



## 2024-2025 BHS Color Guard Handbook

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## COLOR GUARD HANDBOOK

Congratulations and welcome to Belton High School Color Guard! We have an exciting season ahead of us and I am looking forward to working with all of you. Our goal is an easy one, "BE KIND AND WORK HARD!" This goes for rehearsals, class time, and performances. If you do the best job you are capable of doing and enjoy your time with your teammates, you'll have an enjoyable and successful experience with this program. The success of this program will be

built around rehearsal hours, performances, and dedication from the performers, parents, and staff. The purpose of the following guidelines is to provide a framework for the guard program at Belton and as a supplement to the Band policies and BHS policies.

In order to continue the standard of excellence in this program, both performers and parents need to read and understand the following information. After reading the information, both student and parent signatures are required for membership. Your signatures indicate that you both support and agree with these expectations and guidelines.

### **What is Color Guard?**

The roots of Color Guard extend far back into history. Flags and pennants were common sights in pageantry events and ceremonies. In more modern times, the National Flag and its guarding weapons played a significant role in patriotic and military ceremonies. From this influence, Color Guard began to grow. Color Guard still utilizes the traditional aspects of guarding the colors through executing precision movements and marching drills but it adds to more modern aspects of the performing arts, such as theater and dance. Their combined effects make a competitive art form requiring total control of the body and mind. Color guard performers are part of high school and college marching bands, drum and bugle corps, and winter guards. Members perform with flags, rifles, sabers, and other props to enhance the visual element of the performance.

### **Color Guard Skills**

Whether doing a field show, parade, or indoor show, a color guard member must know a variety of skills. The typical rehearsal begins with dance training. Performers learn skills in ballet, modern, and jazz dance classes. In addition to dance movement skills, performers with bands and drum corps also work to develop marching basic skills. These marching skills include understanding placement on a football field or gym floor and dressing various forms. The performer must also be skilled on equipment. All performers learn basics on flag (also called "silk"). More advanced students also learn how to spin rifles and sabers. Rehearsals often include a series of basic exercises to refine technique on the equipment. These exercises include spins, carvings, extensions, flourishes, and tosses. They are often combined with body movements such as a plié or a tendu.

#### **I. Objectives**

- To provide students with an outlet for performance with Belton marching band and color guard, and an opportunity to develop skills for teamwork and time management.
- To represent Belton High School and Belton ISD at football games, pep rallies, exhibitions, and competitions.
- This organization shall operate in accordance with all Belton Band, campus and district policies, procedures, and regulations.

#### **II. Membership**

A. Membership will be granted to those meeting the following guidelines:

- I. Acceptable work ethic, physical stamina, and ability to apply constructive criticism.
- II. Respectful attitude toward staff, school, property, teammates.
- III. Positive behavioral, academic and attendance history.
- IV. Forms within this packet signed and returned in a timely manner.
- V. Medical Release must be on file with the school when requested. A current physical must be on file by August 1.
- VI. Participation in auditions as outlined in this document or as approved by directors under extenuating circumstances.

B. Performance Privileges; Alternate and JV positions.

- I. There may be alternates and at any time, an alternate may be placed into a performing/competitive position.
- II. At any time, a performing/competitive member may lose their performance spot and become an alternate due to grades, eligibility, discipline, excessive absences/tardies, poor work ethic and attitude, injury, and/or level of performance. Performers moved into nonperforming status are not guaranteed a return to their original roles.
- III. Scheduling conflicts with rehearsals, and/or performances, may result in alternate status.
- IV. Members must understand that all performers may not perform in every segment of the show, whether exhibition or competition.
- V. When a Junior Varsity (JV) unit is utilized, these performers will participate fully in the program, but with lesser responsibilities where performance is concerned. This may include not marching a drill "dot" and non-performance status for contests. JV members will still perform at all football games and pep rallies and must attend all rehearsals.
- VI. Any weapon/solo positions will be subject to the following:
  1. Priority given to those having completed the full year prior.
  2. A separate audition may be required, or parts may be assigned by staff.
  3. Must meet minimum skill requirements satisfactorily.
  4. May have shared spot with another performer (understudy)
  5. May be removed for reasons in section B to a JV/non-performing spot or to a different piece of equipment. Performers removed are not guaranteed a return to the original role.

C. Leadership

- I. The director will determine whether there will be officer positions and the method of selection.
- II. Leadership positions will be reserved for returning members who have completed the full school year prior to auditioning.
- III. The type of leadership positions, number of leaders, and the responsibilities thereof will be determined by the director.
- IV. A leader may be removed from his/her post if deemed necessary by the director and band directors due to grades, discipline, attendance, poor work ethic/attitude, and/or level of performance.

