

**THHS Color Guard
Orientation
Marie & Tom Connell, Co-VPs of Color Guard
June 8, 2009**

We are looking forward to a terrific year. Half of this year's Color Guard is graduating, leaving a legacy of nine well-trained and motivated girls to help out the incoming class. With 11 new girls to teach, next year's guard will work and train hard, but play and have fun as well.

It is often said it takes a village to raise a child. With 20 girls on Color Guard, we need the entire Color Guard village of parents to step forward, volunteer and help us help your daughters succeed and have a great time. The smoother everything goes, the more focused the girls will be for each performance. The information below will help you and your daughter throughout the year.

- **Bonding & Togetherness:**

- The girls will have a Color Guard bonding party in late July or early August.
- Other get together's will be planned; we will contact you as soon as they are scheduled.

- **Communications:**

- It's important to keep up to date with what is going on, and any changes to the official calendar. Please make sure to check the calendar on the music web site at least weekly. The web address is www.thhsmusic.com. *No schedule is sacred and is subject to change.*
- Please join the Yahoo Groups Message Board. Boosters use this as a way to communicate to parents. You can choose to have the messages aggregated and sent to you as one message the next day.
- Please make sure that Marie & Tom has your daughter's email and cell phone number, along with each parent's email and cell phone numbers.
- **The captains communicate last minute changes to rehearsals, locations, cancellations etc... via text message directly to the girls.**
- If your daughter can't make it to a rehearsal, please have them email all their instructors: Dr. Howard Stephens, Don Gallaher and Jenny Manio at stephensh@svusd.org; dgallaher@cox.net and jmanio@hotmail.com. Your daughter is also responsible for text messaging the captains so that they are aware as well.
- If your daughter will not be able to attend a competition, it is your responsibility to communicate directly with Dr. Stephens, Don and Jenny in advance. There are issues with missing competitions that you'll need to discuss with them. Please also be aware that if your daughter misses too many rehearsals in one week, her instructors may remove her from the team. Please discuss any potential multiple absences in advance with Dr. Stephens and Don.

- **Uniforms:**

- We are measuring for uniforms on Saturday, July 11 between 10 – 11:30 a.m., at the Connell's (15 Jameson; Foothill Ranch). It will only take 5-10 minutes, depending on how many girls arrive at the same time.
- Uniforms will be ordered a few days after the measuring session. If you can't make it on July 11, contact the Connell's now so that we can schedule a session prior to July 11.
 - The girls need to purchase their own jazz dance shoes and a full body leotard with clear straps. At the measuring session, we will provide you with the exact model/style numbers, and the names of local store. The leotard is worn under their uniform.
 - We will be remeasuring in December for the Winter Guard uniforms they will start wearing in January.
- We will be ordering each freshman her own flag bag. These are personalized with your daughter's name and are critical for transporting your daughter's flag poles and other equipment to school each day. It is also used for storage during her other classes. Parents need to pay for this at the measuring session. We anticipate that the cost will be around \$50.
- Please review the Clothing Order Form. Color Guard has a small gear bag and sweatshirt that can be personalized with your daughter's name. These are not mandatory items.
 - However, Color Guard is required to wear the white polo shirts when not in uniform during football games and competitions.
- Practice attire during the day are white tops and black bottoms. During the evening they are expected to wear all black. This applies to everything (Color Guard Camp, Rookie Band Camp, Band Camp, dance rehearsals, equipment rehearsals and during their 3rd period class).

- **Color Guard Camp, Rookie Band Camp & Band Camp**

- These camps are not easy, and for Color Guard members they should be approached as athletic practices. If your daughter is not in an athletic sport that requires a lot of running, please have your daughter start jogging a few times a week, gradually building up her endurance and how far she can jog. She should start this week.
- It is also critical to start building up her strength. The girls spin metal poles, which although they seem light, they become heavier as your daughter gets tired and the day progresses. She can lift soup cans, jugs of water or what ever is around the house. You don't need to buy weights.
- Your daughter will be exhausted and tired at the end of every day. Please make sure that she eats a good breakfast, brings a healthy lunch, and has a full dinner. She should also bring healthy snacks. She'll be exercising a lot, and may loose some weight. She'll definitely build muscle.
- She needs to bring her own jug of water. Please send her to camp each day with a giant 1-gallon jug.
- It is critical that she wears running shoes or sports shoes (not Converse, DC's, Vans, etc.). She needs something sturdy with support.
- Dot books will be provided for Band Camp to keep track of where she is on the field and her drill. She'll need to bring her dot book and a pencil everyday.
- Please bring a roll of black electrical tape. It is needed to attach the flag to the pole.

- During camp baseball caps for sun protection are required. (No visors.)
 - Spray-on sunscreen is essential. It will be difficult for her to spin if she has sunscreen on her hands.
 - Your daughter is new to spinning flags. Please expect that she'll get many bruises along the way. It still happens no matter how long you've been spinning.
- **Things We Need To Know:**
 - If your daughter uses an inhaler or needs special medicine, we will carry it for her in the Color Guard backpack during competitions and football games. (During camp, she'll need to keep it in her pocket.)
 - If she is allergic to anything.
 - If she is a diabetic, hyperglycemic or hypoglycemic.
 - If she is a vegan, vegetarian or has other special dietary needs.
- **Volunteering:**
 - Marching Band and football season are fast approaching. For the football games, we need at least two people to help prep the girls prior to Marching Band & Color Guard taking the field for the national anthem. After the girls are in the stands, the chaperones for Marching Band take over until half time. If you can volunteer, please let us know.
 - Color Guard is considered Marching Band during the fall season and all call times are the same for competitions and games, as announced for the Marching Band.
 - There is a warm-up protocol. The girls warm up away from Marching Band. Once their instructor starts warming up the girls it is distracting to them to have an audience of parents, siblings and friends watching. Family and friends will need to leave and take their seats in the stands. Their instructor has asked us to be strict about observing this protocol.
 - Color Guard can't leave at the end of a game or when we come back from a performance until the entire Marching Band has been dismissed. This is usually after all equipment has been put back in storage. This may take an additional 20-30 minutes.
 - For Saturday competitions, we need volunteers to chaperone and help us set up and remove Color Guard's equipment from the field. Trust us, you'll have a blast hanging out with the parents and the kids and you'll earn points as well.
 - Please sign up to volunteer for football game prep and to chaperone at Saturday competitions. Sign up sheets are at each Booster meeting.

The best way to reach us is by cell phone or email.

Marie Connell 949-584-6149 pr4marie@yahoo.com
 Tom Connell 949-463-5351 tfconnell@yahoo.com

We live in Foothill Ranch, CA 92610.

If you have any questions, please let us know. We look forward to a great year with Color Guard.