

# Summer Band Rehearsal Information

## What to expect during rehearsals

- Rehearsals will be held both inside and outside
- All students will be given frequent water breaks every 8-12 minutes depending on temperature
- There will be some group stretching, running, and light exercising/conditioning
- The band hall will be open during the time between rehearsals on the same day
- Most meals are provided per Tiger Band Participation Fee, students will not be allowed to leave campus during break/meal times. If you choose to opt out of this service please be sure your student either brings their own meals or they are delivered to the HS. Refrigeration will not be available.

## What to wear at rehearsals:

- Lightweight clothing
- Shorts
- Tennis shoes with socks (no sandals, flip flops, boots, etc)
- T-shirts/tank tops
- Sunscreen
- Caps/Hats
- Sunglasses
- Fully Charged Cell Phone – we use the UDB App to learn and rehearse Drill every rehearsal.

## What to bring on the 1<sup>st</sup> day of rehearsals:

- Permission/Medical Information slip filled out and signed by parents, Physical form signed by physician (Percussion, Colorguard due July 18<sup>th</sup>, All else due July 23<sup>rd</sup> or 26<sup>th</sup>)
- Flip Folder (all wind players)
- Music Lyre (all wind players except tubas)
- Water jug FULL of water
- Instrument, 3-ring binder with music in page protectors, pencil
- Mellophone, Baritones/Euphoniums, Sousaphones – bring gloves and towel for instrument
- Trumpets – bring a towel for instrument

## General suggestions for rehearsals:

- **Spend time outside during the weeks prior to rehearsals beginning**
- Marching Band is a physical activity - expect and be prepared for low/mid impact aerobic activity – links to conditioning and movement basic skills preparation will be available via Remind
- Hydrate often
- **Eat breakfast before every morning rehearsal (avoid dairy products)**
- Bring your water jug FULL of fresh water ONLY to every rehearsal (no sports drinks or sodas!)
- Get as much sleep as possible each night.
- Bring your music, instrument, flip folder, warm up materials, pencil and phone to every rehearsal

ALL students are expected to attend the Tiger Band History session July 28<sup>th</sup>