

MURRIETA MESA PERFORMANCE CORPS  
SYLLABUS AND HANDBOOK

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# MESA INSTRUMENTAL SYLLABUS & HANDBOOK

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**PLEASE RETURN THE CONTRACT ON PAGE 20  
– THANK YOU!**



## **WHO IS MESA PERFORMANCE CORPS?**

Mesa Performance Corps is the name of all of the groups of Mesa's Instrumental Music Program. Mesa Performance Corps groups include all of the performing groups, leadership groups, support groups and extra-curricular groups.

### **FROM THE INSTRUMENTAL MUSIC PROGRAM DIRECTOR: PHILOSOPHY OF MESA MUSIC**

Mesa's Instrumental Music Program goal is to develop life-long participants and lovers of music. Only independent playing ability will allow students to fully appreciate and utilize their own music making abilities. This philosophy of education can only be realized by centering instruction on the individual member.

#### **What does centered instruction on the individual member mean?**

- Coaching that concentrates on the fundamentals and techniques involved in individual performance.
- Supporting students in the audition process for All-Southern and All-State honor groups (music, coaching and recording fees)
- Supporting students who make the honor groups (tuition costs) through scholarships
- Funding of high-quality guest artists
- Use of technology: Theory Websites, Tonal Energy, Tuners, and Metronomes

#### **Aside from developing more life-long music makers – how will this philosophy support the Mesa Instrumental Music Department?**

- All students will have access to a music education (not only those students who participate in Marching Band)
- All students will have a sense of pride and self esteem in their own accomplishments as well as the accomplishments of the group(s)
- The performance level of the groups will be better due to every student being an active and contributing member to the group. All students will be able to play their instruments.
- Retention from year-to-year will be greater.





# PARENT INFORMATION FROM THE DIRECTOR

## Parent Guidelines:

- Student attendance is important – don't allow students to miss school or rehearsal
- Students should practice as often as possible. Have your musician play for you occasionally. Encourage excellence from them!
- Avoid overloading your musician with too many extra activities. Their performance will suffer overall.
- Become **involved** with your child's music-related activities. Volunteering is a great way to be involved. Extra help is always needed!
- To Sign Up – <http://www.merboosters.com> or <https://www.charmsoffice.com>
- Attend events and make positive and encouraging comments about performances. Our attitudes reflect on our kids, which in turns affects their performance.
- **Encourage good sportsmanship** toward each other and to our competitors at all times.
- Assist your child with scheduling commitments and avoiding conflicts. Careful planning is a must.
  - Should your child have conflicts request to be excused by the director as soon as possible.
  - To excuse multiple conflicts:
    - Print out the Calendar
    - Mark any conflicts
    - Have your child meet with the director to request permission to be excused (only the director may excuse the student)
- Join Booster Membership or Band Dads/Moms
  - To join go to: <http://www.merboosters.com>

## Parent Attire:

You can show your school spirit too! You are invited to go to our Webstore.

## WEBSITE

Mesa Music Site – <https://www.mmhsperformancecorps.org>



# COURSE DESCRIPTIONS

## **Concert Band – linked with Marching Band – year long class**

Mesa's Concert Bands are known for their excellence receiving nearly all Unanimous Superior ratings in Festivals as well as Sight-Reading. They perform a variety of literature as well as perform literature normally reserved for Colleges.

This course meets UC/CSU (F) and District graduation requirements for Visual & Performing Arts. Both Advanced Marching Band and Advanced Concert Band must be taken to fulfill the one year Visual and Performing Arts requirement. Concert Band is open to all qualified wind and percussion players. The course is oriented toward preparation and performance of high quality band literature as well as encouraging improvement of music fundamentals and technical playing skills. In addition, this ensemble performs outside the regular school day.

