

# Welcome to the OHS Colorguard!

## Important Dates

May 23, 3:00-4:00 —Individual auditions @ OHS band room

May 29—Memorial Day parade

June 14, 9:00 a.m. –4:00 p.m.—summer intensive @ OHS (bring a lunch)

June 21, 9:00 a.m.—4:00 p.m.—summer intensive @ OHS (bring a lunch)

June 24—Interplay Spin Camp @ Hudsonville H.S. \$20. Optional, but fun!

July 12, 9:00 a.m. - 4:00 p.m.—summer intensive @ OHS (bring a lunch)

July 19, 9:00 a.m.—4:00 p.m.—summer intensive @ OHS (bring a lunch)

July 24-28, 9:00 a.m.—4:00 p.m.—colorguard camp @ OHS

July 29, 8:00-10:00 a.m.—freshman basics (ALL colorguard members attend) @ OHS

July 31-August 4 —Full band camp

August 9, 9:00 a.m.—4:00 p.m.—summer intensive @ OHS (bring a lunch)

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**Congratulations!** Welcome to the Otsego High School Bulldog Marching Band colorguard. Get ready for a lot of hard work, fun, and friendship!

### A few things you need to know:

- 1) Summer Intensives: We will have five full-day rehearsals in June, July, and August to prepare us for the marching season. These will take place at the high school **rain or shine** and will focus on equipment and movement technique, which will help us reserve guard camp for learning choreography (we may also learn choreography at the summer intensives as it becomes available). The more of our show we learn during guard and band camp, the less time we will need during the school year for sectionals! **Attendance at these rehearsals is mandatory (i.e. affects your band grade), for both new and returning members. Everyone is expected to attend a MINIMUM of 3 out of 5 days (attend all if you are able); the only reason to miss one is for a previously announced and approved conflict or serious illness. Conflicts should be shared with the band directors AND Issa.**
- 2) Other sectional time: Parents and members should know that sectional time (outside of normal rehearsal times) may be scheduled as needed throughout the season. The dates and times will be decided upon as a group. We strive to keep these to a minimum by doing more in the summer.
- 3) Parent/Member contract: We request all members AND their parent/guardian sign a contract agreeing to our schedule and

*(over)*



## What to Expect from Summer Intensives and Guard/Band Camp

The colorguard meets one week before the full band does, as well as several times during the summer for full days. For both, you will need:

- Water bottle
- Snacks (protein and complex carbs are best)
- Lunch
- Sunscreen—lots of it!
- A hat or bandana for your head (optional)
- Tennis or dance shoes (the more you can point your toes, the better—no flip flops or bare feet allowed!)
- Comfortable clothes that you can move in (NO jeans!)
- Pencil and paper to take notes
- One roll each of white and black electrical tape
- A yoga or exercise mat (if you have one) for Summer Intensives

## What Will Help You Be Successful?

- We behave as a group at all times (for example, walking down together to the practice field).
- We treat each other with respect—this means no gossiping, back-talking, “junior coaching,” etc.
- We follow the directions of staff and student leadership promptly and without complaining.
- We understand that comments and critique we receive from the staff are meant to help us get better.
- We use our time well—when you’re not being worked with, you practice parts of your show that need attention.
- We always give 100%, even when the weather’s bad, we don’t feel good, had a bad day, etc...
- We practice good rehearsal etiquette:
  - ⇒ Bring all your equipment and other necessities to every rehearsal
  - ⇒ No sitting down during rehearsal unless instructed to do so
  - ⇒ No begging for water breaks—you will get them in due time!
  - ⇒ No sunglasses
  - ⇒ Practice good nutrition: avoid caffeine and sugar, eat good carbs and proteins and LOTS of water/sports drinks

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basic guidelines. It is included in this packet for you to sign and return at the time of auditions.

- 4) Keep in touch! It is vitally important that we have open communication between students, their parents/guardians, and the staff. My contact information is included here, and we also have a Facebook group for both students and parents where announcements are shared (search for “Otsego H.S. Colorguard” and ask to join!).

In this group, we work hard and expect much of ourselves. I hope you are ready to take on the challenge of a new season! —Issa

## Summer Spin Challenge!

Please see the attached calendar for your summer spin challenge! In order to get us ready for guard camp, I challenge each of you to spin EVERY DAY (okay, obviously you won’t spin if you’re on vacation in Disney World, but do your best), working on basic skills. A description of each skill and the attributes you should be working on are on the back; you can also see videos of each skill performed on our Facebook group or on the YouTube channel “issa1010.”

