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Calgary Stampede



**Colour Guard Audition Packet
2023 – 2024**



2023-2024 Auditions Colour Guard

Welcome to the Calgary Stampede Showband Auditions! We are excited to meet you see what skills and talents you could bring to the ensemble!

The Stampede Showband program is designed to develop youth within the performing arts and encourage each member to achieve musical, performance, and personal excellence. Our members develop athleticism, artistry and the confidence that comes from honing skills through hard work and persistence. Through more than 700 hours of rehearsal each year and with each high-energy performance, members gain valuable life skills including leadership, goal-setting, and teamwork.

For the 2023-2024 auditions the Showband will be using a two-step process:

- Step 1 – Video, Resume and Headshot Submission
Deadline for submissions is June 9, 2023
- Step 2 – Live Colour Guard Auditions
Live auditions will occur on June 13, 2023.

Step 1 - Supporting Documents:

Part 1 – Introduction (One video)

- Introduce and tell us about yourself, ie: grade, school, extracurricular activities
- Tell us about your music/marching/performing arts experience
- Tell us why you would like to be a member of the Calgary Stampede Showband
- Tell us why you are a good fit for the Showband

Part 2 – Resume

- Resume - Please note that a resume and a list of three references (with at least one being a music teacher or dance/movement teacher) are required. Please make the resume specific to your musical/dance/movement/marching experiences.

Part 3 – Headshot

- Please take headshot on white background and no headwear.

Submission Link

- Please upload your video to <https://forms.gle/jRTaYWy4K5pitp99>
- Email youthprograms@calgarystampede.com to confirm your submission was received.

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Step 2 – Live Audition June 13, 2023

The live auditions will take place at Youth Campus near the TransAlta Performing Arts Studios (TAPAS).
1302 6th Street SE

Step 2 – Live Skill Demonstration:

Colour Guard Audition

For the Colour Guard auditions, please prepare the following exercises:

- Movement Exercise
- Flag – Foot Exercise
- Pull Hit Exercises
- Flag Tossing Exercise
- Rifle Exercises

Evaluation

The audition team will be evaluating you on the following:

- Overall flag technique and timing
- Movement timing
- Performance

For more information or if you are having troubles with your submission, please contact:

Andrew Morrow, Operations Coordinator, Bands

amorrow@calgarystampede.com

403.261.0490 (Band Office)



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What to Expect at Auditions for the Calgary Stampede Showband

What to Bring

Bring what you would normally bring to a band rehearsal: your instrument, a water bottle etc. You also need to bring the audition material which is provided online at www.stampedeshowband.com.

Percussionists should bring sticks or mallets appropriate for their audition instrument. Please let the office know if you don't have access to a drum.

What to Wear

Be sure to wear clothes that are comfortable workout appropriate clothing (no jeans, skirts, etc) and running shoes you are able to march in.

What will I be doing at auditions?

When you arrive, you will be asked to check in at a table for your section. You will be given a number. Try to arrive early, as check-in can be hectic. You will be split into sections, and evaluated by current Showband staff and some guest evaluators. You will also be doing some visual fundamental basics. You do not need to prepare anything for this section of the evaluation.

What are we looking for?

We are looking for individuals who adapt well to new situations, learn quickly, and have a positive, friendly personality. Have fun at the audition and be yourself. Try not to be nervous! The audition is also an opportunity for you to see if Showband is really right for you.

Who will be evaluating me?

You will be evaluated by the sectional staff of the current Stampede Showband and some special guests. These people are not judging you; they are just trying to find out if you would be a good fit in next year's band.

What if I missed the audition dates?

Call the band office at 403.261.0490 or email youthprograms@calgarystampede.com and we will try to arrange an individual audition. However, every effort should be made to come to the audition.

Thank you for choosing to audition for the Calgary Stampede Showband. Just by taking that step and challenging yourself, you have already chosen to be a better performer. The Showband is looking for individuals that want to be the best at what they do. We are very excited to hear you play and we wish you the best of luck. Remember that we are rooting for you to perform your best. No matter what the results, we hope we can make this a positive learning experience for you. Practice hard and have fun!



