

# Columbus North Colorguard



Parent/Student Handbook

## Rehearsal Supplies

- ❖ Gym shorts ( at least one black pair)
- ❖ Light colored shirt ( at least one red shirt)
- ❖ Tennis shoes
- ❖ Sunscreen
- ❖ Water Bottle
- ❖ White and Black electrical tape

## Dance Comp/PE Waiver

Dance comp is a class for all Columbus North students. It is 8<sup>th</sup> period. If you are not currently enrolled in the class, talk to your counselor for a schedule change ASAP. PE Waiver is for high school students only. Students enrolled in marching band are not required to take PE but have to meet certain PE requirements. Mr. Burton has that information.

## Rehearsal Timing

After school rehearsals starting August 4<sup>th</sup>:

- Monday 3:30 p.m. – 6:00 p.m.
- Tuesday 5:45 p.m. – 8:30 p.m.
- Wednesday Homework
- Thursday 5:45 p.m. – 8:30 p.m. (black shorts and red shirt)
- Friday Homework or Football Game
- Saturday Homework, rehearsal, or competition

Rule for competition: If a student misses the Thursday practice, they will not be able to perform on Friday. They are still required to attend the football game. If a student misses the practice on Saturday morning, they will not be able to perform Saturday. SAT and other events should be scheduled on non-competition Saturdays. (see page 11 in SON handbook for calendar.)

## Illness and Injuries

If your child becomes ill at school or home, I should be informed via text, phone call, or e mail. Text is the best way to get information to me quickly. I am putting the responsibility on the members to inform me. Posting on facebook is not informing me either. Anything that is highly contagious or seems contagious, please keep your child at home. If it is just a minor cold or similar condition, the student is required to attend practice just do light work. This applies to injuries as well. Unexcused absences will not be tolerated and will result in 0 participation grade. Also the student and parent will receive lots of phone calls from the captain or director trying to figure out where the student is located. As soon as you find a conflict with the calendar, it is the student's responsibility to inform the directors ASAP not a week before. (see page 23 and 24 of SON handbook)

## Costume

- Uniform
- Body Tight
- Proper Undergarments
- Shoes
- Make-up
- Hair products
- Band Shirt is worn at every marching band contest
- White shoes are worn as a part of the summer uniform
- Black shorts should meet the dress code. If you wear soffe shorts black tights must be worn with them.

## Hair/Make-up

Show hair and make-up will be determined by the staff. Members should not share hairbrushes or makeup applications with other members. Student's hair is to be colored in a natural fashion. Colored accents of purple, blue, orange will not be allowed starting July 31. Consult the staff before you cut your hair. The make-up can be found at any local general store. The basics are black eyeliner and black waterproof mascara. The members should wait to purchase foundation/powder and concealer til after band camp.

## Social Media

- No pictures in uniforms, tracks of show music, and show concepts or ideas may be released to ANY social networking site until Mr. Stultz, Mr Burton or Charles has given the guard permission.
- Inappropriate comments are not permitted regarding the SON members, staff, or scores. (i.e. Facebook, Twitter, Tumblr, Instagram) Using social media in a negative way will result in strict consequences including a referral to school administration.
- Do not jeopardize the image of the SON by posting any negative things online.

## Health

It is important to realize that colorguard is a sport. The students are athletes and have to learn to treat take care of their bodies.

- No sodas during band camp or at any marching band function
- If you have a prior injury, you need to wear a brace at all times
- Limiting fried foods
- Two weeks before band camp, go outside for 15-30 minutes a day to get the body acclimated to the sun.
- Walking or light jogging 15 – 30 minutes during the off season of the summer helps get the body in shape.
- When at home require your child to drink atleast 3 glasses of water or sports drink.
- Healthy breakfast without milk should be consumed every day. Try adding a multi vitamin, specifically vitamin C.

## Fees

All money is NON-REFUNDABLE. The fall marching band fee is \$450. We would like to receive the first payment of \$75 by June 1. A uniform for your child will not be ordered without this fee. The second payment of 75 will be due by pre camp. This will provide the food for band camp and staff. Winterguard fees are \$250. There will be addition costs that are not included such as body tights, hair extensions, make-up, or guard shirt. If you have a financial situation: please talk to the directors. (see page 6 and 7 of SON handbook)

## Fundraisers

There are many fundraisers throughout the year. It is important that if you sign-up, you have to attend the event. It looks bad on our program when people do not show up for work. All school rules apply at the events. If a student does misbehave, they will be asked to call their parents and a meeting with the directors will be scheduled. (see page 6 and 7 of SON handbook)

## Volunteers

We always need parents help and support to make the season run smoothly. Attending Thursday night runs in the stadium are a great way to see the progress your child is making if you cannot attend shows. We will need parents to chaperone, sewers to help with costumes, breakfast committee, or noise makers in the audience at competitions. This is the only place where your child enjoys for you to see them perform.

Charles Williams

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