

JAMES S. RICKARDS HIGH SCHOOL

2017-2018

GOLDEN DOLLS and GOLDEN GENTS

BY-LAWS



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"So we think, so shall we be. So think of yourself as a unique and rare tree in the garden of the world—strong, productive, powerful, and incredibly beautiful. Remember your roots. Don't be afraid to branch out and aim high. Be proud of your harvest. Share your shade. Don't be afraid of change. Without change, we would never grow. Without high visions, we couldn't reach our greatest dreams."

Erika Stevens, Keynote Address, HighVisions/GreatDreams, 2003

WHAT IT MEANS TO BE A GOLDEN DOLL And GOLDEN GENTS

The heart and soul of every performer is fueled by the desire to take the emotion out of the crowd and replace it with the fury of the best performance of their lives.

As a member of the James S. Rickards High School Band Auxiliary Squad, you serve as an ambassador to your school. You are not only representing yourselves and families, but your school, the community and the general public. You should promote a sense of community throughout the school. The band auxiliary is a school-affiliated activity, they are subject to rules that govern all other school related sports and organizations. The principal is solely responsible for the operation of his/her school, including any and all matters pertaining to the activity program.

THINGS TO REMEMBER FOR A SUCCESSFUL SEASON

- **Keep communication lines open**-call your sponsor/officer ahead of time with questions, comments, or concerns.
- **Be loyal**- Have pride in your school and program. You're a family now and blood is thicker than water.
- **Be honest** and tell the truth, be upfront.
- **Give your best effort at all times**-Trust what your sponsors and captains say! Pull your weight.
- **Show respect** for our organization, your teammates, other band members, your uniforms and other equipment, and for yourself and your appearance.
- **Be a problem solver**-Don't just point out failure be part of the solution!
- **Have a great attitude!** Push yourself, be a leader, and always be mindful of all that YOU represent!
- **Be Ladies**-make sure your action represent you as the woman you were raised to be.
- **Be Role Models**-Anytime you leave your house, dress and act like you are represent the Trojan Treasures auxiliary squad.

DUTY OF THE SPONSOR

As the sponsor, we are here to coordinate and supervise all practices, events, and make sure all equipment and uniforms are ordered and distributed. My other duties as a sponsor is to enforce all rules according to the by-laws, verify all members' grades, teach technique and make sure all members are well put together, at all times. My motto is **“TREAT OTHERS THE WAY YOU WANT TO BE TREATED”**. I have nothing but respect for each dancer/color guard and I expect the same.

OFFICER DUTIES

What is a leader? A leader is someone that inspires others to dream more, learn more, do more and become more. The very essence of leadership is that you have to have a vision. Officers are to guide the activities and act as leaders for this organization. Officers shall be appointed and may be removed by the sponsor and band director. It is also up to them assigned or dismissed alternate captains and co-captains throughout the band auxiliary calendar.

A. Captain

1. Must maintain a 2.5 GPA or higher.
2. Should always have a positive attitude.
3. Must respect all members of the organization.
4. Should be the first to practice and the last to leave.
5. Should call **ADDITIONAL PRACTICE** if necessary.
6. Should know all the routines well enough to teach squad, if the sponsor/coach is not present.
7. Is responsible for warming up the squad at practices and games.
8. Should be able to create and to assist with making up new routines.
9. Should be sure of game time and that all dancer's/color guards are present at least 15 minutes before call time; must notify sponsors of those who are late.
10. Should **ALWAYS** dress, carry herself like a lady and look presentable.
11. If you give a command make sure you are doing it 110% better than the squad.
12. Should know the handbook front to back.
13. Must do a solo
14. **MANDATORY TO ATTEND ALL BAND CAMPS.**

15. Is to be permanently replaced by the sponsor and band director if placed on probation due to academic reasons or behavioral concerns.

B. Co-Captain

1. Must maintain a 2.5 GPA or higher.
2. Is there to assist and support the captain.
3. Should fulfill all responsibilities and duties of the Captain in her absence.
4. Should always have a positive attitude.
5. Must respect all members of the organization.
6. Should be the first to practice and the last to leave.
7. Act as secretary and should work cooperatively with the captain in helping her fulfill the many and various responsibilities/duties expected of the Captain.
8. Should know handbook front to back.
9. Must do a solo
10. **MANDATORY TO ATTEND ALL BAND CAMPS.**
11. Should **ALWAYS** dress, carry herself like a lady, and look presentable.
12. If you give a command, make sure you follow as well
13. Is to be permanently replaced by the sponsor and band director if placed on probation due to academic reasons or behavioral concerns.