## **Wind Ensemble I/II – linked with Marching Band – year long class**

(Enrollment by audition only – limited by ability, maturity and instrumentation)

This course meets UC/CSU (F) and District graduation requirements for Visual and Performing Arts. The group prepares or performs high-level band works and transcriptions. These works are well suited for this smaller ensemble (35-45 musicians.) The Wind Ensemble represents the school as the finest they have to offer at district and regional festivals and concerts both on and off campus. This ensemble will perform band literature at the College level covering all genres of musical style. Both Advanced Marching Band and Wind Ensemble must be taken to fulfill the one year.

## **Marching Band PE (MB) runs concurrently with band classes (i.e., Concert, Tall Flags).**

Marching Emerald Regiment is comprised of the hardest working, most dedicated students at Mesa. The Marching Band performs yearly at community parades such as Veteran's Day Parade as well as at the beautiful Disneyland Main Street Parade. They also represent the community in competitions throughout the State of California.

This course meets UC/CSU (F) and District graduation requirements for Visual & Performing Arts or elective credit when taken along with Advanced Concert Band, Wind Ensemble, or Advanced Jazz Band. Marching Band is open to all qualified wind, percussion and color guard students. The Marching Band course revolves around the marching activity and will include arranged rehearsal and performance hours outside of class time. The Marching Band performs at all home football games, as well as parades and field competitions throughout Southern California. . This class will meet after school; scheduled time to be announced.

## **Tall Flags – linked with Marching Band PE**

Term I activities include study in tall flag equipment (flags, rifles, sabre) technique, dance technique, and choreography. Tall Flags provides students with the opportunity to develop musical/visual concepts, skills, and interpretations. These concepts will be used in conjunction with the marching program. Students are required to participate in all marching activities.

## **Winter Guard (Term II is Winter Guard)**

At the conclusion of Term I students may audition for Winter Guard. Activities include preparation for Winter Guard competitions. Students continue study of dance technique, choreography and equipment technique. Students are required to participate in all Winter Guard activities.



## Extra-curricular Opportunities

Extra-curricular options are available to all students who are members of one of the above courses, demonstrate Satisfactory Citizenship, and are a productive and contributing member to their performing group. These options are offered as an extension of our program. Once we assure quality in our curricular courses, we can add these additional opportunities.

**Jazz Band** will be audition based and second semester.

**Pep Band** provides music at athletic events. Enrollment is determined by the director and is based on musical maturity and responsibility. Placement is by audition only.

**Musical Theater Pit Orchestra** performs for the school musical theater productions. Placement is by audition only – instrumentation is determined by the musical score.

## ACADEMIC GRADES

Academic grades are determined from a variety of activities/assignments. In addition to participation at rehearsals and performances, written communication, and written work students are graded on performance-based tests on literature as well as proficiencies. Grades can be monitored on our school's current grading program.

Below is an approximate timeline for performance-based testing.

	Term I		Term II	
Concert Groups	<ul style="list-style-type: none"> <li>• Proficiencies</li> <li>• Concert music</li> <li>• Technique Test</li> <li>• Check Offs</li> </ul>	<ul style="list-style-type: none"> <li>• Winter Show Music</li> </ul>	<ul style="list-style-type: none"> <li>• Proficiencies</li> <li>• Festival music</li> </ul>	<ul style="list-style-type: none"> <li>• Proficiencies</li> <li>• Concert literature</li> </ul>
Tall Flags – Receive marching band PE credit	<ul style="list-style-type: none"> <li>• Warm-up demonstrations</li> <li>• Basics exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Winter Show Performance</li> </ul>	<ul style="list-style-type: none"> <li>• Winter Show Demonstrations</li> <li>• Exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Winter guard performance test</li> <li>• Spring show</li> <li>• School wide performances</li> </ul>



# ATTENDANCE POLICY

The Mesa Performance Corps program rely on the participation of all of its members. Performances and rehearsals are scheduled well in advance. Students are expected to commit to the performances set. As described in the course description of our music classes **“Attendance at all rehearsals and all performances is mandatory.”** Any potential conflict will be avoided with planning and organization. Communicate clearly your obligations at the start of the school year to any and all groups in which you will participate. Your family is expected to set all rehearsals and performances on your family calendar. These dates are to be considered a previous commitment.