Follow the plan and you will get strong, flexible, and confident! We can do this!



# Colorguard FAQs

## Q. What about costs? What am I expected to purchase vs. what will be provided?

A. Your uniform will be purchased by the Band Boosters and will be their property, to be returned *in good condition* at the end of the season. They will also take care of laundering it for you between performances.

Additional uniform parts, such as gloves and shoes, are yours to purchase. You may use the order form provided by the Band Boosters. Each colorguard member needs at least one pair of gloves, one pair of shoes, and an official colorguard jacket. These are yours to keep, and you may even reuse them year to year as long as styles have not changed. The band directors may also require you to purchase a theme t-shirt for the season to wear when we are not in uniform. You may order these from the Band Booster order form that will be provided.

Appropriate undergarments will also be your responsibility. The style may depend on the uniform, but in general, ladies will need a nude color bra and (well-fitting) underwear; gentlemen will also need neutral-colored underwear in either a brief or boxer brief.

Your makeup will also be provided by the Band Boosters, so you will only need to have your own foundation and mascara.

## Q. What's the deal with all these summer rehearsals? Isn't guard/band camp enough?

A. Remember, for many, colorguard is an entirely new skill set that no other member of the band has to learn! They need to learn appropriate body movement, hand-eye coordination, proper technique (both from a competitive standpoint AND for health and safety), and also the choreography and drill to an entire 10-minute show—and smile while doing it! The additional rehearsals we've scheduled should help them achieve more, make better use of their time during scheduled rehearsals, and thus minimize the need to call additional rehearsals and sectionals during the season, when we're all busy with school, sports, and work.

They are a graded function of the band, which was added to emphasize the importance of attendance. Our activity is one in which ALL members need to be present for us to progress. However, we understand that family schedules can get in the way, so we have allowed a "3 out of 5" rule, wherein a student may miss up to 2 scheduled Summer Intensives and not have their grade impacted. That said, if there is no scheduled conflict, attendance IS expected! Please get all your known conflicts to Mr. Piersma and Issa before the end of the school year.

## Q. What do I do if something unexpected comes up and I/my student needs to miss a rehearsal?

A. Contact Mr. Piersma, followed by Issa, (phone call or text is best). But please remember that attendance is of the utmost importance, so the only reasons to miss a rehearsal are 1) serious illness or injury, or 2) a previously scheduled and approved conflict.

## Q. Do colorguard members still have to memorize music?

A. We are working on this—we would rather have you tested/graded on your knowledge of your choreography, but at this time, plan on having to learn at least some music to earn your grade for band.

# OHS Summer Spin Challenge!

**Directions:** Each day of each week, complete the skills listed below in the amounts listed. It should only take about 20-30 minutes each day to complete. **You may take 1 day a week to rest.** Even if you are traveling and can't take your equipment with you, you can still do your movement work! (if you're only doing movement, do ALL the movement basics listed, no matter the week). People auditioning for rifle may have extra skills to practice. **Who's ready to get strong and flexible?**

## Week 1: May 30-June 5

Angle/slam exercise—5 reps  
Flats/facings—5 reps  
Drop spins R & L—30/side  
Double time R & L—30/side  
Hourglasses—5 reps  
Pop toss (single)—10 reps  
Plie/tendu exercise—5 reps

## Week 2: June 6-June 12

Angle/slam exercise—5 reps  
Flats/facings—5 reps  
Drop spins R & L—40/side  
Double time R & L—40/side  
Hourglass exercise—5 reps  
Pop toss (single)—10 reps  
Plie/tondu exercise—5 reps

## Week 3: June 13-June 19

Drop spins R & L—50/side  
Double time R & L—50/side  
Thumb flip exercise—5 reps  
Flourish exercise R & L—5 reps  
3-count toss—10 reps  
Pop toss (1.5)—10 reps  
Plies/tondus/ronde de jambes—5 reps

## Week 4: June 20-June 26

Drop spins R & L—60/side  
Double time R & L—60/side  
Thumb flip exercise—5 reps  
Flourish exercise R & L—5 reps  
3-count toss—10 reps  
Pop toss (1.5)—10 reps  
Plies/tondus/ronde de jambes—5 reps

