

Benicia High School Colorguard Practice Record

Area of Emphasis	Explanation (What exercises did you do? What sections of choreography did you practice? How many full runs did you do? Etc.)	M	T	W	TH	F	SA	SU	Total
Technique (Letter, Rifle, Flag, or Saber)									
Parade (Letter, Rifle, or Flag)									
Winterguard (Rifle, Flag, or Saber)									
Dance (Specify Dance Class)									

Total Minutes: _____
(180 Minutes Required)

***Dance classes only count for 1/2 of your required minutes.

***After school rehearsal do not count towards minutes.

***Stretching does not count towards your minutes.

Student Name: _____ **Parent Signature:** _____ **Date Due:** _____