

Mr. Keith's Band Rehearsal Survival Guide

EPHS Raider Brigade Marching Band rehearsals will begin on the EPHS campus the week of July 26th and are mandatory for all students who intend to participate in marching band. Colorguard and Percussion will rehearse from noon-9pm (with a 1 hour dinner break) and Winds will rehearse from 5-9pm. The following are some tips to make your experience a positive and memorable one.

Attitude: Come with and keep a positive, hardworking attitude. You will get out of the band experience what you put into it.

Attendance: Always be on time. Be in the bandroom before rehearsals begin. Make sure you have arranged for your transportation prior to all rehearsals. Schedule all medical/dental appointments as to not conflict with rehearsal dates and times. See band handbook for details.

Clothing: Shorts and a white t-shirt are best. If you burn easily, wear clothing that will keep you cool yet still protect you from the sun. Sunscreen is not a bad idea even though we will be outside during evening times this year. If you have some that is not greasy or sticky, share it with Mr. Keith. You must follow the school dress code so leave the bikini at home (guys too). A hat is recommended (*It keeps your brains from cooking*). Preventing sunburn or heat related illness is much better than dealing with it after it has occurred. Athletic, tennis, or running shoes are required. **No barefeet, sandals, flip-flops or combat boots.**

Health and Performance: Drink plenty of fluids before, during, and after rehearsals. Avoid carbonated drinks. Coke has acid in it that will make you sick. Staying hydrated will also keep you cooler in the heat. Your body will act like an efficient radiator. **EAT!** Even if you're not hungry eat something before you arrive. You will be burning calories and your body needs fuel. Bananas are great and easy to choke down. *It IS recommended that you avoid the excessive consumption of greasy foods or dairy products.* If you are allergic to any type of insect bites, bring and carry necessary medication at all times. If it is prescription, get an adult to hold it for you. A designated adult will be present each day.

Materials: At every rehearsal (indoors AND outdoors), each student should have a pencil, music, drill folder with clear sheets, water bottle, and instrument.

The following is a list of items you will need to bring:

Athletic/Tennis/Running Shoes	Instrument and mouthpiece	Bracewax (if you have braces)
Athletic socks	Music / Exercises	DCT (if needed)
White T-Shirt	Hat / Sunglasses	Sticks/Mallets (percussion)
Athletic shorts (lightweight)	Sunscreen / Sunblock	Flag/rifle (colorguard members)
Drill folder	PENCIL	Brain
Clear sheets	Waterbottle	Good Attitude
Extra reeds, valve oil, etc...		

*Pack the above items in a book-bag for safe keeping. Leave all valuables at home.

Preparation for the first day: Obtain necessary supplies. Dust off the chops now. Don't wait until the night before to "practice" your instrument. **The successful band students have been practicing all summer. Have you? Bring your signed "Heat Sheet" to band camp.**

Other items of interest:

- Please leave your boyfriend or girlfriend at home. Family members, relatives, etc. are welcome to observe rehearsal as long as they are not distracting or detracting from the learning process.
- Do no wander into parts of the building where you are not rehearsing.
- Do not make out or display other forms of affection in public. You will get sick. If Mr. Keith sees you, he will get sick.
- Read the Band Handbook!
- Drink Water, Drink Water, Drink Gatorade/Powerade, Drink Water, Drink Water...**

If you have any further questions please email Mr. Keith at dkeith@paulding.k12.ga.us

*All forms and payments are due by July 26.