

CORE VALUE OF THE WEEK

Caring

We believe that all members of the color guard should be caring, for themselves and for other members of the team.

Guard members care for themselves by:

- drinking enough water
- eating the right foods for their bodies and for the demands placed upon them
- getting enough rest
- managing their time by planning school, homework, and practice time
- keeping the right kind of people around, ones that contribute to being a happy, healthy young adult
- asking for help when they need it
- staying invested and present in practice, class, and life
- being strong and supportive of themselves

Guard members care for each other by:

- showing care for others – the success of one is the success of all, as is the failure
- listen to understand, make sure to be an avid listener to any guard member who needs it
- help other teammates with guard, school, family or friends
- support other teammates by making sure they have the strength to support themselves
- learning what your team and teammates need and providing it when necessary or able
- thinking of other people first and coming to practice or class with the mindset of serving others first
- being patient and understanding with each other

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Kindness

We believe that all members of the color guard should be kind, to themselves and for other members of the team.

Guard members are kind to themselves by:

- monitoring their mental dialogue and keeping it supportive and positive
- treating their body and mind with patience and positivity
- planning ahead to ensure that they are prepared for everyday life
- allowing mistakes to occur without negative judgment as a path to improvement

Guard members are kind to each other by:

- keeping verbal and written communication positive and supportive
- following the social media policy and keeping themselves aware of their conversations with others
- being considerate of space, volume, and other things which may affect others
- picking up trash and keeping our band room and guard room clean, tidy, and orderly
- practicing random acts of kindness, and showing that kindness when least expected
- giving feedback on movement or equipment skills that are patient and kind
- reaching outside of the team, band, and even the school campus to show kindness in the community

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CORE VALUE OF THE WEEK

Friendship

We believe that all members of the color guard should be friendly, to themselves and for other members of the team.

Guard members are friendly to themselves by:

- forgiving of your mistakes
- complimenting yourself
- being open and available to creating new friendships
- being aware of judgmental or hurtful mental dialogue
- listening to yourself

Guard members are friendly to each other by:

- realizing that friendships have many different styles, and that you can be friendly to anyone
- being forgiving of other's mistakes
- compliment others
- hold control over emotions and speak with respect
- include all students, in particular ones that are shy or do not have a large friend group
- being genuine and genuinely interested in others
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Fun

We believe that all members of the color guard should have fun,
for themselves and for other members of the team.

Guard members have fun for themselves by:

- working extremely hard – make being GREAT the most fun thing we do
- being invested in your personal success
- checking your attitude at the door of the guard room: do not walk into the band room with a bad attitude!
- being verbally and physically happy, even if there are challenges elsewhere in your life
- enjoy every moment of what you do, even the not-so-fun stuff!

Guard members have fun with each other by:

- showing up to practice prepared and ready to work hard
- creating fun around hype: cheering as you run back, making up chants or games, etc.
- creating fun via success: celebrating when a rifle gets their 6, cheering for something that did their first roll, etc.
- creating fun via performance: celebrating competitive success LAST
- observing and enjoying watching sections perform for each other
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Responsibility

We believe that all members of the color guard should be responsible, for themselves and for other members of the team.

Guard members are responsible for themselves by:

- being on time (read as: early)
- keeping track of your personal items: names on everything, double/triple check
- taking care of your body with proper nutrition, hydration and rest
- being organized, prepared and understanding of details and order
- behaving with character and integrity: walking the walk and talking the talk
- be who you say you are, at all times
- communicating with other teammates, leadership and staff about any issues, concerns or problems

Guard members are responsible for each other by:

- helping a teammate if they forget something
- looking after the greater good
- staying healthy and taking pre-caution against injury or illness
- being consistent with actions and words
- being aware of the outward image of the color guard in the community
- being pro-active with communicating attendance to leadership and staff
- being on time (read as: early)
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Knowledge

We believe that all members of the color guard should be knowledgeable, for themselves and for other members of the team.

Guard members are knowledgeable for themselves by:

- being aware of themselves
- knowing what foods to eat in the morning, before a show, etc.'
- understanding your own process and preparation to reduce anxiety
- paying attention in technique block so to get all details and information necessary
- participate in choreography blocks by understanding and executing all choreography
- continually refine and define skills and technique on movement and equipment
- picking up any handouts, schedules, calendars or announcements

Guard members are knowledgeable for each other by:

- being aware of what certain team members may need from a support system
- using detailed information to help teach/instruct younger members
- being able to execute or achieve any skills that you are teaching someone else
- verifying all information from a proper source before giving information out
- ensuring all logistic details are completed in proper time

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Self-Control

We believe that all members of the color guard should be under control, for themselves and for other members of the team.