DUTY OF THE PARENT

- Please communicate all concerns regarding dance/color guard groups to the sponsor.
- If you have any concerns, please see sponsor. If it is not solved then see the band director. If the sponsor or director cannot help you, then take the problem to the Rickards' administration
- Lend support to the dance/color guard program in any or all of the following ways: fund raising activities, games, performances, travel assistance and arrangements, and support band parent activities.

UNIFORMS AND EQUIPMENT

Uniforms and equipment are the property of each individual girl. Each dancer/color guard is responsible for the proper care of those items issued to her. Uniforms must be cleaned (following the instruction that were given with the uniform) properly after each performance to ensure quality life. If a uniform is damaged, the dancer is responsible for repairing it or purchasing another one. Failure to provide proper care of uniforms or other equipment will result in ineligibility to perform.

GOLDEN DOLLS and GOLDEN GENTS

Rules and Guidelines

The following rules govern the operation of the Band Auxiliary program in accordance with the James S. Rickards High School Marching Raiders Band.

A. General Rules

1. Be respectful.
2. The officers and sponsors should be the only ones that give out commands.
3. Maintain a positive attitude
4. Be professional at all times. **ACT LIKE LADIES.**
5. **NO CURSING**
6. **SMILE!!!!** Constantly!!! You will perform in the same manner that you practice so be fully committed.
7. Every thing should always be done **FULL OUT**, unless otherwise told (never mark arms).
8. Dancers and Color Guard must eat **BEFORE** practice starts (it helps prevent passing out), and **DRINK** plenty of water.
9. If an auxiliary member misses school, because they are at home sick, or etc., they will be sat out of practice or that performance for that day.
School comes first, there is no reason they should miss ALL of school, but be well enough to come to practice.
10. If you miss a practice, you are responsible for knowing the new (missed) material before the next practice.
11. You will not dress out for games, if the coach/band director doesn't feel like stand routines are up to part.
12. You will not hit the field, if the coach/band director doesn't feel like the drill is up to part.
13. Participation in FBA and Solo and Ensemble is mandatory.
14. **ROOKIES**, tradition is: you are not officially considered a Golden Doll or a Royal Jewel until after the Homecoming Game. (*If sponsor/coach feels like they are ready*).
15. If you get 3 demerits, your season with the Golden Dolls or Royal Jewels will be over.

B. Academic

1. Dancers and Color Guards must maintain a weighted 2.3 GPA for each nine-week grading period.
2. Failure to comply will result in probation for the first offense and dismissal for the second consecutive offense. Dismissal will be based on the nine-week GPA.
3. Dancers/Color Guards must turn in a copy of their progress report and report cards to sponsor; on the day they receive them for each nine weeks.

4. Any D's or F's will lead to punishments and sitting out a game and/or performance.
5. If a dancer/color guard is dismissed for academic reasons she will be allowed to try-out the following year as long as she meets all eligibility requirements.

C. Attendance

1. Dancers and Color Guard are required to attend all band activities, meetings, event, practices, and fundraisers.
2. Attendance at practice/meetings is mandatory. **Other extra-curricular activities must be scheduled around auxiliary.**
3. Dancers and Color guards must be to practice on time. **3 TARDIES = 1 ABSENT.** 1 unexcused absence from practice during the week may result in the penalty of loosing game day and/or performance privileges.
4. Failure to attend any given practice may result in ineligibility to perform at the following event.
5. Any unexcused absence from any periods of school on a game day will result in a penalty of band auxiliary privileges for that game. ***However, the dancer/color guard must attend the game and sit with the sponsor, unless excused from the game by the sponsor.***
6. Dancers and Color guard must notify the sponsor or Band Director if they are sick or an emergency arises before a practice/game. A doctor's note is necessary for excuse from a game or activity. A parent note is necessary for excuse from practice. This includes leaving school on a game day.
7. If you miss the practice before a band performance (**even if it is excused**) you will not perform, unless the Band Director gives you permission.
8. Attendance at summer band camp is **MANDATORY.**
9. It is the responsibility of each dancer and color guard to be at every event dressed appropriately and ready to go at least 10 to 15 minutes before the call time. ***TO BE EARLY IS TO BE ON TIME, TO BE ON TIME IS TO BE LATE, TO BE LATE IS UNACCEPTIBLE.***

D. Conduct

1. Dancers and Color Guards shall exhibit good behavior in accordance with the rules of conduct as stated in the James S. Rickards High School Student Handbook. Failure to represent the Golden Dolls, Royal Jewels, Band program and James S. Rickards High School in a respectable manner will result in suspension or dismissal as deemed by the sponsor, band director or school administration.
2. Disciplinary probation will be effective for the remaining portion of the band auxiliary calendar year. The sponsor will decide on participation in each event.
3. Negative verbal or non-verbal expressions of anger or sarcasm are not acceptable. ***Remember to treat others the way you want to be treated.***
4. Dancers and Color Guard who are found in possession of and/or using alcohol, tobacco, or any illegal drugs are subject for immediate removal.

