

# La Quinta High School Color Guard Packet 2015-2016

Name \_\_\_\_\_ ID# \_\_\_\_\_ Grade \_\_\_\_\_

## 2015-2016 Dates to Remember

- **Packets due May 26th**
- **Turn in packets on the first day of clinics to Instructor**
- **Tryout Clinics: May 26 -28, 3 pm - 4:30 pm**
- **Tryout Day: May 29, 3pm - 5pm**
- **Each day please wear black pants/shorts and a black t-shirt (No LOGOS). Also please wear athletic shoes.**
- **Please bring a water and healthy snack.**
- **Tryouts will consist of physical fitness activities, equipment work, and routines.**
- **All Clinics will be held in the concrete area next to the band room near the track**

Dear Candidates,

Thank you for your interest in becoming a member of the Aztec Guard for the 2015-2016 school year. If you are selected please know there are specific responsibilities and obligations that each guard member must assume in order to qualify and remain an active member of the team. Please be sure to read through the constitution so you know what is expected of all members. No one person is guaranteed a spot on the guard due to being a former guard member for La Quinta High School. Throughout the tryout process there will be daily cuts due to those who are tardy or do not show up for one of the clinics. Please be READY AND ON TIME.

### ***A Note to Parents...***

*We are excited to offer your son/daughter the opportunity to join a fantastic organization at our school. This will be a valuable and memorable experience and we look forward to an exciting year. Please review the constitution with your child and if there are any questions of its contents or the guard roles or other questions you may have, please contact me:*

*[live2toss@gmail.com](mailto:live2toss@gmail.com)*

# La Quinta Color Guard Constitution

Richie Sebastian- Band Director

Julie Lopez (Guard Instructor) email: live2toss@gmail.com

## Overview

All guard members will demonstrate courtesy, responsibility, dependability, cleanliness, and good will at all times; including at home and away games, camps, social media and/or any other situation where the guard member is representing La Quinta High School. The guard member will conduct herself/himself accordingly. Good sportsmanship is essential and mandated.

- It is an honor to be a part of the LQ Color Guard. First and foremost guard members are representatives of La Quinta High School.
- The Advisor has been hired by LQHS and is responsible for advising students, ensuring safety as well as holding high expectations for each member of the squad.
  - The director and coaches are responsible for the daily physical fitness of the Color Guard.
  - The director and coaches will be responsible for dealing with minor disciplinary procedures as well as referring students to administration for major offenses.
  - The director and coaches may place certain restrictions on the team or team members.

## Eligibility

- Each member must maintain a 2.0 grade point average to be able to participate in all activities besides practices. Grade checks will be requested throughout the year.
- Each member must submit a completed Application Form and Parental Consent/Medical Release Form BEFORE TRYOUTS take place. The candidate and the parent/guardian must sign this.
- Each member must have a complete physical exam before the first scheduled practice.
- A member must also have a completed medical emergency form on file with the Advisor. The Band Director and Instructor will be responsible to have this paperwork with them at all times.

## Tardiness & Attendance

If tardy to a practice, performances or event such consequences will occur: (In order of Discipline)

- Extra Physical Conditioning will be given.
- Benched and an Assignment will be given.
- Grade and Citizen will be dropped.
- Dismissal/Probation from the team.
- Guard members must be at all practices and activities unless they have an excused absence form from school, a doctor's note, or there is a death or sudden illness in the immediate family. If one of the above occurs, it is the responsibility of the guard member to get in touch (personally) with the Band Director or Instructor. Failure to do so will result in possible dismissal from the team or sitting out.
- Guard members must attend ALL HOME football games, competitions and events in its entirety. If it is known in advance that a member might miss or be late to practice, performance or event it is the member's responsibility to contact the director or coach in advance (a 2 weeks) in advance for all known interferences with practice, games, or events.
- **MONDAYS AND WEDNESDAYS 5pm to 8pm** (*unless indicated otherwise, calendars will be given out soon*) **ARE MANDATORY PRACTICE DAYS. NO CONFLICTS (UNLESS SCHOOL) WILL BE EXCUSED ON THESE DAYS.**

## Grades & Tutoring

Grades can and will be affected by the following:

- 3 absences or early dismissals within a 6 week period.
- Missing practices, performances or events.
- Improper practice attire
- Attitude
- Participation
- If a guard member needs to attend any school tutoring session a note from the teacher is required, at least a week in advance.
- Tutoring should be schedule on days that there is no practice (Preferably Tuesday and Thursday)
- Unless it is a school required tutoring, for example CASHEE tutoring, then the consequences noted in the attendance section will apply.

