*\*Some things to think about as we transition back to typical band rehearsals. If we all follow these norms, we will be able to maintain a strong and healthy group\**

**BEFORE REHEARSAL**

* Always check the Facebook group, members chat, members area, and/or email for updates about rehearsal. We will send as many updates as we receive them but try to be flexible.
  + You may also preview the lesson plans in the education tab in the Members Folder. These get written days before and are constantly updated. Utilize this to mentaly prepare for rehearsals.
* Always bring the following to rehearsal unless instructed otherwise...
  + Guard equipment w/ labeled equipment bag
    - Equipment Bags will be given at Band Camp Check In
  + ***UDB app, a fully charged phone, and a method to keep it charged, and a method to keep it accessible on the field. Since this is a new endeavor, we will work with each other for ideas!***
  + Sneakers with good support!
  + Athletic/movement attire
  + Sun-block, water jug, hat, and sunglasses
    - Because of the pandemic, we will have limited access to the large water jugs. Please invest in a large canister, hydroflask, or multiple water bottles.
* Properly weight, tape, and clean equipment
  + Make sure that weights are secured and not clanking in flag poles
  + Tape equipment tightly and neatly
  + Wipe down equipment with a wipe or moist toilette every now and then to maintain cleanliness
* Practice at home!
  + Rehearsal is where you learn the technique. At home is where you develop it. The next rehearsal is where we solidify it as a group! The more we put in, the more we get out.
* STRETCH, HYDRATE, SLEEP
  + Do anything that will help your body and mind be prepared for rehearsal.

**DURING REHEARSAL**

* BE ON TIME!!!
  + Guard call time is 15mins before rehearsal starts
* Have all required materials ready to go (Check Lesson Plan for what’s required)
* When learning drill, use the app to find your dot in the set and relax.
  + If you are not being worked with or adjusted, stay relaxed and be present.
  + You may talk or ask questions but be ready to go to standby when called
* When asked to go to standby, stop talking IMMEDIATELY, close your feet and go to parade rest.
  + SMAC will define what this looks like. It is important to maintain this posture for the sake of cleaning drill.

* Whenever you are being addressed by SMAC and staff, maintain eye contact and respond with “yes” or “thank you” to acknowledge that you understood what is being said
* Always try to run back/hustle to your previous set/assignment. HUSTLE CONE!!
  + This keeps spirits high and pacing quick so we reap the benefits of time
* Ask questions if you do not understand...BUT...
  + Watch and try to learn on your own first
  + Be sure to raise your hand
  + Ask SMAC before staff
  + If staff is teaching/cleaning choreography, WAIT until they ask if there are any questions
* If you need to go to the bathroom, GO! Ask first...then go!
* WATER!! WATER!! WATER!!...Or Gatorade
  + Stay Hydrated!!
  + You may ask for water breaks but we will take them together as a group
* AIR & VALVE REPS
  + When the Director calls for a rep on “Air & Valves” that means that Color Guard will only march this rep without performing equipment work
* HALF & EASY REPS
  + When the Director calls for a “Half & Easy” rep that means that Color Guard will march and perform work with the sole focus on technique, drill, and timing. 60% effort. No performing necessary.
* REGULAR REPS
  + On regular reps and run throughs, it is up to you as a performer to work out your choreography and drill while adding the right amount of performance. Do what you need to in order to find your optimal performance for each part of the show, and then repeat that always. *“Thoughtful repetition creates retention!”*
* PERFORMANCE REPS
  + GIVE IT YOUR BEST!
* MENTAL/PHYSICAL ENDURANCE
  + Some of us have been out of performance mode for a LONG TIME. Our bodies and minds have changed. Yet, we are coming back full force. It is up to you to prepare yourself for long rehearsal days. While we encourage you to care for and advocate for your mind and bodies, know that they will be challenged and tested this season. If you are someone who needs consistent/long breaks in order to rehearse, you run the risk of falling behind and might want to consider a secondary position. Let’s do what we can to give as close to 100%!

**AFTER REHEARSAL**

* Eat and Hydrate! (with water/electrolytes)
* SHOWER!!
* SLEEP!!!
* Then review!