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Colour Guard Exercise List

The following is a list of exercises and skills that we would like to see you perform during your audition on flag and rifle. Remember, technique is important in order to be successful, but so are trying your best and recovering well. The goal here is to be familiar with the exercises. The better you know them the more confident you will be and therefore more successful in the audition. An expectation in the Stampede Showband Colour Guard is to spend time working through exercises and choreography independently. Feel free to talk with members of the Stampede guard or contact the staff with any questions. Don't fret, these do NOT need to be perfect, just familiar.

Movement Exercise: Please reference video

We will work through this on the day of auditions, but from the video you can learn the basics and try and follow along on the sequence! Below are some tips on what we are looking for:

Working through Parallel position knees over toes and working through spinal twist, keeping hips to the front through each movement. Arm reaches and extensions should be full out- reaching through the tips of the fingers and energy through each set.

Take all the counts, don't rush through each set! Use of breath- inhale on the collapse and exhale on the reaches through stretches on second set, stretch through the backs of the legs. In the lunge, find 90 degrees, and in the standing stretch, hips and Feet parallel to the side.

Focus and performance! Movement is about expression, making it your own and breathing life into every movement you do. Have fun with it!

Flag – Foot exercise

Basic drop spin exercises with a simple movement exercise underneath.

Stretch through the feet and tendue to the side. Feet should remain turned out on each cross on 2 and 4. Hips stay flat to the front- use the turn out from the hips, thighs and knees- drive knees over toes Hand position on flag- keep this in the spin spot. Rotation through the wrist and flat on the double time spins. Initiation, subdivide and squeeze! Hitting each count where they need to be- either straight up and down or flat on the double time. Core, shoulders down, long necks, eyes up. Nice strong stop! Squeeze the flag and lift up

Pull Hit Exercises – Please reference video

Pull hit routine for an understanding of release and energy under the flag and application to pull and squeeze on the catch. Below are some things we will be looking for:

An understanding of release point in space for "release hand" Application of strong core, standing up straight, ribs closed, long necks and not releasing the lower back through each set.

Strong catches! 2 handed catch, not lifting up and down when you release but energy outward and inward through release and squeeze. Different applications of Straight catch, angle and flat

Strong releases under single tosses – Straight arm on the release, lifting up under the catch towards top knob.



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Flag – Tossing exercise – Please reference video

Basic sequence of tosses adding the difficulty of the 45 Degree toss from different rotations and releases. Below are some things we will be looking for:

A basic understanding of a 45 toss
An understanding of the release point
An understanding of change of speed and release
To be able to accomplish this on both hands would be a bonus!

Rifle spin Exercise, with feet – Please reference video

Basic spin exercises with a simple movement exercise underneath. Please see both videos to learn the feet first and adding the flag second. Below are some tips on what we are looking for:

Stretch through the feet and tendue to the side. Feet should remain turned out on each cross on 2 and 4. Hips stay flat to the front- use the turn out from the hips, thighs and knees- drive knees over toes
Hand position on flag- keep this in the spin spot. Rotation through the wrist and flat on the double time spins.

Initiation, subdivide and squeeze! Hitting each count where they need to be- either straight up and down or flat on the double time.

Core, shoulders down, long necks, eyes up
Nice strong stop! Squeeze the flag and lift up

Rifle Quick hands – Please reference video

Stops exercise on rifle is used for an understanding of release and energy under the equipment and application to pull and squeeze on the catch. Below are some things we will be looking for:

Right hand down on the release- last moment it lifts to catch equipment
Strong catches- squeeze! No movement underneath
Watching the height of the release and catch
Hand placement on the catch
Squeeze through entirety of the exercise, including the hand switch. Small movement

Rifle Tosses- Please reference video

During the audition you will be asked to toss a 3, 4 and 5 on rifle. Below are some things we will be looking for:

Strong initiation, hit strong on 7 squeeze 8 before the release. Application of the sub divide on the preparation
Understanding of height of release hand
Understanding of the rotation through the wrist to achieve different rotation and heights
Strong catches!

Videos are located here:

<https://www.youtube.com/playlist?list=PL-nIDOB8GvDGxsktAjQW6V9jjDYOBKgv5>