## Uniform

- Each member will be required to maintain good condition and cleanliness of his/her uniforms on a weekly basis up to the end of the year.
- Appearance is part of the uniform. The guard member must wear their hair away from the face during practice, games, pep rallies, and any other times specified by the Advisor or coach.
- No Nail Polish will be allowed at any games, competitions, performances, other events. Acrylic nails are NOT ALLOWED because of safety concerns.
- Make up should be worn to tryouts, performances, competitions, and events. The coaches will specify how it should be done for each situation.
- No jewelry of any sort can be worn during practices, competitions, performances, events, or games.
- All members must have the appropriate work out shoes or dance shoes for practices and events.
- If a member forgets part of the uniform then they will sit out during the scheduled event. All guard members must be dressed the same for all events.

## Character

- LQHS Color Guard members should be leaders within the school and set a positive example at all times.
- Each member must be able to maintain this level of commitment to ensure success and safety for themselves and the team as a whole. If we are to maintain the high standards in place, we must ask that each participant who wishes to undertake the privilege and responsibility of being a La Quinta High School Color Guard member make a serious commitment to our program.
- No guard member will be allowed to show any form of intimacy while in uniform, or while you are representing La Quinta HS. (At all events, performances, school functions, practices, and social media.)
- Be aware of what is being posted on social media outlets. At all times remember you are representing the LQHS Color Guard program even when not in uniform.

## Physical Fitness

- Color Guard members will be required to work out even if it is not guard season. Color Guard members are athletes and need to work to improve their strength, most importantly, for safety reasons. It is necessary to condition throughout the entire school year.
- Color Guard will be working out daily during practice.

- o If a guard member has a limitation regarding physical activity a doctor's note is required-if the injury extends past a 3 month period the position and duties during the class period will be reevaluated.

Dismissal/Violations

*The following may result in immediate dismissal or grade drop*

- o Undesirable behaviors, as determined by advisor, coaches, and administration, related to but not limited to fighting, smoking, consuming alcohol, drugs, or other inappropriate actions committed on or off school campus at any time. SOCIAL MEDIA
- o An act committed by a guard member that would, in the opinion of coaches and administration, harm the reputation of the school or program.
- o Constant tardies, skipping school or missing an event/game/practice without prior approval from advisor or coach.
- o School suspension or multiple detentions or Saturday school assignments.

*Please Sign and Return this portion of this LQHS Color Guard Constitution*



**By signing the following it indicates that you understand and agree to all terms/conditions contained in the La Quinta High School Color Guard Constitution for the 2015-2016 Season.**

\_\_\_\_\_  
Name of Color Guard Member (print)

\_\_\_\_\_  
ID #

\_\_\_\_\_  
Signature of Color Guard Member

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

*Please return this portion with your completed packet (stapled) to the application.*

*-Thank you*

*Julie Lopez – Color Guard Instructor*

# La Quinta Color Guard Application

2015-2016

## Student Information:

Name \_\_\_\_\_ ID # \_\_\_\_\_ Grade \_\_\_\_\_

Student Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Overall GPA \_\_\_\_\_

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## Parent Information:

Name \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

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## Medical Information:

Doctor \_\_\_\_\_

Phone \_\_\_\_\_

Dentist \_\_\_\_\_

**Policy Number**

\_\_\_\_\_

Phone \_\_\_\_\_

Insurance Company \_\_\_\_\_

- Do you currently have any injuries? If yes,

please

explain \_\_\_\_\_

\_\_\_\_\_

- Please list any allergies, if any

\_\_\_\_\_

\_\_\_\_\_

- Please list any current medications child is

taking, if any

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Discipline Check

*The student below is attending tryouts for the La Quinta High School Color Guard. Part of the process is to obtain a discipline check to ensure the candidate is eligible. Thank you for taking the time to process this paperwork.*

*-Julie Lopez (Color Guard Instructor)*

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**\*\*Candidates: Please attach a copy of your current report card or transcript with this page\*\***

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Name \_\_\_\_\_

Student ID # \_\_\_\_\_

Current GPA \_\_\_\_\_

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## **Please have counselor fill this section out**

--Please indicate how many of the following disciplinary referrals this student has had:

Tardy Detention \_\_\_\_\_

School Assigned Detention \_\_\_\_\_

Suspension From School \_\_\_\_\_

--Please indicate how many unexcused absences this year \_\_\_\_\_

--Please indicate number of times this student was marked tardy this year \_\_\_\_\_