5. If found participating in any sexual or obscene activities, around campus or during practice hours will result to suspension. ***Remember ladies treat their bodies like temples.***
6. Any referrals, ISS, OSS or other detentions will result in receiving 1 demerit and sitting out of a performance.
7. **FIGHTING IS NOT ACCEPTABLE** by any means. According to the principle any dancer/color guard that is involved in any fight will be **immediately dismissed from the squad.**

E. Eligibility for Continued Participation

For a dancer/color guard to be eligible to try-out, for the next calendar year she:

1. Should not have been found under the influence of or in possession of drugs or intoxicating beverages.
2. Should not have been found doing **ANY SEXUAL ACTIVITIES.**
3. Should not become pregnant.
4. Should have no prior removal from the squad for disciplinary reasons.
5. Shouldn't have quit in the middle of the season
6. Has to participate in Solo and Ensemble.

F. Fundraising

1. Each dancer/color guard is expected to cooperate fully in any and every fundraiser that squad or band has. The sponsor will monitor participation.
2. The sponsor, band director and the principal must approve all projects.
3. Money and sale items must properly labeled when collected.

G. Physical Health

1. Each individual is responsible for maintaining their physical health to the best of their ability.
2. Dancers/Color Guard should be responsible in their eating habits, sleeping habits, and stretching properly.
3. All students participating in this activity **MUST** have a physical on file.

H. Appearance for Practice/Games

1. A dancer/color guard appearance must be neat and clean at all times. She is expected to have her uniform neat and mended as well as cleaned for each performance and hair neatly styled.
2. The only jewelry that will be worn is stud earrings (selected by sponsor).
3. Make-up should be worn in moderation.
4. For practice, the term "dressed out" shall mean the designated attire for that particular day, no jewelry.
5. Body piercing is not recommended. If present, it must be removed at practice, games, and parades.
6. Tattoos are not recommended. If present, it must be concealed by the uniform or **body** make-up.

7. For games all hair should look the same, and the look will be stated by the sponsor. *Dancers/Color Guard and parents will be notified in more than enough time, if hairstyle is to be changed.*
8. Dancers/Color Guard are to wear **NATURAL HAIR COLOR** (No red, orange, pink, blue, blondes, etc.)
9. The sponsor will set all hair appointments at the beginning of the season. If the appointment is missed, the dancer will sit out that performance.

I. Transportation

1. Dancers/Color Guard are responsible for their own ride to and from the departure point for all in/out-of-town games.
2. Dancers/Color Guard know when practice starts and end, so not coming because you do not have a ride is not an excuse.

J. Financial Obligation

1. All money can be paid in cash, money order or cashier's check (This is so you can have your own proof of payment). Receipts will be given for each payment to keep for your personal records as well.
2. Money must be paid on the given date. It is important that everyone pays on time; Uniforms will not be order until everyone money is turned in.
3. Full band fee must be paid before you are issued your uniform and etc.
4. If you have any financial problems, feel free to talk to the sponsor or band director, so that an additional payment plan or fundraiser can be set up.

K. Strikes

How to get a strike:

1. Not participating with the squad (WE ARE A UNIT!)
2. GOSSIPING or INSTIGATING
3. Choosing not to perform without prior approval from the coaches.
4. Unexcused tardiness/absence
5. Lying

L. Demerits

How to get a demerit:

1. If the sponsor or band director has to sit a dancer/color guard out of a performance.
2. Being written up by a teacher or receiving any type of detention or suspension.
3. Arguing with anyone in authority (sponsor, band director, coaches, parents, captain and etc).
4. Not participating in FBA.
5. 3 strikes= 1 demerit
6. 3 demerits= **DISMISSAL FROM THE SQUAD.**

- i. First demerit= A week suspension
- ii. Second demerit= Probation for a grading period
- iii. Third demerit= Dismissal

**Students and parents will be notified of the demerits verbally as well as given a written statement. If they are in a leadership role they will be stripped of their title after their first demerit.*

