

Evergreen Winterguard

Evergreen High School Colorguard operates under the umbrella of Evergreen High School Band. This means that the Evergreen band board and boosters are responsible for policy and finances. All main communication will come through Jeffrey Capponi, and may be duplicated on website and Facebook pages. Please make sure that Jeffrey Capponi has your email address, so you can stay in the loop.

COMMUNICATION:

Facebook:

Join the "Evergreen Colorguard" page (friend Raegan Campbell or John Arenas to be added)

Email/phone:

Band Directors: Brent Johnson, Brent.Johnson@evergreenps.org

Craig Gustafson Craig.Gustafson@evergreenps.org

Guard Director: Jeffrey Capponi, Jeffreycapponi@gmail.com, 503-330-7454

Guard Instructors: Amanda Rosling, a.rosling@yahoo.com, 503-887-9964

Nicolas Garcia, nicolasmarco716@gmail.com, 503-519-0421

Current Guard Moms: Kerri Spears, colorguardparent@ehsboosters.org, 360-771-6563

Band president: Brian Spears, president@ehsboosters.org

FEES:

Winter Fair Share: \$450

This covers the cost of coaches, meals at competitions, and travel expenses, flags and equipment, props, etc. This amount can be paid all in August or distributed as indicated below.

- \$100 due January 3rd
- \$125 due January 31st
- \$125 due February 14th
- \$100 due March 5th

(The fair share does not include any fees listed below.)

Gloves: \$11 (optional)

Flag Bag: \$20 (onetime fee) (these can also be made, ask staff for help on this)

Rifle: \$30 (optional, unless on rifle line)

Body Tight \$15- \$17 (May use the one from fall)

Make-up for shows: \$15 approx.

Hair spray/bobby pins/clippies: \$10 approx.

Long plain black yoga Capri's (no white or designs/words) for performances: \$20 approx.

