

Summer Band Survival Guide

We are very excited about the upcoming marching band season! Here are some tips and reminders to make your season enjoyable and safe!

Proper attire:

- It tends to be very warm during the summer months! Appropriate clothing is a must to keep you cool and safe.
- Wear a hat.
- Wear sunglasses.
- Wear sunscreen! Bring extra and reapply as necessary.
- White t-shirts really are cooler than dark colors!
- Wear shorts (they are cooler and we need to see what your knees and ankles are doing!)
- Wear comfortable tennis shoes with socks. (Older tennis shoes march better than brand new ones)
- Shoes need to be properly laced up. Loose “skate-board” laces are not acceptable for marching!
- Never wear sandals, flip-flops, or clogs!!!

Proper equipment:

- You will need your instrument everyday!
- You will need your music everyday!
- You must bring a water jug (minimum 1qt. capacity) every day!
- We have official Band Water Jugs and all students should have one! Parents, make sure they get cleaned out on a regular basis...and always travel to band practice! Have your child fill it with cool water at home. If every student shows up with an empty cooler, we will exhaust our refill capacity halfway through rehearsal!!!

Proper preparation:

Marching band earns P.E. credit for a reason. It is a very physical activity. To build our endurance and strength we will exercise daily! We do stretches, laps, push-ups etc. Don't let this scare you, we start very slowly and build up. You are in charge of setting your own limits. Don't over-do it!!

This year, we will be required by the district to have a physical form on file for all students!

Sun Safety: AISD has a very thorough heat safety policy. Ours is even stricter than the AISD policy. We will take frequent water breaks (this is why water jugs are a MUST!)

We will keep a very close eye on you for signs of heat related problems; however, you are the only one who really knows how you feel! If you ever feel overheated, ill, not quite right (especially if you are not an athletic person) let us know immediately and SIT DOWN! We will discuss this in more detail when we are together!!

Proper attitude:

Marching Band is fun! For many students in band, this is the best time of the year! We will have lots of hard work followed by lots of fun activities! Participate in the fun stuff. Part of band is having fun with your friends. Encourage your parents to become active!

Come to rehearsals ready to work!