

Tryout Packet – East Forsyth Color Guard/Flag Team 2019
Date: Practice April 8, 22, 29, May 6, Audition date May 10 **Time:** 4:15 – 6:30 pm
Band Room/Old Gym at East Forsyth High School

Dear Participant,

Being a member of the Color Guard/Flag Team is one of great responsibility. This is a group that is associated with the East Forsyth Blue Regiment Marching Band. Wherever the band is expected to be the Color Guard/Flag Team is expected to be. Please read over the following information carefully. If after reading you are supportive of the time commitment and financial requirements (\$225 + shoes and any other necessary item for uniform) please sign and return the attached permission slip to the coaches at tryouts on April 8th. Any questions should be directed to Mrs. Murphy: dmmurphy@wsfcs.k12.nc.us

THE FOLLOWING ITEMS ARE NEEDED FOR YOU TO TRYOUT

Signed permission slip

Teacher recommendations (2)

Non-EFHS students: A copy of your third quarter report card (a 2.0 GPA, passing 75% of classes is required, and at least 85% attendance)

It's My Call Form (if not already on file)

Current Physical Form

Tryouts will take place in the old gym. The students will learn Flag basics, dance basics, and be taught a routine that incorporates both to be performed on the last day of tryouts. The students will do conditioning each day which will include running laps and strength training (extensions). If your child has Asthma they should bring inhalers and if your child wears an ankle, wrist, or knee brace, please make sure it is worn throughout the tryout process.

Dress Attire: All students should wear cloth shorts or Capri length bottoms. Ankles must be visible so we can make sure that dance moves are done in such a way that the students are not going to hurt themselves. Jeans or tight fitting clothes that constrict movement are never appropriate for practice. T-shirts or tank tops should also be easy to move in. Tennis shoes will be worn throughout the tryout process. Since we usually practice outdoors students should get used to moving in tennis shoes. **NO JEWELERY** should be worn. Hair must be worn pulled back and off of the face.

The students will be judged on their abilities, grades, and teacher recommendations (2). Please limit one evaluation for an elective teacher and the other must come from a core subject teacher (Math, English, Science or History). Teacher recommendations must be filled out and returned to Mrs. Murphy at East Forsyth High by April 8th.

Decisions for the team will be made sometime after May 10 after all information has been sorted through and tryouts have been completed. Decisions will be posted on the outside band room door that evening and on the inside band room door. You will be added to the PowerSchool Learning Page also for the team. If you make it there are 2 additional practices May 13 and 20 same times as tryouts.

Guard Responsibilities: Practices are Mondays, Tuesdays, and Thursdays from 4-6:30 pm. We attend Varsity football games on Friday nights (Make-up games could be on Saturdays or Mondays if games are rained out). Competitions are on Saturdays and usually take all day. We also participate in the W-S Veteran's Day Parade, W-S Christmas Parade, and Kernersville Christmas Parade. Band Camp is all day on Aug 5th, 6th, 7th, 8th, 12th, 13th, and 14th and is **MANDATORY**. Please see full band schedule, if the band is supposed to be there, you are to! If you have a vacation planned for the days of band camp please do not try-out. You should participate in all band and guard fundraisers.

General Rules Regarding Color Guard

Membership

- A. The number of members on the Color Guard will be determined by the coaches.
- B. Anyone who will be a student at East Forsyth shall be eligible for tryouts as long as he/she meets the following requirements: (1) An overall 2.0 (C) grade average and passing 75% of classes, (2) Be of unquestionable character. (3) be present at least 85% of previous school year (cannot miss more than 27 days in the year)
- C. There will be one captain or co-captains for the team determined by an interview process by the coaches.
- D. Guard Members who resign from the team for just cause as determined by the coaches may be granted permission to try out the following year.

Requirements

- A. Maturity, leadership, and sound judgment, as evidenced by faculty evaluation, observation, and conduct grades.
- B. Color Guard members must maintain an overall 2.0 (C) average in school. Grade checks will be made throughout the season to be sure that all athletes are academically eligible. If an athlete is academically ineligible, a decision will be made as to whether he/she will be allowed to continue to participate.
- C. Pleasing personality and ability to work well with others.
- D. Must be prepared to work on fundraising projects and do their part in raising money for band program at East Forsyth High School.
- E. Think seriously before joining clubs, sports, or part-time jobs since marching band/color guard is a very demanding sport, requiring a full team effort.
- F. All marching band/color guard members must attend band camp during the summer and participate in community activities (parades).
- G. Must be financially prepared to meet the marching band fee of \$200.
- H. A physical examination and doctor's permission to participate in Color Guard is required of all team members. This must be renewed once a year.

