



West Bloomfield Winter Guard Handbook

In this handbook, we will go over the expectations and etiquette we are asking of each member. Please read through carefully and always keep a copy on hand for future reference.

ATTENDANCE

Each member has a special role to play in our organization and their absence could affect the bigger picture. We understand that life happens and are willing to work members and their families on a case-by-case basis, but want to stress the importance of each member's presence at rehearsal. All rehearsals are mandatory. Students may be inclined to host sectionals with their peers and we will consider these to be optional, but highly recommended.

We ask that the member's parents email us at westbloomfieldcolorguard@gmail.com to inform us of a member's absence as soon as details are made known to them. We plan our rehearsals with full attendance in mind and informing us of an absence is a courtesy to our schedule.

****If a student has 2 unexcused absences they will risk removal from the program****

Acceptable Reasons to be Absent: Illness, family emergency, planned family vacation before schedule was sent out.

Not Acceptable Reasons: Procrastinated on homework, not having a ride, wanting to watch Netflix.

ITEMS NOT INCLUDED IN YOUR DUES

There are a few items students will be responsible for purchasing on their own that are not included in your dues. Each member is different and may require a different number of each of these things. Please make sure students are prepared to have these things on hand.

- Hair Supplies: Hair brush, bobby pins, hair ties, hair spray, etc.
- Basic Makeup that the member feels comfortable in (boys excluded): Foundation, bronzer, blush, natural color eye shadows, eyeliner, mascara, a red lipstick that matches the wearer.
- Undergarments
- Any additional show specific makeup. (We will not break the bank.)

ADDITIONAL RESPONSIBILITIES

With the time and dedication, it takes to rise up in this activity, student will be asked to perform some additional tasks outside of rehearsal or may be asked to help with tasks within the guard itself to teach team responsibility.

We ask students to complete video assignments throughout the season. These can be posted on our Facebook page so the staff can review it and provide the student immediate feedback. If a student does not wish to post it to the Facebook they can email it to the staff or choose to demonstrate the skills live. This is a tool we use to mark progression. Students who are struggling with exercises far beyond the date at which the assignment is due will need to seek additional help from either the students or the staff. *

We will work with students on a case-to-case basis*

In order to execute the videos well we ask students spend time at home practicing! Parents and guardians please help remind your child of the importance of practicing and how their role in the organization is an important part of a bigger picture.

We may also be assigning students to do various tasks like bring the speaker to rehearsal, bring the guard bag to



rehearsal, bring extra equipment, and other tasks. We will have a system for assigning these tasks where it works on a rotation.

ATTIRE

Appropriate attire is required for all students participating in Winter Guard. We do have a certain dress code for both dancing and drill purposes.

- ✓ Students should be wearing **All Black** to every rehearsal. There are many reasons for this, but most importantly it helps clean up lines when we are dancing. We are not asking that you go buy a whole new wardrobe of black Nike gear. You can find cheap options at your local goodwill or salvation army. These are just rehearsal clothes not a fashion statement!
- ✓ No baggy clothing or PJs
- ✓ If students are going to wear shorts we ask that they have an elastic band around the thigh.
- ✓ Students' hair should be pulled back out of the face. It is dangerous if your hair is blocking your vision.
- ✓ Students should have a good pair of Tennis Shoes for every rehearsal.

REHEARSAL SCHEDULE

A general rehearsal schedule for the season will be provided to you. Please check the BBAWB Calendar on the WB Bands website frequently for changes: www.wbbands.info/calendar.

REHEARSAL ETIQUETTE AND EXPECTATIONS

As a staff, we believe the foundation of a great program is built on the respect between members, staff, and the program as a whole. Please read through these carefully.

1. All members are expected to be respectful to any other member, staff, admin, parent, supporter, etc. Disrespect of any kind will not be tolerated and will be dealt with by the staff in an appropriate manner.
2. Students are expected to arrive on time and prepared with appropriate attire, equipment, water, and other necessities.
3. The use of phones, apple watches, etc. will not be used on the rehearsal field/floor. Phones should be on vibrate or silent and put away in student's bags during rehearsal. They can be used during breaks.
4. No gum during rehearsal. Food and drinks are allowed on breaks only.
5. Students should remain in designated rehearsal spaces in facilities. Students should let staff know if they are leaving the room and their destination.
6. No inappropriate conversations or language will be used during rehearsal.
7. While staff is addressing the students, student should not spin or talk.

SOCIAL MEDIA

While we use these avenues on a daily basis, it is necessary to be responsible in their use with regard to this organization. If you have an issue personal or otherwise, regarding West Bloomfield Guard program, please contact the director. Negative comments about staff, another member of the guard, parents, volunteers, etc. will not be tolerated and could result in dismissal from the program. It is important to keep the integrity of this organization at a high level.

WBF TECHNIQUE EXERCISES

Dance

- ✓ Tendú
- ✓ Plié
- ✓ Jazz Walks
- ✓ Side, Back, Side, Front
- ✓ Prance Combo
- ✓ Battement
- ✓ Chasse Passe
- ✓ Satue
- ✓ Pas De Chat
- ✓ Jeté

Flag

- ✓ Drop Spins
- ✓ Cones
- ✓ Spins and Stops
- ✓ Wrist Rotations
- ✓ Singles
- ✓ Doubles
- ✓ 45 Tosses
- ✓ Various Tosses
- ✓ Parallels

Weapon

- ✓ Consecutives
- ✓ Single Exercise
- ✓ Spins and Stops
- ✓ Tracks
- ✓ Backhand
- ✓ Doubles
- ✓ Triples
- ✓ Quads