether performance or practice, uniform or street clothes, these are the rules of conduct for the field. Always. Once you are on the sideline off the field, these rules are not strictly enforced. However, that being said, the staff reserves the right to enact any of these rules at any time.

1. Do not sit

Show respect for the activity and the staff. Do not sit on the field unless it is written into your work. When you sit for rest, you do it off the field. Sitting on the field shows a lack of attention and energy for what you are doing. Give yourself and the activity what it deserves, nothing less.

2. Run

This means you get to where you are supposed to be as fast as possible. If you reset, run to your set. If you get water, run to water. Do not walk on the field. Operate with the mentality that you should always be waiting on the staff, not the staff waiting on you.

3. Pay attention

This means that when you are on the field assume you are at attention. Look at the person addressing you, whether that is you individually or as an ensemble. It does not require talking to pay attention.

4. Spin on your own time

Spinning your equipment is not a right, it is a privilege. This means you must get your practicing done off the field. When you are on the field it is no longer your time but the staff's. We have an agenda to accomplish to make the entire ensemble better.

4.1 The only exception to this is when the tower staff says Field. This is time for the instructional staff on the field to address individual persons. You may take this time to spin parts of your show you are having trouble with. It is not free spin time. Stick to your current show. I will always know the difference. I wrote it.

5. Stand-by

Contrary to popular opinion, the command Stand-by does not mean relax. It is a modified form of attention. You may move in small increments (i.e. fix your hair, brush off a bug, tie your shoe, etc) and you must direct your attention to the staff addressing you. The position we have for this is 1st position with your flag stripped and placed between your toes. Both hands are on the tab of your stripped silk, folded. Stand here attentively until you are given a new command.

Off the field

When we are off the field is when we truly represent our school and ourselves to others. These rules of conduct are put in place to show respect for other people and also to gain their respect. These rules will be the most strictly enforced as they are truly the most important.

In uniform:

1. Do NOT ever run in uniform. Even if staff asks you to move faster or hustle, this does not mean run. It means move faster.
2. No crude language in uniform. That is not limited to curse/swear words. Implications, humor, and all comments must be of the cleanest nature. Think G-rated...cleaner than Disney.
3. No food or drink in uniform. This is not limited to eating or drinking. Don't touch food or drink while in uniform. Wait until after you change.
4. Watch where you sit or lean. Do not get your uniform dirty. Anything that happens on the field I am responsible for. Anything that happens off the field is all on you...and ultimately your parents. You will pay for any damage (including staining) to your uniform.

Out of uniform:

1. No horseplay or rough housing
2. No cursing/swearing
3. Be courteous and polite to others, even if they are not to you. Even out of uniform you represent your school. Leave a good impression; show a good example to others.

Attire:

Very simply put, make sure you represent yourself and this school to the best of your abilities. Understandably, we practice and perform when it is the hottest and coldest in the year. This does not mean you have the right to dress inappropriately.

Appropriate for this guard means:

1. Shorts long enough so that no amount of buttocks or underwear can be seen

This includes any movement you may do the entire rehearsal such as stretching, running, etc.

2. Shirts that cover all accoutrements such as stomach and bosoms
3. Supportive undergarments necessary for this activity

You are not required to wear a sports bra or regular bra. You are required to wear something that will support you in physical activity. Your chest should not move more than you do.

I will be the final judge to if you look appropriate or not. If you ever think "can I wear this?" the answer is no. Find something else to wear. If I determine that you are inappropriately dressed, you will be asked to change. You will not be admitted back to rehearsal until you are dressed appropriately. Plan ahead.

Disciplinary Action

These are all of the things that, if committed, will result in disciplinary action (i.e. laps, equipment cleaning and sorting, removal from field practice, removal from competition, removal from guard, etc.) All of this should be self explanatory, but it is being put in writing to prevent ideas in the future

1. No illegal activities of any kind.
2. Do not skip rehearsal. If you miss rehearsal for any reason, please have your parent notify me.
3. Acts of Insubordination (i.e. talking back, disobedience, undermining staff, etc.) will not be tolerated.
4. Acts of dissension, namely rumors, name calling, and other unfriendly behavior to another member of the ensemble are strictly forbidden.

Disciplinary action within the ensemble will be dealt on a case to case basis determined by staff and parents of the guilty person(s).

I, _____, hereby agree to and commit to the following by joining this Colorguard:

Attitude/Respect/ Preparation

- I will trust the staff to make the best decisions for the membership and quality of the Colorguard program.
- I understand that the staff will make the best decisions possible for my participation in the show, for my choreography, and utilization of my performance skills, with regard to design and performance.
- I understand that my attitude, commitment, work ethic, individual rehearsal preparation and skill development are major factors in determining the successful outcome of my season.
- I will treat all of my teammates, staff, and parents of the program with the highest degree of respect.
- I will raise any concern or issue that I have directly with the person involved or to my instructor.
- I will be mentally and physically “present” for all rehearsals, warm-ups and performances. This means I will be well rested, healthy, and mentally and physically clear and focused – ready to give my maximum ability.
- I will be responsible for and take care of all equipment checked out to me by the program. This includes but is not limited to having all equipment when needed at rehearsal or competitions, making sure it is taped correctly, and guaranteeing that there is no damage.
- I will respect all Colorguard property, including equipment and costumes, and agree to pay to replace any damage caused by my negligence.

I understand that my level of participation within the Colorguard is at the discretion of my instructors. I understand that my position within the show, the Colorguard, or even the band may be affected by my level of performance, my attitude, my work ethic, my level of commitment, my behavior, and my respect for my fellow members and of the staff.

I have read and understand the Colorguard Etiquette Guide and agree to follow its rules and procedures.

Member signature : _____

Date: _____.

Parent signature:

Date: _____.