

## Century Colorguard/Winterguard Handbook 2016-17

Welcome to the Century Colorguard. We are so excited to begin the 19th season at Century. The Century Colorguard has established itself as a premiere program in the Northwest. We are consistently in the top 5 overall programs in the Northwest.

Century High School Colorguard operates under the umbrella of Century High School Band. This means that the parent board and boosters are responsible for policy and finances. All main communication will come via the band secretary ([centurybandsecretary@gmail.com](mailto:centurybandsecretary@gmail.com)) and may be duplicated on website and Facebook pages. Please make sure that the band secretary has your email address so you can stay in the loop. To do this just send her a quick email asking to be put on the list.

### COMMUNICATION:

[www.centuryband.org](http://www.centuryband.org)

[centurybandsecretary@gmail.com](mailto:centurybandsecretary@gmail.com)

### Facebook:

Please join the "Century Guard" page

Please join the "Team Dunlop" page.

Important communications will be sent via email and duplicated in the Team Dunlop page. The Colorguard page will be for guard specific information only.

### Google calendar:

[Band & Colorguard Calendar](#)

### Email/phone:

Band/Guard Director: Jim Dunlop, [dunlopj@hsd.k12.or.us](mailto:dunlopj@hsd.k12.or.us) 503-848-6500

Guard Caption Head: Annie Stott [centuryguarddirector@gmail.com](mailto:centuryguarddirector@gmail.com) 503-799-0599

Guard Techs: Abbi Reekie [abbireekie@gmail.com](mailto:abbireekie@gmail.com)

Jaleasa Sanders [jaleasasanders@gmail.com](mailto:jaleasasanders@gmail.com)

Band Communication: [centurybandsecretary@gmail.com](mailto:centurybandsecretary@gmail.com)

Treasurer: [centurybandtreasurer@gmail.com](mailto:centurybandtreasurer@gmail.com)

### Competitive Seasons:

During the Fall, the Colorguard rehearses and competes in a field show with the Marching Band starting in August. During the Winter, the "Winterguard" performs indoors on a basketball court to pre-recorded music. In the spring the guard participates with the Marching Band in parades, and puts on an annual dance concert. During June and July we have optional, but strongly recommended) training. It is important for members to participate in all seasons of Colorguard, and for members and parents to understand this is a year-round activity. Participation in Winter is contingent upon active membership during the Fall Marching Band season. Picking and

choosing one season over the other is discouraged and will be taken into consideration when choosing members for leadership roles.

**FEES:**

|   |              |   |
|---|--------------|---|
| <b>Fall Season Fair Share</b>           | <b>\$300</b> | Due in \$100 installments the first rehearsal of August, September, and October.*                             |
| <b>Winter Season Varsity Fair Share</b> | <b>\$300</b> | Due in \$100 installments the first rehearsal of January, February, and March.*                               |
| <b>Winter Season JV Fair Share</b>      | <b>\$150</b> | Due in \$50 installments the first rehearsal of January, February, and March.*                                |
| <b>Costume Fee</b>                      | <b>\$125</b> | Due before the first competition of the season.   |
| <b>Trip Fee</b>                         | <b>TBA</b>   | <b>TBA</b>  |
| <b>Re-Write Fee</b>                     | <b>\$150</b> | Only applicable if the student does not continue after the “staging” or writing process.                      |
| <b>Warm-Ups</b>                         | <b>\$85</b>  | Options team wear, we will do an order form with this and a couple other items about 3 weeks into the season. |

**Fair Share** covers the cost of instructors, competitions, and travel expenses, flags and equipment, props, etc. \*A \$150 fee is included when a student “skips” the previous season, this does not apply to first time members.