DISCIPLINE

The auxiliary sponsor and coaches will strive to administer the discipline procedures in a fair and consistent manner. The sponsor, band staff and administration of James S. Rickards High School shall have authority over the program operations. Each girl acknowledges that failure to meet the expectations of James S. Rickards High School Band Auxiliary will result in punishment. Band Auxiliary members must adhere to a 3-strike system in which a dancer/color guard will receive 1-strike for each major infraction which includes, but is not limited to: missing scheduled events, disobedience to sponsor or other band staff, being more than 30 minutes late to a scheduled event, not turning in paperwork (each day), not being dressed in proper attire. Any dancer/flagette who is suspended for 3-10 days out of school will automatically be dismissed from the squad. If a person is dismissed or quits the squad, they are still financially responsible for any outstanding fees for James S. Rickards High School.

1. Academic probation will result in a member losing the privilege of participation for 4 $\frac{1}{2}$ weeks, and wearing any of the band auxiliary uniforms. They will need to submit a progress report at the end of 4 $\frac{1}{2}$ weeks. The sponsor and band director will determine if the dancer/color guard will participate in the remaining 4 weeks. Dismissal will be based on the 9 weeks GPA. During probation the member shall fulfill all other responsibilities (i.e. practice, game attendance, and fundraising).
2. Dismissal is defined as being removed from the squad for the remainder of the band auxiliary calendar year. Dismissal will result in the member forfeiting any right to participate in any band auxiliary activities.

Finally, these guidelines have been implemented to strengthen each band auxiliary member's sense of responsibility to herself and to each other members of the squad. They have been designed to build a high quality dance and flag squad with a respectable and impressive character.

NUTRITIONAL DIET & SAFETY

- Proper eating habits must be followed! Eat three balanced meals.
- Eat a light healthy meal before physical activity.
- Consume large amounts of **PLAIN WATER** during the day.
- When eating fast food choose healthier options (i.e. Firehouse, Subway, Wendy's, some Chick-Fil-A, Tropical Smoothie, and Chicken Salad Chick)

EXERCISE REGIMENT

All Dancers/Color Guards are expected to complete the following regiment in their off time.

- Full Body Stretch
 - Arm stretches
 - Wrist rotations
 - Left and right heel stretches
 - Front and side kicks
 - General floor stretches, etc.
- Abdominal work-out
- Push ups
- Light run
- Knee highs
- Squats
- Etc.

WORDS TO LIVE BY

RHS ALMA MATER

We raise our voice to sing the praise of
James S. Rickards High.
The friends and happy memories,
Will live as years go by.
To you who helped us build our dreams
And set our standards high
You may have even glorious
James S. Rickards High!

VISION

The vision of Rickards High School is to provide students with a caring, supportive learning environment that allows them to reach their maximum potential through quality programs, instruction and experiences.

We welcome your assistance with helping us achieve our Mission so that we can fully realize the vision for James S. Rickards High School. Please consider volunteering with us and or joining our School Advisory Council. Together we can make a difference in the lives of our students and our surrounding community!

MISSION

The mission of James S. Rickards High School is to produce graduates with skills and competencies to succeed on local, state, national, and international levels and who are responsible, self-supporting, and productive members of our society.

GOLDEN DOLLS/GENTS and ROYAL JEWELS CREED

We dance in the stands,
We're the feature on the field,
People try to imitate,
but this takes true skill.
Standing tall like our flags,
Standards high like our tosses,
We twirl pass hats with our batons,
On the field we are bosses.
We promise to perform our best,
We proudly rep our school,
Doing so with poise and dignity,
We are the Golden Dolls and Royal Jewels!

BAND MOTTO

P.R.I.D.E.

Perseverance

Respect

Integrity

Determination

Excellence

INSPIRATIONAL DANCE QUOTES

*(YOU MAY LIKE)
DANCE*

"The truest expression of a people is in its dance and in its music. Bodies never lie."

~Agnes de Mille

"To dance is to be out of yourself. Larger, more beautiful, more powerful."

~Agnes De Mille

"Dancers are the athletes of God."

~Albert Einstein

"I don't want people who want to dance, I want people who have to dance."

~George Balanchine

"Dancers are among the most passionate and dedicated of artists and rarely take their work for granted."

~Anonymous

"Dance is the hidden language of the soul."

~Martha Graham

"Dance for yourself, if someone understands good. If not then no matter, go right on doing what you love."