**SEE Marching Band GRADING POLICY FOR DETAILS regarding Marching Band**

*EARLY IS 30 MINUTES EARLY!  
ON TIME IS 15 TO 20 MINUTES EARLY!!  
YOU'RE LATE IF YOU'RE ON TIME!!!*

Students are graded on attendance and participation at all rehearsals and performances. It is essential that students fulfill the commitment of participation in marching band and all other performance groups. The entire performing group is affected by each of its members. For this reason, unexcused absences from rehearsals and/or performances affect the grade a student receives.

Excused absences may be granted by the director due to the following:

- Family emergency – family emergencies do not include babysitting, work, concert tickets, shopping, etc...
- Religious calendar conflicts, provided prior written notice is given, will be excused.
- Attendance conflicts with another Mesa school event (i.e. a sport meet, choir concert, etc...) may be negotiated between the director and coach. If the negotiations result in equitable distribution of excused absences, there will be no grade or participation penalty to the student.

Examples of absences that will not be excused:

- Private lessons
- Non-school related performance ensembles
- Vacations
- Study groups/study classes/studying for tests

Performance/Attendance policy:

- Students missing rehearsals prior to a performance may be excluded from the performance at the director's discretion.
- Students missing school the day of a performance may not perform with the group.
- Students who “sit out” rehearsals during the day may be excluded from the evening rehearsals/weekend performances at the director's discretion.

Singular excused absences will not affect the student's grade. Multiple excused absences will result in a lowered grade and possible exclusion from the performance (determined by the director).

**Please print out the calendar, mark any conflicts you may have and meet with Mr. Greenberg to request to be excused.**



# TRAVEL POLICIES

A MEDICAL RELEASE FORM must be signed and on file with the school nurse and the Head Chaperone before any student may travel. Special health problems should also be noted so that adequate care can be provided when away from home. Please update medical release forms during the year if necessary.

Adult supervision is provided on all trips. The Murrieta Valley Unified School District is responsible for each student traveling with the group. Students traveling to an event with the music group must return in the same manner, with the following exception: *Students may return with their own parents or guardian if a note has been given to the Director, in advance, relieving the District of all responsibility.*

Students may not ride home from a music event with fellow students. Students may ride home with parents of a student only if a request for permission has been received in writing. The Music Boosters organization assumes no responsibility for any personal items. It is suggested that valuables be left at home.

Students are responsible for loading and unloading their own instruments, personal belongings, and equipment before and after all events. Buses are to be clean and free of trash at the end of all trips.

At the conclusion of all events, students should arrange to be picked up at school **promptly at the designated pick-up time**. Pick up times are listed in the itinerary that is emailed prior to the event.

## OVERNIGHT TRIPS AND ELIGIBILITY FOR PARTICIPATION

During the school year, opportunities may arise for overnight trips. Only those students who receive Satisfactory and/or Outstanding Citizenship will be allowed to participate in overnight trips.

Mesa Performance Corps, its members and the director, are represented by every member participating in overnight trips therefore participants in overnight trips must be respectful, responsible and trustworthy. These traits are demonstrated daily at rehearsals and performances.

All students who are absent the day before must:

- See the director for instructions on attendance
- Be informed that they may be excluded from the trip

Should a situation arise that necessitates the student being sent home or removed from the group:

- Parents will be asked to come and take the student home
- Should a parent be unable to pick up their child, student will be removed from the student group and placed with adult chaperones



# Uniforms & Attire

## Wind Ensemble, Concert Band, and Orchestra

### Wind Ensemble(s):

Boys

Tuxedo (jacket, pants, white shirt, bow tie, cummerbund)  
Tuxedos are available at a variety of places including  
Tuxedo Discounters  
Black socks, black shoes

Girls

Black gown available from [formalfashionsinc.com](http://formalfashionsinc.com)  
Phone: 800-528-7909, Style #4853AX  
Black stockings, and Black dress shoes

### Concert Band

Boys

Black dress slacks/belt  
Black dress shirt  
Green tie (provided)  
Black socks/dress shoes

Girls

Black dress (must be knee length while sitting down)  
Black dress shirt (3/4 length sleeve or longer)  
Black dress pants or skirt (must be past knee length)  
Black stockings/dress shoes



# PRIVATE LESSONS

Private lessons on your major instrument are highly recommended. Students who take private lessons show more improvement than those who do not. Lessons may sometimes be given in the music room, and a list of recommended instructors is available in the music office.