**Signature of Office Personnel** \_\_\_\_\_



## Tryout and Application Release Form

*Form needs to be turned in on day of Tryouts*

### Applicant Release

I, (applicant name) \_\_\_\_\_, have read all rules and regulations that govern the La Quinta Color Guard. As a representative of my school, I understand and agree to abide by them if selected as a Color Guard for the 2015-2016 school year.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

### Parent Release

I, understand, have read and fully understand the rules and regulations, which will govern my son/daughter if he/she is chosen to represent La Quinta High School as a Color Guard member. I further understand that this is an extracurricular activity and that attendance at all practices, games, special functions, and summer camp is a requirement of the elected Color Guard member.

I hereby give consent to my son/daughter \_\_\_\_\_, to try out for the La Quinta High School Color Guard and recognize his/her responsibilities and requirements as a leader of his/her school. I understand that school and/or personal insurance must cover my son/daughter. I give my permission for my child to receive medical attention in the even that I cannot be present or reached for any reason.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date



# La Quinta Color Guard Teacher Recommendation Form

Student Name \_\_\_\_\_

Teacher/Subject \_\_\_\_\_

Current Grade \_\_\_\_\_

Citizenship \_\_\_\_\_

Please circle the number that best represents the above student's character and abilities.

Rank 1 as lowest and 5 as the highest.

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| <input type="radio"/> How is the attitude of this student?   | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> Is this student dedicated?   | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> How well does this student interact with others?                                   | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> In your opinion is this student capable of balancing<br>Color guard and academics? | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> Do you recommend this student for color guard?                                     | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> How is this student as a leader?   | 1 | 2 | 3 | 4 | 5 |

Comments/detailed classroom behavior/or leadership skills:

Teacher's Signature \_\_\_\_\_

*Thank you for taking the time to complete this student's recommendation. Please return this form to the student in a sealed envelope.*

*-Thank you*

*Julie Lopez – Color Guard Instructor*

**La Quinta Color Guard Teacher Recommendation Form**

Student Name \_\_\_\_\_

Teacher/Subject \_\_\_\_\_

Current Grade \_\_\_\_\_

Citizenship \_\_\_\_\_

Please circle the number that best represents the above student's character and abilities.

Rank 1 as lowest and 5 as the highest.

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| ○ How is the attitude of this student?   | 1 | 2 | 3 | 4 | 5 |
| ○ Is this student dedicated?   | 1 | 2 | 3 | 4 | 5 |
| ○ How well does this student interact with others?                                   | 1 | 2 | 3 | 4 | 5 |
| ○ In your opinion is this student capable of balancing<br>Color guard and academics? | 1 | 2 | 3 | 4 | 5 |
| ○ Do you recommend this student for color guard?                                     | 1 | 2 | 3 | 4 | 5 |
| ○ How is this student as a leader?   | 1 | 2 | 3 | 4 | 5 |

Comments/detailed classroom behavior/or leadership skills:

Teacher's Signature \_\_\_\_\_

*Thank you for taking the time to complete this student's recommendation. Please return this form to the student in a sealed envelope.*

*-Thank you*

*Julie Lopez – Color Guard Instructor*

**La Quinta Color Guard Teacher Recommendation Form**

Student Name \_\_\_\_\_

Teacher/Subject \_\_\_\_\_

Current Grade \_\_\_\_\_

Citizenship \_\_\_\_\_

Please circle the number that best represents the above student's character and abilities.

Rank 1 as lowest and 5 as the highest.

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| ○ How is the attitude of this student?   | 1 | 2 | 3 | 4 | 5 |
| ○ Is this student dedicated?   | 1 | 2 | 3 | 4 | 5 |
| ○ How well does this student interact with others?                                   | 1 | 2 | 3 | 4 | 5 |
| ○ In your opinion is this student capable of balancing<br>Color guard and academics? | 1 | 2 | 3 | 4 | 5 |
| ○ Do you recommend this student for color guard?                                     | 1 | 2 | 3 | 4 | 5 |
| ○ How is this student as a leader?   | 1 | 2 | 3 | 4 | 5 |

Comments/detailed classroom behavior/or leadership skills:

Teacher's Signature \_\_\_\_\_

*Thank you for taking the time to complete this student's recommendation. Please return this form to the student in a sealed envelope.*

*-Thank you*

*Julie Lopez – Color Guard Instructor*