

Guard Dictionary

Air Drill/Flag - When you go through work or a routine without the equipment/flag. People sometimes do this if they drop a piece of equipment during a show, but can't pick it up, so they fake it, pretend to have their equipment, and go through the movements of the routine as if they had their equipment.

Blade - The blade part on a sabre.

Bolt - A usually metal weight that is put into the top of the flagpole to weight it to help it toss easier. You can get bolts at any hardware store. Or a bolt can be the little silver/gold/black thing on a rifle that simulates the gun barrel.

Boob Spins - Spins that are done at chest level. Not good technique, usually newbie guard members are guilty of this heinous crime.

Brain Sucking - Watching other people trying to learn work off of them.

Crutch Tip - The little rubber thingy at the end of the flagpole.

Drop Spins - The basic (easy) spin. The silk part of the flag goes down, up, down, up, down, up, down, up....

Double Fast - Almost like the drop spins, but the silk goes down, flat, up, flat, down, flat, up, flat, down, flat...

Fake It - Pretty much the same as air drill/flag

Floor - The big huge tarp that winterguards mostly use. It's like the football field for winterguard.

Free Arms/Hands - Your arms/hands when your equipment is in the air.

Hiccup - When you prep (slightly lift the butt or hilt up then down) your sabre or rifle right on the down count to do spins.

Hilt - The handle part on a sabre

Homecoming/Homecoming Dress - Window for everyone at the dance to see your "band- camp-sports-brat-line"

Horizontal - When the flag is tossed above the head, usually spinning parallel to the ground.

Jazz Run/Walk - Running/walking in an elegant way. It feels really weird when first done, but you can really cover some distance when jazz running.

Pit Crew - The group of moms, dads, sisters, boyfriends, etc... that set up and remove the props/floor mats for a show.

Popcorn - Near the end of the season where the work is almost perfect and one person messes up, looking like

Guard Dictionary

a piece of popcorn popping, standing out from everyone else.

Ra Ra - A cheerleader.

Ra Ra Walking - Walking so your ponytail swishes back and forth

Sabre - A (fake) sword used as guard equipment. Very cool.

Sabre Sistas - Nickname for the sabre line (including guys!)

Sail - When the flag wraps itself around the tip of the pole (very annoying).

Silk - The flag itself.

Singles - The simple toss where the flag goes around once. You usually catch it in 2 or 2 and a half counts.

Slam - It's exactly what it sounds like. You have the pole at right or left shoulder (usually) and slam it down to a shoulder hip angle.

Spookies - The little ghosts that haunt the gym during night practices. :)

Strap - The little strap on most guard rifles.

Toe Thongs - Half soles, a popular "shoe/sandal" for winterguards.

Winterguard - Colorguard except it's done indoors without the band and usually has more dance incorporated into it.