

PINE FOREST



Super Sound Band

*Pine Forest Super Sound Band
Cologuard Handbook*

2024/2025

Contact Information

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Welcome

Welcome to the Pine Forest High School Flag Corp. Color Guard members are members of the Pine Forest High School Band and will abide by their rules, policies, and regulations. We shall also follow all policies set forth by Pine Forest High School and Escambia County School District. If you have questions concerning the Pine Forest High School Band, please consult the band handbook. This book is provided to further clarify the expectations, rules, and guidelines for the members of the Pine Forest Color Guard.

Eligibility

Students of Pine Forest High School, as well as 8th graders zoned for Pine Forest High School are eligible to audition for the Pine Forest High School Color Guard . All Members must re-audition for each upcoming season. Having a spot in previous years or seasons does not guarantee the student will be accepted again for the following season.

Members who have previously quit at any time during the period beginning after the audition results are posted and ending after the last Fall Football Game are no longer eligible to be members of the Color Guard in the future. This includes any reason other than those that are medical.

Qualifications

Members must pass an audition each spring to be a part of the Color Guard. All Members must complete the audition process and any student's past disciplinary records may be reviewed each year to determine membership status.

Physical Requirements

Baseline Fitness. Members of the Color Guard will be conditioned to handle the amount of strength and stamina required to perform. However, prior to entering the ensemble, members must be in developing to good physical condition. Members must be physically able to do the following: carry props, equipment, and/or implements weighing up to 20 lbs. while moving quickly and/or dancing; dance and/or march for up to one hour between breaks; sit and/or stand for up to one hour at a time between breaks. Members may also be asked to perform lifts and/or gymnastic movements once proper training has been provided.

Injuries

Building muscle can be strenuous. You will experience minor discomfort at times. You may even feel slight pain. Be sure to use your best judgment. This is a very physical activity, and you need to learn to push beyond the pain and fatigue, but never to the point of serious injury. We will work in the heat. We will stretch out and build our muscles. We will do cardio-vascular conditioning. We will run, dance, jump, spin, and toss. Sore muscles, bruises, blisters, and minor scrapes are all part of it. Occasionally Members may sprain wrists or ankles. Learn to push yourself without damaging your body! If you truly are sick or injured, however, DO NOT continue to hurt yourself to satisfy someone else. We ask that you be HONEST. Always give your body the rest it deserves. If a student has weakness in the joints such as knees, ankles, or wrists we strongly advise that your student purchase and wear a flexible brace at ALL rehearsals. Please be advised, the instructional Staff are teachers, not doctors or physical therapists. We cannot provide anything other than immediate first aide to your child. The Band Staff, the Band Boosters, the school, and the district are not liable or responsible for injuries sustained during rehearsals and/or performances. Accidents can happen at any time, and we will do our best to prevent any injuries.

Physical Fitness and Eating Habits

Rehearsals and performances are very demanding physically. Therefore, it is imperative that members take care of their bodies. You must eat well, drink plenty of water, and stay in shape! Regular exercise, especially during time off is a necessity. Parents are asked to support their child in maintaining healthy habits. Please take the necessary steps to make sure your child has had the appropriate meals prior to band camp rehearsals, after school rehearsals, evening football games or competitions. Your student may find it helpful to eat a small snack of fruit or crackers and juice prior to rehearsals. Sports drinks are always a good idea and soda is an athlete's worst enemy. No soda is allowed before or during rehearsal. Please let us know if a member has any food allergens or restrictions since meals are occasionally provided for them.

ELIGIBILITY

- A. Rising 9th thru 11th grade students
- B. Must maintain a 2.0 GPA
- C. A signed Parent Consent Form for participation
- D. Overall satisfactory evaluation from Teacher/Band Director/Advisor
- E. Each candidate must be able to properly execute an individual/group Performance.
- F. All students participating in the band must register for a band class or Euthymic Class
- G. Complete and signed Medical Release form on file.

Grounds For Dismissal

Any member who casts discredit to the organization by his/her conduct or actions in rehearsal, in another class, or on a trip, may lose a privilege within the program or be subject to dismissal from the Pine Forest High School Band program. This decision will be at the Director's discretion in consultation with school administration.

The following guidelines have been put in place to establish more clarity regarding the policy:

- We cannot compromise participation in band activities with substance abuse or blatant disregard for school or band policy.
- These consequences are in reference to program membership and are in addition to school policy.
- Infractions that are against the law are more serious in nature and will be handled per ECSD policy.
- During an exclusion period, Members will not participate in any band activity, pending litigation or ECSD decision.
 - Any Social Media post that discredit or misrepresent the organization

Parent/Guardian Expectations

1. Parents will communicate openly and freely with coaches and administrators
2. Parents will communicate with respect.
3. Parents will be honest.
4. Parents will communicate issues and concerns in a timely manner, including those of the member's physical and emotional well-being.
5. Parents are required to attend meetings and read all information disseminated by coaches and the Band Boosters.
6. Parents will display good sportsmanship and behavior by doing the following:
 - a. Recognizing that student participation is a privilege
 - b. Displaying good sportsmanship as a spectator, and conducting yourself in a manner that reflects positively on both the team and school
 - c. Promoting the team by being supportive and positive when helping the program
 - d. Understanding that the student has an obligation to attend all rehearsals and competitions
7. Parents will create a positive and supportive environment to promote your student-athlete's well-being by:
 - a. Supporting good conditioning and a healthy lifestyle
 - b. Placing the emotional and physical well-being of your student ahead of any personal desire to win
 - c. Supporting your student to be successful in the classroom given the demands of training and rehearsals
 - d. Being a role model for other parents by remaining positive at all events
 - e. Getting involved and staying involved in a positive manner as you support your student is critical to the success of the team (i.e., concessions, band boosters, fundraisers, banquets)

Financial Obligations

Commitment is what transforms a promise into reality.

