

## 02 .2012

### Rehearsal Preparation

Members are expected to come to rehearsal prepared to practice. Below are guidelines to assist you.

#### Rehearsal Location(s)

02 will rehearse in Dayton, Ohio. Additionally, some camps may be held while out of town for contests. Rehearsal and contest dates will be listed on the season calendar as they become available. Prior to each rehearsal weekend, detailed information regarding schedule and location(s) of rehearsal or shows will be sent to all members via email and/or Facebook.

#### Report Time

Report time for each rehearsal is 10 minutes prior to start time.

#### Practice Attire

Members wear all black, comfortable, fitted clothing to all rehearsals. Dance tights, gym shorts, boxers over tights, athletic T's, tanks and under Armour are typical items worn by performers. Members practice/perform bare foot. Those spinning rifle and or sabre may want to use fingerless, leather palm gloves (optional). Gloves can be purchased at the same companies where you purchase your sabre or rifle.

Hair must be up/back and out of the face/eyes for rehearsal.

Running/gym/.tennis shoes are needed for each rehearsal for conditioning.

Glasses: Due to the potential of injury, members may not rehearse or perform wearing glasses. *However*, from time to time, during long learning sessions, members who need to do so may be permitted to wear their glasses. *Typically*, since members will not perform wearing glasses, and due to the risk while spinning and dancing this will not be permitted.

Water is a necessity for each rehearsal. Sharing of water with other members is discouraged for health reasons. Many rehearsal sites have water machines but they may be unreliable. We ask that all members invest in a water jug and bring cold, fresh water to every rehearsal to have in the gym for your own use as needed.

#### Equipment

Flags will be provided for everyone once they become a member of the guard. Members will keep and maintain their own equipment and are expected to bring their equipment to every rehearsal.

#### Rifle & Sabre Requirements

**Members who wish to spin rifle and/or sabre will need to have their own equipment.**

Rifles: 39" Elite Rifle or King Kong Rifle. We use: White Rifle / Black Leather Strap / Black Bolt.

Sabres: 39" Excalibur or King Best all Chrome Sabre.

Contact a company such as McCormick's, The Band Hall, or Designs by King.

(If you have any questions, before you buy, please contact Michael Lentz)