*It is the philosophy of the band and colorguard that all students, regardless of financial means, are able to participate. To make this possible we have a work scholarship program, and students can work fees off as needed. Please contact Jim Dunlop if you are in need of accommodations.*

**REHEARSALS/COMPETITIONS (see Band and Guard Calendar for specifics)**

*Guard Members are required to attend all scheduled rehearsals, sectionals, and competitions. Three or more unexcused absences may result in appropriate disciplinary action. Plan on arriving to rehearsals 15 minutes prior to start time so that rehearsals begin promptly.*

## **CENTURY HIGH SCHOOL COLORGUARD DRESS CODE FOR REHEARSAL/PRACTICE:**

These guidelines are set to ensure comfort and efficient productivity at rehearsals.

### **Hair**

- Hair must be up and away from face at all times.
- Bangs needs to be secured away from face! (headbands work great!)

### **Dress**

- Please wear all black to rehearsals.
- You must be COMFORTABLE to move in whatever you wear. Dress intelligently. No jeans!
- Sports bras are HIGHLY encouraged!
- Layers are highly recommended
- Shoes must be worn outside AT ALL TIMES.
- You want something with good support, but be aware colorguard tends to ruin tennis shoes so don't buy the most expensive pair.
- During the winter we don't allow shoes on the "floor" as they can leave marks and tears, but warm socks with rubber grips can come in handy.

### **Jewelry**

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, including earrings and facial piercings.

Hair must be a "natural" color for competition season. Please DO NOT cut your hair during the competitive season as it makes it very difficult to style "show hair."

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

- WATER
- Electrical tape, both black and white.
- Gloves
- Equipment
- Black dance clothing
- A positive and enthusiastic attitude!

### **Recommended Items:**

- Healthy Snacks
- Towel for stretching

### **Costumes**

The uniforms, gloves, warm-ups will be sized/ordered at the first rehearsals for the group. At this time we will also discuss show "hair & makeup".

## **GRADES**

Time management is extremely important in this activity! According to the District, students will be unable to participate during the winter season if they have failing grades on their report cards. The Century 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.

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 their grades back up.

## **HEALTH POLICY**

Participating in a winter 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 taxing on your body. This is why we have developed a thorough physical training program. You are responsible for maintaining your own health and by taking full advantage of the tools provided.

If you are struggling, it is your responsibility to inform the staff that you need additional tools and assistance. There is a difference between an injury and a boo-boo. An injury requires medical attention. Boo-boos will happen 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 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.
- Use necessary supports (knee, wrist, ankle) if required.
- Use anti-inflammatories to ease muscle soreness if required.
- Maintain a well balanced diet.
- Fulfill all training program exercises to stay fit – do this during your off time!
- Notify your staff of any new or pre-existing injuries RIGHT AWAY!

## **VOLUNTEERING/FUNDRAISERS:**

[www.centuryband.org](http://www.centuryband.org)

**Located under “Parents/Students” in the Documents link is the Band Handbook:**

Adult SharePoint System: Each family is required to contribute volunteer hours.

The seasons are: Marching, Winter Drumline, Winterguard.

Two parent families: 15 adult volunteer hours per season

One parent families: 7 adult volunteer hours per season  
SharePoints are traced per family, not per student.

**FORMS REQUIRED:**

[www.centuryband.org](http://www.centuryband.org)

**Located under “Parents/Students” in the Documents link:**

**Medical/Travel:** Please fill out ASAP

**Guard Handbook**

**Season Contract:** Sign & Return ASAP

**Competition Conduct**

**Costume Care**

**Volunteer:**

**New Online Volunteer Application:** Hillsboro School District requires an application and background check for all volunteers—an important step in ensuring the safety of our students. The District is pleased to announce its new completely automated system for managing volunteers. The online system is quick and efficient, returning background check results and populating them to a database that can be checked by staff within minutes, allowing volunteers to begin helping our schools and students right away.

Please complete the **application** as soon as possible. Please note that all interested patrons are asked to complete the application even if they filled out paperwork and were cleared this school year. Thank you very much for your assistance and your interest in helping our schools!  
<https://volunteer.hsd.k12.or.us/volunteerapp/>