# PRACTICING

All students are expected to practice their instrument and prepare the materials assigned an average of 30-45 minutes/day. Students are not excused from practicing due to illness or vacations. Only time spent on the student's classroom instrument may be applied toward the practice time requirement. **(Piano, voice and guitar practice does not meet this requirement for any instrument.)**

# MUSIC LOANING POLICIES

Concert music is provided by the school. Students will need a sturdy music folio to store the music. Students will be issued original music which must be cared for and returned in good condition. Students may not opt to not receive music. Students are expected to mark their music in light pencil as needed and to return the music erased. Music that is lost will be charged no less than \$5.00 per part lost (charge will be actual replacement cost – usually around \$20). Damage above and beyond normal wear and tear will be assessed a fine.

We have a library of solo and ensemble literature available for individual check. Students are encouraged to develop individual musical interests and extend their musical experience by working on solo and ensemble literature.

# INSTRUMENT GUIDELINES & POLICIES

Students who want to protect their instrument and keep it in good working order should do the following things:

- Put your name on the case in a highly visible place. Many instruments look the same, and someone may accidentally play the wrong instrument.
- Store your instrument in your locker every time.
- Always take your instrument with you when leaving a rehearsal. Do not leave your instrument on a chair.
- Take your instrument home to practice.
- Hold your instrument against you when walking around.
- Keep MESA instrument nametags on instruments at all times.
- DO NOT share instruments.
- School instruments may be played only by the student issued the instrument. If a student does not follow this policy, instrument will be collected.



## **LOCKERS/INSTRUMENT STORAGE & POLICY**

The lockers in the instrumental music room are for member use only. It is recommended that you insure your instrument with your homeowner's policy. Neither the school district nor Mesa accepts liability for the safety of your personal items or instruments and will not replace stolen or damaged instruments or equipment. There is easy access to the music room, the room should not be considered secure.

## **ABOVE AND BEYOND OPPORTUNITIES**

Students who are accomplished on music fundamentals are encouraged to audition and participate in honor groups. Audition requirements vary for each group and solo literature is available through our school library.

Opportunities are:

- SCSBOA High School Honor Band, Jazz Band and Orchestra (9<sup>th</sup> through 12<sup>th</sup> graders)
- CBDA All-State Honor Band
- CMEA All-State Honor Orchestra
- CODA All-State Honor Orchestra

## **HONOR GROUPS**

**CBDA and SCSBOA High School All-State Honor Band**

SCSBOA - <http://scsboa.org/honor-groups/high-school-honor-groups>

CBDA - <http://cbda.org/index.php/auditions>

Participation in the honor groups is an amazing experience. Participation usually may mean that you will miss school. It is important to remember that you must fulfill your responsibilities to your primary group at Mesa.

Attendance policy will apply (conflicts with honor group performances will be excused). You will have the opportunity to play high level literature with other serious, devoted students under world class conductors. It is an incredible honor to the student, family and the schools to have our members participate in these ensembles.

All Wind Ensemble members are expected to seriously consider auditioning for these groups.



# SMART MUSIC

## A FANTASTIC PROGRAM – HIGHLY RECOMMENDED

### Uses of Smart Music

- Proficiencies can be submitted on Smart Music
- Unlimited access if you own Smart Music at home
  - Students can use our computers, but access is limited

Smart Music is now available on iPad

1. Go to **www.smartmusic.com** and click on **Order Now** in the **For Students** section. (note: the regular retail price is \$40 beginning July 1)
2. Click the red **Add to Cart** button to place a student subscription in your cart. (NOTE: You only need one subscription per computer, so if your family has more than one music student, you're all set.)
3. SmartMusic works best with a SmartMusic microphone, so we strongly recommend buying one when you order your subscription. (NOTE: Built-in computer microphones are not supported in SmartMusic.)
4. Existing customers should log in with the e mail address and password you used the last time you purchased SmartMusic. New users should Create a New Account and enter your contact information.

