



## **2010 Winter Guard Handbook**

Welcome to our second winter guard season.

There are a few guidelines that need to be followed so that we have a great season.

### Attendance:

All members must attend practice. We do not practice a lot and the level of detail required to be great at this is quite high. If you need to miss a lot of practices please do not join. You will need to balance your schoolwork, sport events and family obligations in a way that supports being here.

### Dance and Equipment:

You will all be required to participate in dance class and equipment sessions. In winter guard all members are evaluated in Movement/Dance, Equipment, Ensemble and General Effect. Basic dance skills must be adhered to and basic equipment skills will be taught.

### What you need for practice:

Everyone will need 1 flag and 1 set of hand flags. We will make sure you get the appropriate equipment in a timely manner.

No jeans or flip-flops allowed at practice. You must dress for a work out training session. Baggy clothing is not appropriate. We need to see you so we can correct your dance and equipment skills. We ask that you always wear dark bottoms and a light top to practice.

Always bring some water or a drink with you to practice to keep hydrated.

### Uniforms:

We will wear the uniforms purchased for the guard this past fall.

### What you need to buy:

All members must have the same dance shoes. All of you will have to buy bone colored dance shoes.

### Performances:

The guard will perform 5 times this winter.

Sunday Feb 28 Blackstone MA, Saturday March 13 Reading MA, Sunday March 14 Case HS Swansea Ma, Sunday March 21 Shepherd Hill- Dudley MA, Saturday March 27 Everett and Sunday March 28 Guard Finals Reading MA

We will car pool to the shows. There will be no busses.

Each show lasts about 3 to 4 hours.

We will practice for at least 2 hours before each show. This location will be determined later on.

### Cell Phones/Talking/Respect:

All cell phones must be turned off when practice starts. There is to be minimal talking when instruction is going on and you will absolutely be respectful to fellow members and staff at all times.

### Reputation and Creating our Identity:

The Melrose Color Guard has become a standard by which many bands follow to become great at this activity. It will be each of your responsibilities to always carry yourselves with class and respect for other guards. When at shows you should always clap for other groups, be respectful to the show workers and remember you represent your fellow band members, staff and the community.

Who to contact:

If you are sick and need to miss practice you need to call Kendra at 781 244 0907

Lennies cell is 617 797 7534 or Rich's Cell is 617 733 2836

Telling any member of the guard you cannot make it IS NOT HOW IT WORKS. You must contact a staff member.

Please keep in mind school attendance and all other school policies not listed are always in place.

Mr. Buckley must always be informed of EVERYTHING!!!!

Practice Schedule as of 12/8//09:

Thursday Nov 19 MEETING 6 to 7PM Café

Sunday Nov 22 5 to 8 MHS

Wednesday Dec 2nd Pizza Party NO PRAC

Sunday Dec 6<sup>th</sup> Practice 6 to 9 MHS

Wednesday Dec 9 6 to 9

Sunday Dec 13 6 to 9

Wednesday Dec 16 6 to 9

Sunday Dec 20 6 to 9

Wednesday Jan 6 6 to 9

Sunday Jan 10 6 to 9

Wednesday Jan 13 6 to 9

Sunday Jan 17 6 to 9

Wednesday Jan 20 6 to 9

Sunday Jan 24 6 to 9

Wednesday Jan 27 6 to 9

Sunday Jan 31 6 to 9

Wednesday Feb 3 6 to 9

Sunday Feb 7 6 to 9

Wednesday Feb 10 6 to 9

SCHOOL BREAK

Sunday Feb 21 6 to 9

Wednesday Feb 24 6 to 9

Sunday Feb 28 Blackstone Show (Perf. Time 3PM) Depart MHS 11:30AM

Wednesday March 3 6 to 9

Sunday March 7 6 to 9

Wednesday March 10 6 to 9

Saturday March 13 Reading MA SHOW (Perf. Time 7PM) Depart MHS 4:30PM

Sunday March 14 Case HS SHOW (Perf. Time 3PM) Depart MHS NOON

Wednesday March 17 6 to 9

Sunday March 21 Shepherd Hill SHOW (Perf. Time 2:30) Depart MHS 11AM

Wednesday March 24 6 to 9

Saturday March 27 Everett MA SHOW (Perf. Time 2:30) Depart MHS 12:30PM

Sunday March 28 GUARD FINALS READING (Perf Time 1:30) Depart MHS 11:45