

Hampton Colorguard Rules

- 1) **The attendance policy must be followed strictly - please turn in your contract the FIRST practice after auditions!**
- 2) **We begin practicing at 6:00 and we end at 9:00. This means that if you are anywhere at 5:59 other than standing in block with your equipment ready, then you are late.** For every 5 minutes of unexcused tardiness, the WHOLE team will run one lap as a reminder that one person missing affects the whole team. Please note that texting a coach or a member of the team does NOT automatically excuse a tardiness. ***Parents**, please be aware that I go through various updates with the students at the end of each practice. If they have questions, I may go a few minutes over. I leave it to your discretion if you would prefer to wait a few minutes for the students if we are late or have the student wait a few minutes if we are early. We will NEVER leave a student at the school by themselves if you are running late.
- 3) When you are with the colorguard / marching band, you are WITH the Hampton Marching Band and REPRESENT the entire Hampton School District.
 - a. If you don't have anything nice to say, don't say it at all.
 - b. When you are in uniform and there are people outside of our group nearby, we are a class act. Your heads are high, and the only words you are permitted to use are "Good luck", "Good job", and "Thank you".
- 4) Students are also responsible for having the following for each rehearsal:
 - a. Practice clothes (clothes to stretch, bend, and move in)
 - b. Tennis shoes (we do run and go outside – flip flops, heels, etc. are not acceptable)
 - c. **Bottle of water**
 - d. Hair tie
 - e. Inhaler / joint braces / epipen (if required)
 - f. Guard tape
 - g. Dot book (after June)
- 5) Equipment goes home with the students after every rehearsal and returns with them for every rehearsal. Equipment must be stored properly at all times.
- 6) Your equipment is YOUR equipment for the duration of the season. You have been instructed how to hold, carry, and spin it. Your friends, family, classmates, teachers, and fellow band members have not – DO NOT allow them to hold, carry, or spin your equipment.
 - a. If you are not on the weapon line, you should not be touching weapon equipment unless you are working one-on-one with an instructor or a veteran guard member.
 - b. You have not been trained to use and hold an instrument, nor does it belong to you, and you should not touch them.
- 7) "I can't" are forbidden words, and when used will require 10 push-ups.
- 8) If an instructor, be it instrumental or colorguard, is speaking, then you are not.
- 9) No gum.
- 10) On game days you should come to school in the entire / proper "pep" uniform. Proper uniform is to be worn all day. Captains will announce what shirts / pants will be worn earlier in the week.

FOR QUESTIONS/CONCERNS, CONTACT MISS NOWAK AT:

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