## Week 5: June 27-July 3

Drop spins R & L—70/side  
Double time R & L—70/side  
Butterfly exercise—5 reps  
Parallel toss—10 reps  
3-count toss with double time prep—10 reps  
Lunges/hops—5 reps each  
Chasse/saute exercise—5 reps each

## Week 6: July 4-July 10

Drop spins R & L—80/side  
Double time R & L—80/side  
Butterfly exercise—5 reps  
Parallel toss—10 reps  
3-count toss with double time prep—10 reps  
Lunges/hops—5 reps each  
Chasse/saute exercise—5 reps each

## Week 7: July 11-July 17

Drop spins R & L—90/side  
Double time R & L—90/side  
Hourglass exercise—5 reps  
Angle/slam exercise—5 reps  
Flats/facings—5 reps  
Money toss—10 reps  
Chaine turn exercise R & L—5 reps/side

## Week 8: July 19-July 24

Drop spins R & L—100/side!!  
Double time R & L—100/side!!  
Flourish exercise R & L—5 reps/side  
Thumb flip exercise—5 reps  
Butterfly exercise—5 reps  
ALL tosses—10 reps each  
Chaine turn exercise R & L—5 reps/side

**READY FOR GUARD CAMP!**



# OHS Summer Spin Challenge!

## Drop Spins

- Start in R or L shoulder (depending on the side you're working on)—check hand placement and posture
- Initiation (“and count”) before the spin should be an angle in the appropriate direction
- Spins should occur at the belly button. Keep elbows as straight as possible and let the wrists do the work
- Use “pinching” technique and be aware of your plane to keep flag from rolling up
- Check timing—straight up/down on the beat

## Double Time

- Start in R or L shoulder (depending on the side you're working on)—check hand placement and posture
- Same rules as drop spins for initiation, spin height, hand placement, etc.
- Check timing—even counts are straight up/down with both thumbs down, odd counts are flat with pinkies together

## Hourglasses

- Use 4/2/1 method (1 full hourglass at 4 counts per checkpoint, 2 at 2 counts per checkpoint, 4 single count hourglasses)
- Start in R slam
- Be very careful to observe subdivisions in between checkpoints
- Keep arms as straight as possible at all times

## Angles/Slams

- Use 4/2/1 method
- Start in R shoulder
- Order goes: right angle, front angle, left angle, back angle, then repeat with slams
- Pay close attention to accuracy in placement (good hip/shoulder angles, etc.) and crispness of movement—squeeze!

## Flats/Facings

- Start in R shoulder
- 4 counts to flat in front of the eyes
- 4 counts to lower to flat at the waist (boxed elbows)
- 4 counts to flat fully extended overhead

- 4 counts to return to R shoulder
- 4 counts to twist at the waist and face R; repeat flat exercise
- 4 counts to twist at the waist and face L; repeat flat exercise
- 4 counts to return to facing front

## Thumb Flip Exercise

- Start in R shoulder
- Count 1—same as count 1 of a drop spin; count 2—same as count 2 of a double time
- Counts 3-5—two thumb flips (up, down, up)
- Drop spin to L shoulder 6-7, hold 8. Repeat on L side to complete the exercise.
- Thumb flips should happen at shoulder height, elbow at a roughly right angle. Use your wrist, not your arm!

## Flourish Exercise

- Start in R shoulder
- Each flourish takes 4 counts (down/up/down/up—focus on timing)
- Use wrist, not arm—arm should be extended as much as possible
- Focus on plane—use a wall if possible to avoid going out of your “toaster”
- Exercise repeats on the L

## Butterfly Exercise

- Start in R port
- Rows to L, then front, then R—finish back in port
- Focus on using the wrist more than the arm and keeping your head to the front

## Tosses (all varieties)

- Focus on hand placement to begin toss and squeezing prior to release
- Free hands!
- Use a tempo to ensure that you are releasing and catching on time
- Catch solid—squeeze on the catch and lock into position (if you are unable to, you need to check your toss for under/over-rotation)
- Stand solid underneath—no walking, leaning, lunging, flinching, etc. You can stand in 2nd for tossing.

# OHS Summer Spin Challenge!

## Plies

- Foot and arm positions: 1st, 2nd, 4th (R/L) and 5th (R/L)
- 4 counts up and 4 counts down (pause on the “and” of 4)
- Always step with the L foot first
- Focus on turnout (keep knees wide) and arm positioning!

