

***Belton High School***



***Winter Guard Handbook  
2017***

### **What is Guard?**

In Guard, we emphasize training in the student's ability to spin, dance, and perform. It is very much so a group activity, so learning to perform *together* is the ultimate goal (along with having fun of course!). The main objective is to prepare and clean the visual to a field show, 3-5 minute gym performance and parade routine using flags, equipment and dance.

#### **Science:**

It is exact, specific and it demands precise execution. A designer's drill is a chart; a graph which indicates x and y coordinates for constantly changing geometric shapes and forms in both time and space. Our equipment and props are always pushing the laws of physics with force and speed, action and reaction. All of this with an incredible control of time.

#### **Mathematical:**

It is rhythmically and metrically based on the subdivision of time into fractions which must be done instantaneously. We have angles and degrees, both acute and obtuse, sequences, ranges, and hypotenuse.

#### **Language:**

It is a visual picture alive with message and meaning. We use interpretive phrases, sentences, and words many times with music which creates a most complete and universal language, to be recorded for others to see, feel, and understand. It is a language which is recited and shared many times both near and far.

#### **History:**

Winter Guard can be influenced by the environment and times of it's creation, or it can reflect the past as well as the future. It can send us to a far away country or bring us closer to home. We are rich in our heritage and have forefathers as well.

#### **Physical:**

It requires fantastic coordination of fingers, hands, arms, feet and legs; in addition to extraordinary control of the back, stomach and torso; all of which are called to respond instantly to the sound the ear hears and the sight the eye sees. Winter Guard calls upon endurance, ability, strength, and balance.

#### **Sport:**

A game we play with others in which we share and we shine. We are competing with ourselves to perform better with every practice and every show. It allows us to reflect and learn on what's inside - on confidence and fear, self-esteem and self-image; as we get better on the outside with performances, people, expressing our feelings, and sharing our dreams. It is a chance to realize our attitude is what makes us or breaks us, not anyone or anything else. It is a mind set with an increased awareness challenging us to realize the potential in our selves.

#### **Performing Arts:**

It is a show which can be entertaining and enlightening! It requires directing, acting, producing, managing, and touring, as well being full of colors, fashion, flair, excitement, pizzazz, sophistication, and subtlety. We are to realize the triad of performance: audience, performer, designer.

#### **Educational:**




It allows a human being to learn how to take all of these things; some dry and technically boring, some difficult and challenging; and use them to create emotion! One of the most important things our world needs.

**What is expected of Guard members:**

The greatest single factor that will determine the success of any organization is **attitude**. It takes dedication to reach goals. Students are expected to come to rehearsal with the right attitude of sincerity, concentration, and dedication to working hard to achieve success with his/her teammates. A good attitude and a strong work ethic is the difference between a successful organization and a mediocre group. In Guard the belief in membership is **quality over quantity**. Guard is hard. Its both physically and emotionally demanding.

**Members of the BHS Guard are asked to make a commitment to the program through their time and effort. As a member, you are required to commit to the rehearsal and performance schedule, and you are required to show up on time. You are also expected to dedicate time to practice outside of rehearsal.**

*Examples of outside practice:*

-  *Mental practice with music before bed*
-  *Stretching and conditioning*
-  *Going outside and working on challenging maneuvers.*

There will be scheduled "open gym" time on weekends and before or after rehearsal for members to meet with the coaching staff.

**When the members of a competing group have pride, maturity, class, and style, *it shows*. When the members of a group are lacking these qualities, *it shows even more*. Remember, it takes much longer to build a good reputation than to ruin one.**

**Attendance Policy:**

Attendance at all practices and performances is **mandatory**. Excused absences will only be accepted when verified by a parent or doctor. Please, do not use facebook as a way to communicate absences. If a student is well enough to attend class during the school day, the student is expected to attend rehearsal. An absence for another school-related activity should be cleared with both the Sponsoring Belton Staff person and Guard Director **a week in advance**. **Excuses such as work and homework are not acceptable**. Some exceptions may apply at the discretion of the Guard Director. **Absenteeism in Guard is very difficult to recover from. You are expected to take time outside of rehearsal to catch up.**

Conflicts with the guard schedule are the responsibility of the student. Rehearsal and performance schedules are almost always given out in advance so that arrangements can be made. Students and their families are requested to plan appropriately when scheduling so that rehearsals and performances are not missed. Every individual in the organization is a valued, contributing member, and any single absence detracts from the quality of our preparation and performance. Your contribution reflects on the entire group and when a performer is missing during a show, it is noticeable.

ANY tardiness or absences could result in the student losing their position in the choreography or Guard program. Again, this is because every individual's attendance and performance contributes to the success of the guard. If someone isn't showing their commitment, it

hurts the overall effectiveness and attitude of the group. Tardiness and absences will be responded to with consequences such as laps, drop spins or other.

