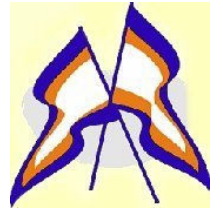




What is Color Guard?



"Color Guard is a great sport and art to join. It's one of the few activities that doesn't require a certain gender or height. Plus, you'll make friends, memories, and muscles! Join Guard...it's worth it!!"

Color Guard is Science: It is exact, specific and it demands precise execution. A designer's drill is a chart; a graph which indicates x and y coordinates for constantly changing geometric shapes and forms in both time and space. Our equipment and props are always pushing the laws of physics with force and speed, action and reaction. All of this with an incredible control of time and timing.

Color Guard is Mathematical: It is rhythmically and metrically based on the subdivision of time into fractions that must be done instantaneously. We have angles and degrees, both acute and obtuse, sequences, ranges, and hypotenuse.

Color Guard is a Language: It is a visual picture alive with message and meaning. We use interpretive phases, sentences, and words, which are the universal language. Shows are created for others to see, feel, and understand. It is a language, which is recited and shared many times both near and far.

Color Guard is History: Color Guard can be influenced by the environment and times of its creation, or it can reflect the past as well as the future. It can send us to a far away country or bring us closer to home. We are rich in our heritage with forefathers in the military.

Color Guard is Physical: It requires fantastic coordination of fingers, hands, arms, feet and legs; in addition to extraordinary control of the back, stomach, and torso; all of which are called to respond instantly to the sound the ear hears and the sight of the eyes see, anything less than directly on the count is unacceptable. Color Guard is based upon endurance, ability, strength, and balance.

Color Guard is a Sport: It is a game that we play, bettering ourselves through practice, both on our own and as a unit. It is competitive. We compete against ourselves to become better, as well as against other guards for awards, it has fans, as any sport does.

Color Guard is Performing Arts: It is a show that can be entertaining and enlightening! With directing, acting, producing, managing, and touring. We use colors, fashion, flair, excitement, pizzazz, sophistication, and subtlety. Always realizing the triad of performance; audience, performer and designer.

Color Guard is Educational: It allows a human being to learn how to take all of these things; some dry and boring, some difficult and challenging; and use them to create EMOTION! The one thing that our world needs.

And overall: Color Guard allows us to learn more on our inside on confidence and fear, self-esteem and self-image; as we get better on the outside with performances, people, expressing our feelings, and sharing our dreams. It is a chance to realize that our attitude is what makes us or breaks us, not anyone or anything else. It is a kind of mindset with an increase awareness that challenges us to realize the potential in our selves.

(Taken in part from *Colorguard Corner* <http://colorguardcorner.tripod.com/colorguard/>)