Try-Outs

- A. Color Guard Members will be selected in the spring by the coaches.
- B. Candidates will receive instructions prior to try-outs from coaches/sponsors/choreographer.
- C. Faculty members of all interested participants will give a written evaluation on basis of conduct, leadership, and ability to work well with others. These evaluations will be used to aid in the selection process.
- D. A short routine involving flag basics and dance will be judged.
- E. First Semester and Third quarter grades and Attendance will be used in the selection process.
- F. A list of those making the team will be posted.

Director(s)/Coaches

- A. Has complete responsibility for control, organization, and implementation of the band/guard programs at East Forsyth High School.
- B. Keep all records: Permission slips, home phone numbers, attendance, grades, camp and competition information.
- C. Have the power to call and preside over all meetings.
- D. Selection of uniforms for all activities will be made by the director(s)/coaches.

Attendance

- A. All athletes **must** be in school for at least half of your classes the day of practice, game, tryouts etc. (If there is a Saturday competition, this applies to the Friday prior to the contest). You will not be permitted to participate in the respective activity on the day the requirement is not met, unless there are special circumstances.
- B. The Color Guard Season goes from after tryouts in May until December. We will have summer conditioning practices, games, competitions, parades, and pep rallies. Anywhere the marching band is expected to be the Color Guard is expected to be.
- C. ALL PRACTICES ARE MANDATORY! It is the responsibility of each member to be at all practices for the entire amount of time. (Be advised that games/competitions occur during school vacations and you should check your schedule carefully before committing to guard). Remember that your team needs all its members present to have a productive practice. Your attendance affects the whole guard and the entire marching band.
- D. The only excused absences are sickness/injury or family emergency. If the injury permits it, the student should still attend practices, and attend games in uniform. **DO NOT MAKE APPOINTMENTS ON GAME OR PRACTICE DATES. REFER TO THE BAND SCHEDULE CAREFULLY!**
- E. If an absence is necessary for any reason, a **parent** must call/email the coach ahead of time. If the coach is not notified, a suspension may result.
- F. Arriving late or leaving early from practices/performances is not permissible. Walking out of practices, games or competitions with an attitude because you are upset or angry is also not permissible. Speak with the coach if there is a problem.
- G. Jobs, clubs, church activities should not interfere with color guard. Again your personal commitment affects everyone in the guard and marching band.
- H. If any injury occurs while at practice, games, competitions etc. without the coach's knowledge, it is the responsibility of the student to inform the coach immediately so proper procedures can be followed.
- I. Once a student has been restricted from guard as a result of serious injury or extended illness, the student must obtain a signed note from a physician stating permission to resume total participation in the sport.

Color Guard Captain Duties

- A. The team will have one captain or two co-captains. The coaches will determine the method of selection. At the discretion of the coaches, a new captain and/or co-captain may be chosen as it becomes necessary.
- B. Shall have the power to call and preside over meetings and practices with the approval of the coaches.

- C. Must be at practices before starting times and have the practices start on time and help keep them moving.
- D. Must know all the routines, never hesitating to help others on the team at any given moment.
- E. Should show no partiality and should consider suggestions from all team members.
- F. Co-captain must be prepared to take over the captain's responsibilities in his/her absence.
- G. Aid the coach with certain responsibilities not limited to calling members on a need to basis.

Practices, Games, Competitions and Pep Rallies

- A. Frequency of the summer practices will be determined by the team and the coaches. Any practices called in July are highly encouraged but not mandatory.
- B. Band Camp is mandatory and all practices after band camp. This includes practices between the end of Band Camp and the start of school.
- C. Members should attend practice to observe if unable to participate due to illness or injury.
- D. A calendar will be provided in the spring for the following fall season stating all practice, game, and competition dates.
- E. Directors, Coaches, Drum Majors, Captains, and Section Leaders are your leaders. Everyone must follow his or her instructions.
- F. Practices shall be orderly at all times! Socializing should be limited until after practice!
- G. Appropriate attire is required; sweat pants or shorts, loose shirts, and tennis shoes. NO JEANS.
- H. No food, drinks, or gum during practices (besides water or sports drinks).
- I. Color Guard members hair must be put up before practice.
- J. Practice should begin with an organized warm-up routine led by the Drum Major/Captain
- K. At games you will be expected to sit together as a team and cheer. When the band plays you are expected to stand and dance and be excited. Members will not sit in the stands on their cell phones or texting. Refer to Conduct (E). 2nd quarter will be used to warm up for halftime and 3rd quarters will be given as a break time as long as students are responsible to come back at the appropriate time. This privilege will be revoked as necessary for discipline.
- L. Members must sit with the director/coach in the stands if unable to participate in game/competition due to illness or injury.
- M. No visiting with spectators during the game is allowed.
- N. Members are expected to participate in the entire game/competition.
- O. Members are not to make fun of or yell at the referees or at other bands at competitions. You are representing East Forsyth.