### **III. Responsibilities, Duties, Obligations**

#### **A. Academic**

- I. At Belton, academic achievement is important. Ineligible students cannot perform. If a member's name appears on the UIL Ineligibility List, his/her *performance* position is *permanently* in jeopardy. Although eligibility may be regained at the next grading period, the affected member may not necessarily be able to resume his/her full role in the production, as the success of the full ensemble must be considered.
- II. Students and parents should make every effort to cover academic needs outside of rehearsal and class times. Our rehearsal schedule is designed to facilitate this request.
- III. Students who lose eligibility are still required to attend all classes and rehearsals but cannot travel or perform with the band or color guard.

#### **B. Attendance**

**\*\*All rehearsals and performances are mandatory.**

1. Family functions/vacations, non-emergency doctor and dentist appointments, study sessions, work, and social activities are not excused.
2. All absences and tardies must be cleared in advance and approved by the directors. The head band director has the final authority during marching season.
3. A history of unexcused absences or tardies, or a developing pattern of unexcused absences or tardies will jeopardize one's performance position and could result in alternate status.
4. Parental note may excuse one day of non-participation with a doctor note to follow. (Ex.- Sally sprains her ankle. A parent may write a note excusing her from rehearsal on the day prior to the doctor visit. Member must turn in a doctor note to confirm further absences as excused)
5. In the event of an emergency causing an unexpected absence, parents are asked to notify me via Remind messaging or email.
6. There may at times be extra rehearsals needed. If it is determined necessary, performers will be notified in advance, and rehearsals will be mandatory.

7. All members will complete a conflict form. Any potential conflicts with rehearsal dates and contests must be listed to provide the staff with notice of events scheduled *prior* to having received the color guard schedule. Conflicts will not be added to this sheet after the week this contract is handed out; they will be considered unexcused.

### C. Attire and Grooming Expectations

- I. The director will determine rehearsal and performance attire and grooming expectations. New piercings do not exclude performers from the no jewelry policy for performances. Adherence to these expectations will be a part of members' participation grades. **Failure to comply will affect performance privileges.**
- II. Members are to wear appropriate rehearsal attire: Hair will be worn completely out of the face for all rehearsals. Black bottoms, with black or red form-fitting athletic top for regular rehearsals, and all black dance attire for Saturday camps or when a clinician is present. When Winter Guard season begins, the same attire is expected. Loose T-Shirts are **not** acceptable. Any type of short worn requires bike shorts/volleyball shorts (spandex) underneath for modesty purposes. For outdoor rehearsals, sunglasses and head coverings are recommended, tennis shoes and sunscreen are required. Knee pads are highly recommended, as members will be expected to do all choreography 100% whether indoors or out.
- III. Hair must be of a naturally occurring human hair color. Upon accepting membership, members will seek director approval prior to drastic haircut/color changes. This affects the overall appearance and effectiveness of the entire visual ensemble. Hair that is distracting to the aesthetic of the production may result in loss of performance privileges.

### D. Financial

- I. To ensure the success of the band and color guard, certain fees are necessary and are set by the band program. Families accepting membership acknowledge financial responsibility to the band/guard program.
- II. To ensure that necessary items are ordered in time, payments are to be made through <https://www.charmsoffice.com/> as outlined by the band.
- III. A.J. Howard Fund: Requires an application and can assist in paying for fees.

### E. Behavior

- I. Members must understand that they are representing the color guard, band, Belton High School, and Belton ISD always. Even when not with the group, members are expected to maintain the highest level of integrity, honesty, and morality.
- II. All rules and expectations in the BHS handbook and Band Handbook apply.
- III. Members must show respect for staff, fellow members, parents within the organization, other members of the student body, other competitive units, as well as all school administrators and teachers.

- IV. Failure to comply with behavioral expectations will be handled by the director, band directors, and/or administrators according to individual circumstances. Potential behavior consequences could include: a change to alternate, being placed on probation, being dismissed from the organization. Parents will be notified of ongoing and/or serious behavior issues.

#### **IV. Student Safety**

- A. Learning to toss and spin equipment may cause occasional bumps and bruises. If a more serious injury occurs, parents will be notified along with any required medical personnel. If injury prevents a member from full participation, members are still expected to attend and observe rehearsals. If injury prevents a member from full participation during the competition season, an alternate member may be asked to fill the performance position, or the position may be closed. Performers are not guaranteed a return to their original role when cleared from injury.
- B. If a member behaves in a manner that could potentially be a safety hazard to themselves or others, staff members have the right to remove the member from participation.
- C. In the event of an illness which causes the student to be contagious to others, the student is not to attend band or color guard functions.
- D. A current physical must be on file with the school by the first summer camp for participation.