BUT! What if I want to be involved in another sport or after school activity? Participation in other activities is definitely encouraged! However, since guard is such a team sport, it must be a high priority. If one rehearsal is missed due to another activity, then it should be reciprocated if that situation occurs again. If you have conflicts, please speak with the Guard Instructor. It is a give and take situation. **If you miss the last rehearsal before a performance or show, you will not be allowed to participate.**

Bottom line. Don't miss.

**What to expect during rehearsals:**







At the beginning of rehearsals, we will stretch as a group and warm up with dance basics, flag, and rifle. We will go through some basics exercises and warm up routines which you are expected to have memorized. The quicker we can go through warm ups and basics, the more time we can spend on learning/improving our choreography. **Everyone will participate.**

Guard is a physically challenging activity. Throughout the season, there we will have abdominal workouts, cardiovascular exercises, and running. In order to spin and stay strong throughout an intense four minute show, it is important you are strong and in shape. Inhalers, if needed should be available at rehearsals as well as water bottles. Injuries are also a part of participating in a sport and will be addressed on an individual basis.

**Please wear appropriate clothing to rehearsal, jewelry is NOT permitted.** Large earrings and distracting bracelets are not allowed for safety reasons. NO JEWELRY IS ALLOWED. (NFHS Rule 2-2 and 3-2). In order to dance and spin, you will need to wear clothing that allows you to move and still supports you appropriately. **Jeans or items that look like jeans, slacks, cargos and other articles of clothing that will not allow you to move around freely are not permitted.** Yoga Pants, Sweats, Gym Shorts and things similar are excellent. It is preferred you wear dark colored clothing that is fitting to your body. You should ensure you wear pants that let coaches see your feet. This will ensure we are able to help clean dance and movement choreography. Socks will not be worn but Dance shoes will be permitted at the Director's discretion.

### What to expect during performance/competition days:

What we expect of you during performance days:

-  Show up on time
-  Work hard
-  Keep a great attitude
-  Have a great performance
-  Only say positive things about other groups when you're watching them
-  HAVE FUN!

Attached is a sample itinerary for a show day.

Students are expected to make sure they have all needed materials for the day (make up, flags, uniform, rifle, show t-shirt etc.) and stay for the entire event. **If a student needs to leave an event early or ride with a parent separately, they must bring a note from a parent the week before and have permission from the BHS Athletic Director.** Before leaving the show-site the student AND their parent must check out with the Guard Director or designated representative. If you leave a festival site without permission, you will be dismissed from the team. Each show and competition will have different details regarding call times and performance times. You will be informed of those dates and times as soon as known.

### Conduct detrimental to the program:

Many hours and many dollars have gone into making this program successful before you even became a part of it. We are building and setting new expectations that future Guard will have to work hard to achieve. It is imperative that we are a respected and noble group. Those who are not working towards success have no place in this group. *The BHS Guard program reserves the right to dismiss any participant at any time for conduct that is hurtful to the program or for any applicable reasoning.* If you feel that something should be address, please see the Director to discuss.

**Profanity:** We do not use profanity when in uniform; at a practice or in the bleachers for any reason what so ever. If you know these words, forget that you know them when you are with the guard. Please help teammates (or coaches) follow this policy as well.

**Slander:** Every student, parent and director is important to the success of this group. We follow the golden rule: If you don't have something nice to say, then don't say it. It does nobody any good to be ripped apart by their peers or other teams. You never know what group is walking behind you when you make a cleaver comment. Positive comments are encouraged but constructive criticism should be kept for the bus ride home or back at school.





**Negativity:** This is the one thing that will kill a Guard faster than anything else. We all have bad days- Do not let one bad day escalate into a season ending event, Guard is hard enough as it is. If you ever need a moment to think or cool off, just speak up. Attitude is a critical part of everyday life in and out of rehearsal, on and offline.

**Cell Phones/MP3 players: KEEP THEM PUT AWAY.** Most students have a cell phone in case of emergency. We spend many hours after school and students want to keep their cell phones with them. When you enter the band room, gym or any other rehearsal space, the ringer is turned off and

it's put away. **During rehearsal phones should never be used.** The same is true about MP3 devices. These items can be taken with you on trips to be used during personal stretching times, on the bus and mental warm ups. However, we are never to see them when watching other guards. If you need to get in contact with your child in rehearsal, please contact the guard director. 816-866-3832. Members that insist on using their phone during rehearsal and not prearranging will be assessed a point.