- Target and Old Navy have great prices on Yoga Pants

Plain black t-shirts – not tank top (no white or designs/words) for performances: \$20 Watch for sales

~~~~~\*\*\*\*\* If there are any concerns or questions about the financial requirements please bring them to the band director~~~~~\*\*\*\*\*

## PRACTICES/COMPETITIONS (times/dates will be confirmed)

- See attached Schedule

## REHEARSAL CONFLICTS

You are required to attend all scheduled rehearsals. You must schedule all work and optional activities around rehearsals. Conflicts arise – as we all know – however, you must communicate and seek permission for any rehearsal conflicts. Conflicts will only be granted to those that have a reasonable excuse. Be aware that absences will affect your spot in the guard and will be taken into account when deciding positions.

## PERFORMANCES/COMPETITIONS/PARADES

(Competitions are Tentative until finalized Calendar is published)

**February 3<sup>rd</sup> – Rhythmfest Hosted by Tigard High School**

**March 10<sup>th</sup> – WGI Portland Regional – Skyview High School**

**March 17<sup>th</sup> – Sherwood High School Competition**

**March 24<sup>th</sup> – TBA**

**March 31<sup>st</sup> – NWAPA Championships – Liberty High School**

## SPRING DANCE CONCERT

The colorguard program hosts a spring dance concert at the end of the year as a fundraiser to help keep fair share low. Every member of the fall and winter colorguard programs are required to participate in this, as it is the biggest fundraiser for the colorguard all year. Rehearsals (1 or 2 a week for 90 minutes) for spring dance start mid April and last until the concert in June.

## EVERGREEN HIGH SCHOOL COLORGUARD DRESS CODE FOR REHEARSAL/PRACTICE:

These guidelines are set to ensure comfort and efficient productivity at rehearsals. Wearing appropriate clothing is important in respect for our bodies and those around us. If you're not comfortable wearing what you're wearing in front of Jeff and your grandparents, you shouldn't be wearing it. Guard rehearsals are not beauty pageants. How perfect our hair is and how cute our outfits are is not what is important in comparison to the work we put onto the field/floor.

### HAIR:

- Hair must be up and away from face at all times.
- Bangs needs to be secured away from face!

### CLOTHING:

- You must be COMFORTABLE to move in whatever you wear. Dress intelligently. No jeans!
- Sports bras are HIGHLY encouraged!
- Layers are highly recommended
- Tanks under revealing shirts please!
- Leggings or spandex must be worn under loose fitting short shorts at all times.
- Spandex shorts must be an appropriate length.

### SHOES:

- Shoes must be worn outside AT ALL TIMES. (Converse/Keds/Vans are not acceptable. You can find cheap athletic shoes at Fred Meyer)

### OTHER:

- Please don't wear earrings unless they are studs. Jewelry is discouraged because they can get in the way and caught onto to something or get broken!
- All jewelry must be off for performances!

**Please be sure to have these items at EVERY rehearsal:**

- WATER
- Gloves
- Equipment
- a positive and enthusiastic attitude!!!

**Recommended Items:**

- Healthy Snacks
- Towel for stretching
- Electrical Tape
- Sunscreen

Please show up to everything on time! To be early is to be on time. To be on time is to be late. To be late is unacceptable.

## Costume conduct & care

The uniforms, gloves, warm-ups will be sized/ordered at the first rehearsals for the group in August.

Performance Blacks: In the event of not having the uniforms for the first show a black t-shirt will be needed for the members.

You must purchase Black yoga Capri's. (Ask Guard moms if needed)

Shows: Body Tight.

Your costume is only to be visible when you are in warm-up or performance. At no time should you be "hanging out" in costume at contests or other events. Your costume represents your particular performance character and is hand-made specifically for you. Please treat your costume with respect. You are required to change out of your costume directly after performance, or put on warm-ups, team jacket, or other clothing over your costume if you need to remain in costume for awards or other reason.

You are responsible for the care and maintenance of your costume. A costume in good condition is essential to the Evergreen Colorguard image.

- You may not eat or drink (except water) in costume. Accidents happen that can stain or permanently damage your costume.
- NEVER run in costume. It is out of character.
- Do not swear in costume. Just don't do it.
- Costumes must be hung immediately after use and kept in an open-air area where they can dry. Some costumes can be hand-washed between events – check with your Director for specifics.
- No PDA while in costume. This includes hugging parents and relatives. Please have your family wait until you are entirely out of costume to greet relatives.

## HAIR/MAKEUP FOR PERFORMANCES

Hairspray- (Instant Freeze is recommended)

Hair ties that match your hair color

Bobby pins/clippies that match your hair color

A darker color lipstick that will go with your skin tone

A darker blush that will go with your skin tone

Black Eyeliner

Black Mascara

**\*\*Make-up is supposed to be dark enough to be seen from the top of the stands\*\***

**\*\*Expect to purchase special make-up for the shows /competitions) – usually under \$15 total**

## Grades

Time management is extremely important in this activity! According to the District, students will be unable to participate during the fall/winter season if they have failing grades on their report cards. The Evergreen Colorguard has set rules in place to encourage students to keep their grades up. In our standards, students must be passing all of their classes, ALL OF THE TIME. We will implement grade checks every couple weeks to stress the importance of education and time management. If your student is not passing a class, they will not perform and must attend all rehearsals for a required study session until they bring Jeff, and Mr. Johnson a signed note from their teacher proving they are now passing.

## Health Policy

Participating in a color guard is a physically demanding activity on par with other professional dance, theater or sports.

Performing at your optimal level requires strength, energy, and endurance.

**Injuries** Colorguard is incredibly taxing on your body. This is why we have developed a thorough physical training program for you. You are responsible for maintaining your own health and by taking full advantage of the tools we provide for you. If you are struggling, it is your responsibility to inform the staff that you need additional tools and assistance.

We fully understand and expect that injuries will occur. They will be rare and few and far between. You must learn to understand your own body and to know the difference between an injury and a boo-boo. An injury requires medical

attention. If you are injured, you will go to a doctor to be treated. Boo-boos will happen constantly and you will learn to tolerate them. Boo-boos do not require that you miss any rehearsal time. If you are injured enough to sit out of rehearsal – you must seek medical attention.

Use smart prevention and the tools available to you to ease pain and discomfort of boo-boos:

- Drink plenty of water before, during and after rehearsals and performances
- Wear appropriate layered clothing for all temperature and weather types
- Wear good athletic shoes with proper support for performance warm-ups
- Use necessary supports (knee, wrist, ankle) if required
- Use anti-inflammatories to ease muscle soreness
- Eat bananas and other available fruits and vegetables
- Fulfill all training program exercises to stay fit – do this all spring during your off time
- Notify your staff of any new or pre-existing injuries RIGHT AWAY!

#### **VOLUNTEERING/FUNDRAISERS:**

Volunteers are extremely important in our success as a program, the support is what keeps us running. We will need carpool volunteers for show days and we could always use more volunteers on daily basis. Please contact me if you would like to be involved in helping out with our program.