#### **V. Transportation**

- A. All members will ride the bus to and from performances, unless alternate transportation is approved by the Directors (this is not common). If parents wish to drive their child home at the end of an event, a written request must be submitted to Ms. Merritt and Mr. Kwaku in advance for approval, and the parent/guardian must sign out with a chaperone at the bus before leaving the site.
- B. All members must follow school sanctioned protocol for travel.
- C. All members must provide their own transportation to and from rehearsals. If providing transportation at the given times is an issue, please consider carpool options. "I didn't have a ride" is not an acceptable excuse for missing rehearsals or performances.

#### **VI. Communication**

- A. Information will be communicated to students and parents regularly through the methods listed below. Families should check these sources regularly for new information. It is the student's responsibility to regularly communicate verbal/paper information to parents.

B. Social media is used for this class/activity to communicate with students and parents.

- I. Verbal announcement, in class/rehearsal
- II. Band hall whiteboard
- III. Email from directors, band boosters
- IV. Remind 101 from Ms. Merritt and the band
  1. Ms. Merritt's Remind (kids and parents): Text @bcg2425 to 81010
  2. Band Remind (kids and parents): I'll share this info on remind when it's created!
- V. Band website: <https://www.beltonmarching100.com> for the updated band calendar.
- VI. Paper hand-outs: checklists, band notes, permission slips, order forms, etc.

## STUDENT HEALTH AND NUTRITION

We want to take the opportunity to communicate with you regarding rehearsals and student health. In any athletic activity, adjusting to weather can be a challenge in the beginning. It is important for students and families to remember some simple things that they can do to keep students healthy.

After a day of workout, any athlete may be tempted to sit the next day out. There is ample time for the body to recover between rehearsals and we expect band and color guard students to be at each rehearsal.

### **Communication is key.**

Students should communicate their health to us so that we can help them to recuperate before they are feeling so badly, they cannot stay to finish rehearsal. We will not know that a student is not feeling well if they do not tell us; we are better able to monitor and manage student health if they will communicate their needs. Injuries should be communicated immediately to staff.

### **Nutrition**

The body needs fuel! Students should not come to rehearsal on an empty stomach. Students should try and have a good breakfast before arriving. Even a small amount of fruit, granola, vegetables, etc. will help students feel well during practice. Students are encouraged to bring

healthy snacks for water breaks. Some people may find that dairy in the morning upsets their stomach in the heat.

### **Hydration**

64 ounces of water is recommended daily for normal body functioning. Athletes should consume considerably more water than this. Pre-hydration is important. Sodas, tea, and sugary drinks can inhibit the body's ability to perform well and should be extremely limited or avoided, **even in periods of rest.**

Students should be re-hydrating at night and drinking water before arriving at rehearsal the following day. Although we take frequent water breaks as a unit, students may drop out of block and hydrate when they need to. Ice water during outdoor exercise can lead to very painful abdominal cramps.

Band staff will communicate with students early to ensure performers are aware of warning signs that they may be under-hydrated, to help students learn to listen to their bodies and avoid serious heat related illnesses.

### **Sun/skin protection**

Sunscreen should be applied at least 15 minutes before heading outdoors. Head covering and sunglasses are highly recommended. These tools can help avoid excess fatigue while working out in the sun.

Students should bring knee pads and guard gloves to every rehearsal to protect the body during practice.

*As always, feel free to contact us with any questions or concerns. Thank you for being a participant in your student's health and for having them be a part of this great activity!*

~Ms. Merritt



## Belton Color Guard

### Tentative 2024-2025 Calendar

Stay updated to <https://www.beltonmarching100.com/calendar>

\*\*The following times are subject to change

#### Summer/Fall

July 3	8am – 11am	Parade Rehearsal
July 4		Parade!
July 11	8am – 4pm	Leadership Training (current leadership)
July 12	8am – 4pm	Leadership Training (current leadership)
July 15 - 19	9am – 4pm	Guard Camp Week
July 22		Leadership Work Day
July 23 - 26		First Week Of Summer Band
July 27		Everything Day
July 29 - Aug 2		Second Week Of Summer Band
Aug 5 - 9		Third Week Of Summer Band
Aug 12 - 13		Last Week Of Summer Band
Aug 14		First Day Of School!