**Missing or being late to rehearsal:** Excessive tardiness or absences will result in the student losing their position in the choreography or Guard program. Again, this is because every individual's attendance and performance contributes to the success of the guard. If someone isn't showing their commitment, it hurts the overall effectiveness and attitude of the group. '

### **Tips for Parents:**

-  Rehearsals are open to parents only. You are welcome to observe rehearsal at any time, as long as you do not distract your child or any other members.
-  Rehearsals begin and end at the scheduled time as much as possible. If you are dropping off or picking your child up please allow 5-10 minutes for them to get their things ready before rehearsal and then also time for them to fold the tarp and put away their equipment at the conclusion.
-  Please come to the shows and support the Band and Guard.
-  While at a competition, please do not speak poorly of other color guards or marching units. This reflects badly on our group. Cheer enthusiastically for other teams – all of those students work hard and deserve recognition too!

If you or your child has any questions or concerns about anything as the season progresses please let me know. It is best to snag me to talk after rehearsal or send me a quick email. You are also more than welcome to call me. I would love to discuss this handbook, the guard program or anything else I can do to assist your student.

Matthew Uppman  
BHS Guard Director  
816-866-3832  
[muppm@bsd124.org](mailto:muppm@bsd124.org)

*Note: This handbook is subject to change as needed to adapt to Belton School District Policies, the needs of the BHS Guard program, the BHS Band program, at the discretion of the Guard Director or any other school Administrator. Special thanks to the following guard instructors for their assistance. Kristy Humbar, LHS; Connie Mogg, Smithville HS; Rebecca Westmoreland, BSSHS; Liz Kenue, LSWHS; Brenda Snorgrass, RHS, Jennifer Neimann;*

<http://www.beltonbands.com/colorguard.html>

**Remind:  
Text @coachupp to 81010**

## **2017 Winter Guard Cost Outline: (costs may change with a reasonable amount of time)**

- ❖ On/Before November 17<sup>th</sup> - \$150
- ❖ December 8- \$50
- ❖ On/Before January 5- \$50
- Total- \$250

Things you are paying for:

- Custom Made Costume
- Flag Bag
- Performance Make Up
- Performer's Show Shirt
- First Taping of Flags and Stoppers
- Paint and Repair of the Guard Tarp

Extra Expenses-

- Rifle \$55
- Sabre \$65
- Extra Show T-Shirts \$15
- White and Black Electrical Tape

Mr. Uppman has some rifles that can be borrowed however students will be responsible to for upkeep such as taping and keeping track of items.

### **Area Dance Stores:**

Dance Wear Express: 13151 State Line Road, KCMO 64145 -816-941-7900

Dancing Plus- 204 S. Sunrise Dr. Raymore MO 64083- 816-318-9600

The Movement Company, 8442 Clint Dr. Belton MO 64012- 816-589-2651

Donna's Doorway to Dance, 540 N. Scott Ave. Belton MO, 64012- 816-322-5554

Expressions in Dancewear 6247 Blue Ridge Blvd. Raytown MO 64133- 816-353-2232

[www.discountdance.com](http://www.discountdance.com)



Parents/Guardians,

If your child is selected to perform with the Belton High School Winter Guard, this winter we will work to create a routines that will be performed in the upcoming performance season. You should have received a “Winter Guard Handbook” that explains what is required of your student, including the monetary commitment. On page seven (7) of the handbook, there is an outline of costs that school staffs with facilitate. (See the Guard Webpage for a copy of the handbook) Below is a list of costs and their due dates. Please sign and return the bottom portion of this form on or before November 3, 2016. We will also have a parent meeting on November 3<sup>rd</sup> in the BMS Band Room at 8pm so I can answer any questions you might have.

By signing and returning this form you are accepting the responsibility to pay for this upcoming winter guard season. Please understand that you will still be held financially accountable, even if your child decides to leave the guard or asked not to return. It is critical that all monies are paid on the due date to ensue the team has what is required. Please Contact me if you have any questions or concerns. I am very excited for a new season and working with these talented students!

Sincerely,

Matthew Uppman, BHS Guard Director  
816-866-3832  
muppmann@bsd124.org  
<http://beltonbands.com/color-guard.html>

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By signing and returning this form I am accepting the responsibility to the below items. I understand that I will still be held financially accountable, even if my child decides to leave the guard or asked not to return. I understand that it is critical that all monies are paid on the due date to ensue the team has what is required on time. I also confirm that I have seen a copy of the BHS Winter Guard Handbook and its contents. .

- ❖ On/Before November 17<sup>th</sup>- \$150
  - ❖ December 8- \$50
  - ❖ On/Before January 5- \$50
- Total- \$250

Parent Name \_\_\_\_\_ Student Name \_\_\_\_\_

Parent Phone \_\_\_\_\_ Parent Email \_\_\_\_\_

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

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