



# Fighting Cardinal Marching Band

## Tips for a Great Band Season



- Turn in all forms the first week! Emergency medical forms must be in ASAP!
- Music Mentors volunteers will be available with uniform samples (shoes, polos, dri wicks) as well as to collect paperwork or payments during the first or second week. Tentative date is 7/20/2023

Forms needed: OMEA Medical Authorization Form ( if you haven't turned it in already), Uniform Supply form and payment

- Visit our website for all Music Mentors Information and subscribe to our weekly emails [www.musicmentors.org](http://www.musicmentors.org)
- Become a Member of Music Mentors! For a \$1 donation, not only are you helping the band, but also have voting privileges at all meetings and hear all the great things going on in our band programs. Consider becoming involved in Music Mentors - there are so many opportunities to volunteer and it is highly encouraged!
- WATER NEEDED! We ask that all our band families donate 1 case of water per marcher. This helps us during our third quarter meet and greets, and other events throughout the year. You may drop this off at any time during band camp in the music hallway.

### For your Marcher/Twirler/ Guard Member:

➡ **For the 1<sup>st</sup> Day** – Eat a healthy before you come!!! Bring lots of water Put on your sunscreen! Bring a notebook and a pen/pencil! Dress appropriately – no flip flops!! You will be marching on this day! We want everyone healthy, **hydrated** and fed!! ⬅

### All days of band camp:

- Eat a HEALTHY meal before you come!! This is so important so your marcher has energy to get through the rehearsal!
- Bring **LOTS** of water!! Many of our band kids have a large 1 gallon water jug that they can refill as needed! But whatever works for you is fine!! LOTS and LOTS of water!
- Dress/layer accordingly! It may start out cool, but it is July and August so it will heat up fast!! No flip flops!! Good tennis shoes and socks are a must!
- Sunscreen, sunscreen, sunscreen!!! Did I mention you need SUNSCREEN?!?!?
- Sunglasses and hats are also great!
- Pack a couple quick snacks for both longer and shorter days. Granola bars, grapes, etc.
- A pencil or paper would be great as well. A drawstring backpack bag is a great band camp accessory!
- For our long band camp days, when you are packing a lunch, put it in a cooler or bag with an ice pack as we have no refrigerators to keep things cool! Marchers are not allowed to leave school for food!
- Make sure your phone is charged! You will be using this during practice!
- We do practice in the rain! Be prepared!