- P. Any member who misses practice at which a new section of the halftime show is perfected should not perform the material at the next marching band performance.
- Q. Any member who misses more than one practice during the week may not be allowed to participate in the half-time show at the game for that week/competition.
- R. If you are present at school and become ill or have some other reason for not attending practice or a game, you MUST NOTIFY THE DIRECTOR/COACH IN PERSON, by email, or voicemail that you will not be able to attend. A note is required afterward.
- S. Members should attend games/competitions to observe if unable to participate due to injury or illness, but able to attend school.
- T. Attendance for Conference Playoffs is required.
- U. Members of the marching band/color guard are expected to participate in all pep rallies.
- V. The East Forsyth Blue Regiment will compete in 3 competitions and at the Forsyth County Marching Band Jamboree during the season.
- W. Attendance at competitions is mandatory. Members may be dismissed from the marching band for missing a competition. The only reasonable excuses are illness, injury, or death in the family. Please pay close attention to all schedules and calendars.

Appearance and Uniforms

- A. No Jewelry with the exception of small stud earrings will be worn during practices or games.
- B. NO GUM
- C. No grooming during practices, games or competitions.
- D. Put hair up before practices and performances. Bangs that hang in the face should be pinned back.
- E. Make-up should be neat and conservative for games and competitions. Personal hygiene should be maintained at all times.
- F. No Polish should be worn. Fingernails (real or false) need to be kept a reasonable length. False nails are not advised as they could get hit and rip off.
- G. Uniforms since they are property of the school and the band will be kept at school. Keep shoes clean.
- H. Black socks and black shoes must be worn anytime the uniform is worn.
- I. Each member will be held financially responsible for damaged or lost uniforms and equipment.
- J. Alterations of uniforms will be taken care of by the band parents etc. as dictated by the director/coach.
- K. Uniforms will be cleaned as needed a couple of times during the season. Leggings may be worn underneath uniforms and long sleeved black leotards may be purchased to provide sleeves when it gets cold. Members may also want to purchase a windbreaker or hoodie to wear overtop of uniforms for in the stands at football games and also parades. Guard shoes and gloves will be purchased during the summer for those who need them.

Transportation

- A. Members must be able to provide or secure transportation to and from all home games and practices.
- B. The school will provide transportation to all away games and competitions.
- C. All members must go to away games and return as a group unless they ride home with their parents. Parents must be present at the games, and must inform the director/coach of this. If another member rides home with another parent, they must have a written note prior to the game signed by their parent.
- D. No students will be allowed to ride in cars with other students or friends from a game/competition.
- E. Arrangements should always be made prior to the event.

Conduct

- A. Color Guard members shall conduct themselves properly at all times, both at school and outside of school. Marching band/Color Guard is one of the most visible and largest group on campus and must represent the school well.
- B. When you come to practice you leave your attitude at the “door” even if you do not get along with one of your team members. As teammates you should strive to befriend each member of the team. As individuals there will certainly be differences of opinion, but you should work through any issues as they arise. Poor attitude will not be accepted.
- C. Talking out of turn while the coach, choreographer, captain, or co-captains are trying to speak is unacceptable. Please raise your hand before you speak.
- D. Talking excessively at practice at any time is not acceptable. Every moment of practice is precious.
- E. Cell phones should be off at all practices/games/performances. If you have an emergency please tell the coach ahead of time.
- F. They should display good sportsmanship at all times.
- G. Conduct in the classroom should be a caliber that gives good examples to other students. Must maintain “satisfactory” conduct grades at all times. Failure to do so will result in probation.
- H. Members are to use proper language during games, competition, and practice.
- I. Members should support their own teams and are not to criticize either team.
- J. Dating of team members (includes band and colorguard) is discouraged. If dating occurs, those members involved will be expected to behave as individuals (not couples) at all band activities.
- K. Members should be discreet in display of affections in public.
- L. Students may not use drugs, alcohol or tobacco products while a member of the Guard program. Students are required to sign up for “It’s my call” which does randomized drug testing for all students in extracurricular activities. Consequences for this infraction could include dismissal from the team.
- M. Insubordination (rudeness/disrespect) to coaches, teachers, other adults or teammates will result in an immediate suspension. Students should report any incidents as soon as possible to the coaches so they can properly deal with the student.