#### Football And Contest Schedule

\*\*Itineraries will be posted on the band website

Aug 29	Football Game V. Hendrickson
Sep 6	Football Game V. Georgetown
Sep 12	Football Game V. East View
Sep 20	Football Game V. San Angelo Central
Sep 27	Football Game V. Cuero
Oct 5	Marching Contest TBD
Oct 10	Football Game V. Ellison
Oct 14	Marching Contest TBD
Oct 18	Football Game V. University
Oct 19	UIL Marching Contest
Oct 25	Football Game V. Rudder
Oct 26	UIL Area Marching Contest

Nov 1	Football Game V. Waco
Nov 7	Football Game V. Brenham

**Normal Fall Rehearsal Schedule**

4 morning rehearsals before school a week

1 after school rehearsal a week

**Winter Season Rehearsal And Contests**

Contests are TBD, once I have that information I will pass it along accordingly.

As of now, rehearsals are going to be 3 days a week Monday 4:45pm - 7:45pm, Wednesday 4:45pm - 7:45pm, Thursday 4:45pm - 6:45pm.

There will be Saturday rehearsals and camp days to get the show out on time, those will be announced as soon as I have that information.

Cost Information – **\*\*\*PREVIOUS YEARS EXAMPLE, NOT CURRENT\*\*\***

Please review the document below to assist you in planning for your student’s supplies and fees. Bring a completed copy to Everything Day on July 27th. Boosters will be available that day to assist you with any questions. Attendance at Everything Day is encouraged as it is a **Sales Tax-Free** day for our band.

All items denoted as a **Fee** are paid every year. Jugs, Duffle Bags, Guard Gloves, and Jazz shoes **must be purchased in Year 1**. These items can be reused in the following years if in good condition.

<b>Year 1 Student</b>	<b>Years 2, 3, 4</b>	<b>Items</b>	<b>Cost</b>
✓	✓	Meal Deal Fee (all home and away events)	\$150
		Meal Deal Fee for Jr. & Sr. only (away events/games only)	\$100
✓	✓	Technology Fee	\$10
✓		M100 Logo Gallon Jug	\$15
✓		Guard Duffle Bag	\$40
✓		Guard Gloves	\$15
✓		Jazz Pants	\$35
✓		Sweat Suit (Custom Jacket and sweatpants)	\$98
		<b>Sales Tax if Required</b>	
		<b>Total Amount Due</b>	<u>                    </u>

We are here to support the success of every member of the M100. We offer multiple ways to pay, flexible payment plans, financial aid and scholarships. Please see the associated forms titled **Payment Plan**

**Agreement and Forms of Payment** to choose the best option for your student. If you have any questions please contact the Booster Treasurer, Booster President or Band Director.

Treasurer can be reached at [m100boosters.treasurer@gmail.com](mailto:m100boosters.treasurer@gmail.com).



Performer Name: \_\_\_\_\_

## Belton HS Color Guard Member Contract

Please sign and return this page on **5-10-24**.

As a candidate for membership and/or leadership in the 2024-2025 Belton High School Guard, I understand, agree, and make a commitment to the guidelines in the Belton High School Color Guard Handbook, Tentative Calendar, and Cost Estimates. I understand that I also must abide by the guidelines set forth by the Belton Band program, Belton High School, and Belton ISD. Further information can be found at <https://www.beltonmarching100.com/>

**Student's Printed Name:** \_\_\_\_\_

**Student's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

As a parent/guardian of a Belton High School Guard membership candidate I understand, agree, and make a commitment to the guidelines in the Belton High School Color Guard Handbook, Tentative Calendar, and Cost Estimates. I understand that members also must abide by the guidelines set forth by the Belton Band program, Belton High School, and Belton ISD. Further information can be found at <https://www.beltonmarching100.com/>

**Parent/Guardian Printed Name:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Performer Name: \_\_\_\_\_

## Belton HS Color Guard Conflict Form

Please sign and return this page on **5-10-24**.

All rehearsals and performances are mandatory, and absences have an impact on grades and performance roles.

After reviewing the handbook, including tentative calendar dates for 2024-2025, please list any current conflicts with the rehearsal and performance calendar. Students are responsible for inquiring about activities, materials, and information missed for any absences or tardies and for making the time necessary to get themselves caught up.

Attendance issues **regardless of reason or advance notice** may affect a performer's role within the show and/or program. Not all conflicts will be considered excused. Conflicts not listed below, especially for performance dates, will not be considered excused. Refer to the Color Guard handbook and Band New Member web page for details regarding absences.

Anticipated Conflicts:

Date:

Reason:

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Performer Name:

Parent Signature:

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