## Tendus

- Hands on hips
- Always start with the L foot
- 4 to the front, 4 to the side, 4 to the back, 4 to the side
- Foot comes into coupe between back tendus

## Ronde de Jambes

- Begin in 1st position, hands on hips
- Extend L foot into front tendu, then circle it back around to a back tendu; return to 1st position (4 counts total)
- Focus on keeping the “shoelaces” to the side at all times—don’t turn in or sickle the foot
- Repeat twice on the L, then twice on the R; then reverse directions (go back first) twice on the L and twice on the R

## Lunge Exercise

- Begin in 2nd position (check that feet are outside the hips)
- 1st sequence: lunge R, force the arch, relax the arch, and return to standing in 2nd (4 counts total); repeat on L
- 2nd sequence: lunge R while turning the shoulders to the R 45 degree angle. Fan the arms (L first, followed by R) and turn to face the L (shoulders AND hips both fully to the L) and lunge on the L leg. **DON'T LET THE KNEE GO OVER THE TOE!** Reverse the arm fan back to center 2nd—6 counts total. Plie 2 counts and repeat sequence on the L side.
- 3rd sequence: Lunge R, then lift the back leg into an arabesque. Arms lift in opposition (L arm forward, R arm to the side) and then circle up counter clockwise as you return to a plie 2nd (4 counts total) and then repeat on the L side.
- Remember not to bend at the waist in lunges—

only use the legs!

- Finish by pulling into 1st with both feet and arms in 1 count, hold 2-4

## Hops

- Start in 1st position (feet and arms)
- Rise up to releve in 4 counts, hold 4, then return to standing 4 and hold 4 (plie on 4+)
- Hop in 1st position 4 times—pay attention to plies on both takeoff and landing, pointing toes hard in the air. You are **IN THE AIR** on the counts, in plie on the and-counts.
- Step out into 2nd and hold 4; then repeat hop sequence.
- Step forward into L 5th position and repeat hop sequence.
- Step back with L foot into R 5th position and repeat hop sequence.
- Step into 1st with L foot to finish.

## Chasses/Sautes

- 4 jazz steps followed by 2 jumps (chasses or sautes)
- Focus on plie to jump up and plie to land (land softly!)
- Opposition arms—soft and strong, not “Superman”! Don’t let the side arm go back behind you

## Chaine Turns

- Begin in a front tendue with prepped arms; find a visual spot point
- Open to releve 2nd position 1, hold 2-4
- Turn to the back releve 1st position 1, hold 2-4
- 2 full turns (focus on facing front on odd counts/back on even counts)
- To finish, open again to the front, cross step with the R foot, then prep again and hold one
- Focus on staying high on your toes, spotting, and controlling the speed of your turn

**Remember, video of these skills may be found on our Facebook page (Otsego H.S. Colorguard) or on YouTube on Issa’s channel (issa1010).**

## Otsego High School Colorguard Membership Contract

I/We have read the new member packet and understand the information and I/we agree to follow the guidelines set forth.

I/We have discussed my decision to join the Otsego High School colorguard with my parent/guardian and they fully support my decision, and agree to help me meet my obligations.

My parent/guardian is aware of the cost/payment deadlines involved, and feel they are financially able to meet all payment obligations.

My parent/guardian is aware that transportation to and from rehearsals and competitions is their responsibility to arrange. I/We understand that additional rehearsals may be called prior to the beginning of the school year, and sectional time may also be called during the school year as deemed necessary.

I/We agree to the rehearsal schedule as provided by the colorguard instructional staff and the Otsego High School band directors. With the exception of conflicts already provided to the staff on the back of this form and unforeseen illness/injury, I commit to be in attendance at ALL rehearsals and competitions in their entirety.

I/We agree to the guidelines for behavior as laid out in the membership manual. I realize I am a representative of the organization and of my school and community, and will conduct myself in a respectful manner at all times.

By signing this contract we (my parent/guardian and I) are ready to make the commitment necessary to be a member of the Otsego High School colorguard for the 2016 season.

STUDENT'S NAME \_\_\_\_\_

Student's Signature \_\_\_\_\_

Date \_\_\_\_\_

PARENT'S NAME \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_

***Please list your known conflicts on the back of this form (include the date and the reason for the conflict) and return it to the colorguard staff at your audition.***