N. All rules that apply at school apply for members of the Color Guard. We are here to represent East Forsyth High School.

Dismissal

A. The power of dismissal shall be considered the decision of the director(s), coaches, principal, and/or assistant principal.

B. Because of the leadership role of a marching band/color guard member, alcohol, tobacco, or illegal drugs should not be used. Involvement with any of the above may lead to dismissal from the band.

C. Automatic dismissal for: (1) not attending band camp, (2) smoking or drinking, (3) possession of illegal drugs, (4) suspension from school, (5) excessive absences from school (10 days +), (6) not maintaining a 2.0 (C) grade point average.

D. Failure to maintain satisfactory conduct will result in probation for two weeks. Members will be required to attend all games during these two weeks and will be allowed to return to normal activity once evidence of improvement is shown. If the member does not achieve satisfactory conduct within four weeks, dismissal will result.

E. ISS or Saturday school assignment will likely result in probation and possible dismissal. The director(s) and the coaches will decide this.

F. State athletic guidelines require students to maintain a 2.0 (C) grade point average. Student may be required to attend weekly tutoring sessions to help maintain their eligibility. Failure to maintain a 2.0 quarterly average will result in dismissal.

G. Once a member has been dismissed from the group, they may not return to the group for the remainder of the school year. Students who are dismissed from the group are eligible to participate in the marching band or try-out for the Color Guard the following year.

H. A member may only be placed on probation one time. Dismissal will result for any future violations that require a second probation.

**DEMERIT SYSTEM
EAST FORSYTH HIGH SCHOOL BLUE REGIMENT**

In order to have a good marching band, there must be self and group discipline. The following demerit system is necessary for both.

This demerit system will be in effect for the entire year. Dismissal will result with an accumulation of 12 demerits.

OFFENSES	DEMERITS
1. Not attending a practice for any reason other than illness	1
2. Late to practice or leaving early	1
3. Not dressed in appropriate clothing for practice	1
4. Late to game or leaving early	1
5. Late arriving to meet school transportation to game/competition	1
6. Not keeping uniform in good condition	1
7. Eating while practicing (gum, food, drinks, etc)	1
8. Primping during practice, games, competitions	1
9. Late returning from 3 rd quarter break	1
10. Wearing jewelry during practices or performances	1
11. Failure to have flags/equipment when required	1
12. Wearing fingernail polish during performances	1
13. Not informing director/coach prior to absences from practices or games	1
14. Not attending a rescheduled game	2
15. Visiting with spectators/texting/using cell phone during game	2
16. Not having complete required uniform (BLACK SOCKS)	2
17. Not attending game for any reason other than illness or death in family	3
18. Not following the instructions of the drum major/captain	3
19. Improper language or unsportsman-like conduct	3
20. Non-approved transportation from activities	4
21. Not following instructions from director/coach	4
22. Being disrespectful/talking back to coaches	4

If for any reason you feel that you cannot abide by any of these rules, PLEASE DO NOT TRYOUT. There are other people who are interested in being a member of this program who will follow the rules. A detailed contract will be signed upon making the team and will accompany the down-payment for band camp of \$100.

This document should be read carefully by students and parents before signing.

Color Guard Permission Form

I _____ have read the above rules, describing my responsibilities and I agree to abide by them should I be chosen for the team.

Student signature

Date

We, the parents/guardians of the above student have read the above rules and agree to support your efforts to enforce them. We will encourage them to be responsible of the commitment they are making.

We also understand the “Assumption of Risk” statement. (Please make any notes about any prior injuries/asthma that may affect movement in any way)

Parent signature

Date

2019 Color Guard Teacher Recommendation form

Student Name: _____ Teacher Name: _____

1. Color Guard is a time consuming extra curricular activity. Do you think that the above student demonstrates good time management skills in and out of the classroom?
2. Is the student respectful at all times?
3. Are they punctual to class/school with the appropriate materials (books, homework, etc.)?
4. Is this student a team player?
5. Is this student responsible?
6. Is this student dependable?
7. Additional comments that might be helpful in selection.

PLEASE RETURN THIS FORM IN A SEALED ENVELOPE AND RETURN TO Mrs. Murphy at East Forsyth High BEFORE Monday April 8th. THANKS

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