It is the words that speak boldly of your intentions, and it is making the time when

there is none – coming through time after time, year after year after year.

Commitment is the stuff character is made of, the power to change the face of things.

It is the daily triumph of integrity over skepticism.

Pine Forest High School Band Fair Share
All Band Members

Pine Forest Color Guard Information 2024/2025

Auxiliary Fees for 2024-2025

Payments Cannot be postponed or delayed

April 1 st 2024 (Monday)	\$200
May 1 st 2024 (Monday)	\$250
June 3 rd 2024 (Monday)	\$250
Total Amount	\$700

Auxiliary Fee Itemized

Items	Fee
Band Operation	\$125
Uniform Shoe	\$135
Custom Uniform #1	\$130
Custom Uniform #2	\$130
Alternate Uniform #3	\$50
Black bike Tard	\$65
2 Paris of Tights	\$30
Equipment (Flags, Poles, Batons, Etc.)	\$35
Total	\$700

WHAT IS FAIRSHARE?

“Fair Share” simply means each student will be responsible for paying their fair share to help defray the expense of participating in the required trips, performances, and competitions. Fair Share is \$300 for band members and \$700 this year for Flag Corp for each child. We have included the breakdown of what that amount covers above for.

Fundraising for the general Band Boosters is a very important as well. There are always unexpected costs during the year and the general Band Boosters must make up the difference between the Fair Share amount received and the actual expenses. In addition, the Boosters have goals to maintain the facilities of the Band and purchase new items for the band.

If the general band account does not have enough money for the required expenses, the Fair Share costs will have to go up to cover the actual costs which puts more burden on the families. The Cost can be offset by Volunteering in Our concession Stand during the Fall Football Season but cannot completely cover fees.

WHAT IS THE BAND ACCOUNT FOR MY CHILD?

All money is managed by the PFHS Band Boosters which is an IRS recognized non-profit 501(c)(3) organization. We conduct all business and fundraisers under those regulations. We choose to offer some of the proceeds to our band students in return for their fundraising efforts. We keep an accounting of the money that each student owes and what money they have paid. The accounts are setup as a family account. If you have two band students, they are on the same account.

If you have money left in your account when your student graduates or if your child decides to quit band, that money will not be refunded. The money was raised and managed under the PFHS Band Boosters organization name, therefore the money belongs to that organization. Also, we are not allowed under the IRS non-profit organization rules to give money to individuals. The contracted band parent can tell us when and how they want to use the money that is contained in their account. However, this is not a credit card... the money must already be in your account before it can be applied to an expense. The money can be used for any band related expenses including fair share, merchandise, bus expenses, family trip payments, banquet & ball expenses, and even fundraiser items. A note must be sent for each item that the parent wants to use the accumulated money for.

The cornerstone of any good and successful band program is discipline. The guidelines in this handbook are to allow Members to function at their highest level. When Members fail to follow these guidelines, consequences must follow. Penalties will be imposed according to the severity of the infraction at the discretion of the Flag Corp Staff. If a student feels that he/she has been unfairly awarded punishment, he/she may discuss the penalties in private with the Director of Bands and the Flag Corp Director at the earliest convenient time.

Understand that the following consequences may be enforced, should inappropriate behavior call for it:

- Alternate Status
- Dismissal from a performance
- Removal from the Flag Corp

The PFHS Color Guard Handbook Agreement

Student Agreement:

I have read and understand the information presented in the 2024-2025 PFHS Flag Corp Handbook. By signing below, I agree to abide by the guidelines listed herein. I acknowledge that by signing below, I am making a commitment, not only to myself, but to the other members of the marching band and Flag Corp. My fellow members will depend on me to attend all rehearsals and performances, be prepared for rehearsal, and meet all the other obligations outlined in the handbook. I understand that if I am unable to or choose to work or act in a contrary manner to the standards and expectations listed in the handbook, appropriate disciplinary action will be taken which may include my being removed from the team.

Print Student Name

Student Signature

Date

Parent/Guardian Agreement:

I have read and understand the information presented in the 2024-2025 PFHS Flag Corp. By signing below, I agree to support the guidelines listed herein. I acknowledge that if my student does not follow these guidelines, he/she will be subject to appropriate disciplinary action which may include being removed from the team. I also agree to pay the full cost outlined in the payment section of the handbook as determined by the PFHS Band Boosters.

Print Parent Name

Parent Signature

Date