Guard members control themselves by:

- not allowing emotions to control themselves, whether they are positive or negative
- taking five seconds to consider the consequences of any outbursts
- taking deep breaths to control temper
- understanding that some things should not be said out loud in consideration of others
- maintaining a good attitude towards all events, teammates, staff and adults
- reducing the outward and verbal complaining about situations
- making good choices OFF the field/floor as well as ON it

Guard members are under control for each other by:

- considering the public image of the guard and band programs by behaving properly
- staying positive and keeping a good attitude around each other
- helping teammates with negative or poor attitudes understand how it affects the rest of the team
- find ways to model behavior that keeps emotions in check
- holding all people involved with the team accountable to keeping control
- understanding that we are ALL role models for our teammates and our community

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CORE VALUE OF THE WEEK

Teamwork

We believe that all members of the color guard should be a team, for themselves and for other members of the team.

Guard members make great teammates by:

- putting the team first, always
- creating and participating in team-building activities often, in a variety of styles and types
- participating and attending outside events to breed positive energy
- encouraging each other to give their very best
- support individuals and the team selflessly
- leading and participating in student-run sectional time: the staff should be confident in allowing students

to

run sectional time with the respect and high work ethic of other teammates through TRUST

- respect each other, and keep any gossip or back talk to absolute zero
- giving 100% energy in an aggressive, intentional way to practice and competition
- keep up the part on and off the field/floor
- deferring to the majority when it comes to team decisions
- support and respect the staff or adjunct/guest clinicians that are brought in
- using basic human courtesy at all times (please, thank you, you're welcome, no/yes ma'am/sir, etc.)
- treating adult volunteers with the highest level of respect
- looking outside of the guard to the rest of the band to form stronger, more positive bonds
- hustle hard every second of the day
- always be the first to lend a hand to someone struggling, an ear to someone who is sad, and an encouraging word to someone who needs help.

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CORE VALUE OF THE WEEK

Motivation

We believe that all members of the color guard should be motivated, for themselves and for other members of the team.

Guard members motivate themselves by:

- understanding that self-motivation is the most important kind
- decide to have the fire and drive to move forward constantly
- disciplining themselves so there is less of a need for motivation
- look at mistakes as learning opportunities, and then work through those to success
- recognize and celebrate your own success as well as others
- setting goals and working towards them – ask questions if you do not know what to do to reach them!

Guard members motivate each other by:

- giving the team hype (within reason)
 - running back to sets
 - choosing individual practice time to actually work on things you aren't very good at!
 - not leaving any teammate behind – always step back and collect the slowest runner or the weakest
- spinner
- not focusing on competitive results but on the skill and achievement we are working towards
 - celebrating success
 - never stopping the hard work that it takes to get you to the goal

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CORE VALUE OF THE WEEK

Honesty/Trustworthiness

We believe that all members of the color guard should be honest and trustworthy, for themselves and for other members of the team.

Guard members are honest & trustworthy by:

- adopting telling the truth as a rule, no matter if it hurts or not
- listening to what people tell you and change your behavior if necessary
- behaving and speaking in the same way in front of staff, team members, family, and strangers
- do what you say you are going to do
- say what you mean to say
- be considerate and understand that sometimes being honest means changing what you need to say because it will hurt someone's feelings unnecessarily
- not gossiping. period

Guard members are honest & trustworthy for each other by:

- being consistent with what you do and what you say
- making good choices
- respecting the trust of people that confide in you
- being loyal
- standing up for your team against all odds
- understanding how to protect information or people from outside negativity
- not gossiping. period

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CORE VALUE OF THE WEEK

Commitment

We believe that all members of the color guard should be committed, for themselves and for other members of the team.

Guard members commit themselves by:

- coming to all practices, rehearsals, meetings and shows
- wearing fake eyelashes
- having hair and makeup done in the proper way at the proper time
- wear grays, rehearsal uniforms, etc.
- following all the rules
- knowing that YOU are important – every single team member is varsity and you are needed!
- being consistent – just make it easy for everyone to be able to depend on you

Guard members commit for each other by:

- being “present”: practice/rehearsal is a special place to be focused and present in learning
- talking to fellow members about challenges, frustrations, etc.
- choose the team first when making plans, whether with family or social plans
- knowing that every event is important, from guard class to BOA Grand Nationals
- support the guard/band in the things you say and the things you do

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