

# REGIONAL CONSIDERATIONS

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## BEFORE YOU GATHER FOR WARM-UPS...

1. Site Inspection
2. Sound Check
3. Changing Facilities
4. Meeting Points

ONCE YOU GATHER ...

YOU set the tone!

- They are “reporting for duty”
- Have them mentally ‘clock-in’ as though it was their job!
- Take the emotion out of this moment. They need your authority as safety!



# THE FUNCTION OF SHOW WARM-UPS...



The performer is a machine.

This is where the machine is calibrated  
for the task of performing

All choices lead to maximizing this  
“calibration”

## IN WARM-UPS...

Make sure you have practiced this!

- Execute your plan that you have rehearsed.
- Have a staff person watch the clock
- Plan for transitions between warm-ups if you have them
- Factor in time to gather your stuff!



## IN WARM-UPS...



- If you include 'individual time' watch out for “voo-doo tossing”
- Work to end on an absolute positive. They need a “nailed it” moment before they go in!

# TRANSITION TO THE GYM...

'19  
Guard  
gi

There are so many variables in this moment.  
Make sure you have talked to your support  
personnel about this important moment.

Meeting the props and floor invite others to  
offer direction and shift the tone of the  
moment-

**You must be ALPHA!**

# THE “HOLDING PEN”...

They are usually holding things in their hands  
and getting cold- keeping them engaged will  
alleviate some of this.

## OPTIONS:

Focused breathing

Mental “air-flag”

Team building (careful here)



# LAST WORDS...

CAREFUL TO AVOID “DON’T”  
(positive action words only)

Assure them they are prepared, have the ability to succeed,  
and can rely on their training to get them through  
everything!

Get them to “You got this!”

“Excited for you” empathizes with any anxiety they may  
feel.

“Proud of you” goes a very long way in this moment BEFORE  
they go on!



PERFORMANCE TIME...

ENTER WITH CONFIDENCE!

Get a staff person to that sound table!

Make sure that floor is revealed correctly  
and SQUARE TO THE FRONT!

It's all business now!



# PERFORMANCE TIME...

THEY SEE YOU WATCHING THEM!



## Remind:

- Support team
- Parents
- Staff especially! Heads only go “north and south” during a performance- NEVER east and west!
- YOURSELF! ...They feel you from the sound table!

EXIT...

REHEARSE THIS!



Efficiency is key!

Everyone has an assigned task – Don't 'wing it'

Have a staff person ready for the “unforeseen”

Train the support team if they are helping with the floor-

Nobody wants their parent “tail-over-teacups”

POST SHOW 'GATHER AROUND....



**THIS IS CRITICAL!**

**It is this moment BEFORE you see a score,  
where you assess the performance.**

# POST SHOW 'GATHER AROUND... **HEAR FROM THEM FIRST!**

How do you feel?

How did you feel going in?

Any surprises?

Relative to how you rehearsed, how was your  
performance?

ID their individual best moments

Be able to validate them as they react. Let them talk  
and agree with them on any key points or discoveries.

**POST SHOW 'GATHER AROUND...  
THEY WANT TO KNOW YOUR THOUGHTS TOO!**

**PROUD FIRST!**

Frame "from my perspective..."

Performance relative to rehearsal...

Individuals that stood out...

Any great recoveries...

Expectations for next performance.

If expected - Assure that they will be even  
better in Finals.

# POST SHOW 'GATHER AROUND...

**Get a check on logistics going into Finals**

How were the lights?...

How was the sound?...

Did you feel good about warm-ups?...

Did you get excited with an audience?..

The bigger audience tonight will challenge your  
focus...





# FINDING OUT YOUR PRELIMS SCORE...

**I feel this should come from the staff and not be a discovery in the hall or a reveal from a zealous parent.**

Remind them that this is someone's reaction to the moment of the performance. The judge may or may not agree with where you are in your process. Only you (as staff and performers) know where you are in your process and potential. The score is a function of placement. Its too early to complain about a number.

# ON TO FINALS...

MAKE THE PLAN CLEAR!

PROGRAM SOME DOWN TIME

WATCH SOME COLOR GUARDS- BE THE INFORMED SUPER FAN!

REMEMBER THAT WHAT YOU PUT IN YOUR BODIES WILL  
IMPACT YOUR PERFORMANCE.

DON'T SABOTAGE YOUR SHOW WITH CRAPPY FOOD.

HOW YOU FEEL- HOW YOU PLACED- WHO YOU GO AFTER..  
NONE OF THIS CHANGES THE JOB DESCRIPTION – CLOCK IN!

BEING FAMILIAR CAN WORK BOTH WAYS IN A PERFORMANCE



# OUT OF FINALS...

They are here among a community of color guards.

Reflect on any variable you think may have played a part...

Incompletion

Lack of preparation

Anxiety

Etc.

And assure them that you have a plan!

Make sure you leave agreeing on how to proceed from here.

They have to be a part of the process!

Make those lists!

Study that video.

Have them watch themselves AND watch the group!

# GETTING HELP...

After you have gleaned the information  
from your commentary...



**Local Mentor**

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