~Lois Hurst

"Dancing with the feet is one thing, but dancing with the heart is another."

-Anonymous

"To watch us dance is to hear our hearts speak"

-Indian Proverb

COLOR GUARD

(YOU MAY LIKE)

- Share what you know, learn what you don't.
- No one said it would be easy, they just said it would be worth it.
 - If it wasn't going to be hard, everyone would do it.
- Practice does not make perfect; only perfect practice makes perfect.
 - A guard that counts together stays together.
 - If being good were easy, then everyone would be good.
 - You call it attitude. We call it performing!
 - You miss 100% of the shots you never take.
 - If you're going to hit someone, do it *perfectly*.
 - The harder you work, the harder it is to give up.
 - Born to toss... hope to catch!
 - Breathe in the music and breathe out your performance.
 - If you're gonna hit 'em, hit 'em hard.
- Beginnings are scary, ends are sad, but it's the middle that counts the most.
- Spinning isn't the answer. Spinning is the question. And the answer... is Yes.
 - If they're in the way, hit 'em. I guarantee there will be space after that.
- You may soon forget the practices, but you will always remember the performances.
- Color guard is more than just "something I do"... it is my life, my love, and my whole world.
- Spinning six feet of attitude. the mother of invention, but colorguard is the mother of necessity.
 - Dare to dream,
Dream to spin,
Spin to perform,
Perform to live,
Live to dare,
Dare to dream.
- We are what we repeatedly do. Excellence, therefore, is not an act, but a habit.

To win without risk is to triumph without glory.



**JAMES S. RICKARDS HIGH SCHOOL
Raiders Football – Varsity
2017 Schedule**

DATES	OPPONENT	LOCATION	TIME
AUGUST 18	MNW	COX	7:00
AUGUST 25	NORTH MARION	CITRA, FL	7:00
SEPTEMBER 1	@LEON	COX	7:00
SEPTEMBER 8	CHILES	COX	7:00
SEPTEMBER 15	@EAST GADSDEN	QUINCY, FL	7:00
SEPTEMBER 22	LINCOLN	COX	7:00
SEPTEMBER 29	@BAINBRIDGE	BAINBRIDGE, GA	7:00
OCTOBER 7	OPEN		
OCTOBER 13	GODBY	COX	7:00
OCTOBER 21	RAINES+	COX	7:00
OCTOBER 27	@WAKULLA	WAKULLA, FL	7:00
NOVEMBER 2	MADISON#	COX	7:00

***Schedule has not yet been fully finalized.**

+ Homecoming
Senior Night

All Varsity Home Games are played at Gene Cox Stadium, unless otherwise noted.

2017-2018 Financial Obligations

GOLDEN DOLLS

Student/Parent Obligation: \$600.00

- Uniform 1
- Uniform 2
- Pep Rally uniform and boots
- Dance Jazz Sneakers
- Stockings
- Bags

Payment Schedule:

June 1, 2017	\$250.00
June 16, 2017	\$125.00
June 30, 2017	\$125.00
July 14, 2017	\$125.00
July 31, 2017	\$125.00

****Equipment will not be issued until all fees are paid in full. ****

All parents and applicants should take notes of the requirements before making a commitment to the James S. Rickards High School Auxiliary as all money is NON-REFUNDABLE!

2017-2018 Financial Obligations

ROYAL JEWELS

Student/Parent Obligation: \$600.00

- Uniform 1
- Uniform 2
- Pep Rally uniform and boots
- Stockings
- Bags
- Boots

Payment Schedule:

June 1, 2017	\$250.00
June 16, 2017	\$125.00
June 30, 2017	\$125.00
July 14, 2017	\$125.00
July 31, 2017	\$125.00

****Equipment will not be issued until all fees are paid in full. ****

All parents and applicants should take notes of the requirements before making a commitment to the James S. Rickards High School Auxiliary as all money is NON-REFUNDABLE!

Parent/Guardian Consent Form

My child _____ has permission to participate in the James S. Rickards High School Band Auxiliary program.

I have read, review, and understand the contents of the information given in this package and fully accept the obligations and expectations outline herein. I understand the financial obligations that are involved in joining the auxiliary and I understand that the organization will not give refunds if said child quits the squad, or transfers school.

Signature

Date

Print

Participant Consent Form

I _____ have read, review, and understand the contents of the information given in this package and fully accept the obligations and expectations outline herein. I understand the rules and guidelines that are involved in joining the auxiliary squad and I understand that the organization will not give refunds if I quit the squad, or transfers school.

Signature

Date

Print