### Technical problems? We are here to help!

Submit your questions online at [www.smartmusic.com/support](http://www.smartmusic.com/support)  
Toll free: (866) 240-4041



# LETTERING CRITERIA

## First year members: Certificate awarded

Must participate (earning a grade of C or better) in a performing group for two terms

- a. Band
- b. Orchestra
- c. Guard (one term with marching band and one term with Winter Guard)
- d. Must not owe any money to the Performance Corps or Murrieta Mesa HS

## Second year members: Varsity letter awarded plus two music notes (indicates two full years)

Must participate (earning a grade of C or better) in a performing group for four terms

- a. Band
- b. Orchestra
- c. Guard (two terms with marching band and two terms with Winter Guard)
- d. Must not owe any money to the Performance Corps or Murrieta Mesa HS

## Third year members: Third year patch is awarded

Must participate (earning a grade of C or better) in a performing group for six terms

- a. Band
- b. Orchestra
- c. Guard (three terms with marching band and three terms with Winter Guard)
- d. Must not owe any money to the Performance Corps or Murrieta Mesa HS

## Fourth year members: Fourth year patch is awarded

Must participate (earning a grade of C or better) in a performing group for eight terms

- a. Band
- b. Orchestra
- c. Guard (four terms with marching band and four terms with Winter Guard)
- d. Must not owe any money to the Performance Corps or Murrieta Mesa HS



# MARCHING BAND – BAND ONLY

*EARLY IS 30 MINUTES EARLY!  
ON TIME IS 15 TO 20 MINUTES EARLY!!  
YOU'RE LATE IF YOU'RE ON TIME!!!*

## Marching Band Contract

As a member of the Marching Emerald Regiment you agree to:

- Attend all rehearsals prepared to move forward
- Come prepared with all movement learned
- Come prepared to all rehearsals with all assigned music learned
- Participate fully in all rehearsals/performances – you must play at all times

## Rehearsal requirements

- Always wear tennis shoes, sneakers or marching shoes
- Evening rehearsals – wear all green (helps with visual settings)
- Always bring water
- Wear appropriate clothing – clothing should allow for movement and weather (clothing should be suitable for athletic activity (no jeans))
- Hat, sunglasses and sunscreen if needed
- Bring your Drill Book – all materials
  - Music
  - Coordinate Sheets
  - Pencil Pouch
    - Pencil
- Come prepared with assigned material learned (marching and music)

## Performance uniform requirements:

- Show t-shirt to be worn under uniform
- Thin shorts to be worn under uniform
- Black socks, full length
- Black marching shoes (purchased on your own)
- You are to arrive in the under uniform (there are no changing facilities in the band room)
- Black gloves

## Uniform requirements:

- No eating is allowed while in uniform.
- Water only, no other beverages.
- You must properly hang up your uniform before returning it to the uniform room
- Parents are financially responsible for any damage caused to the uniform due to negligence or misuse
- Black marching shoes must be cleaned before each performance
- Mark your name in each of your shoes
- Hair must be up above your collar for every competition
- Make-up is not allowed to be worn while in uniform
- Jewelry and watches are not allowed to be worn while in uniform
- Finger nail polish is limited to clear for competitions



# MARCHING BAND – COLOR GUARD ONLY

*EARLY IS 30 MINUTES EARLY!  
ON TIME IS 15 TO 20 MINUTES EARLY!!  
YOU'RE LATE IF YOU'RE ON TIME!!!*

## Rehearsal requirements

- Always wear tennis or dance shoes
- Evening rehearsals MB season – wear white top and black bottoms (helps with visual settings)
- Evening rehearsals Winter Guard season – wear all black
- Always bring water
- Wear appropriate clothing – clothing should allow for movement and weather (clothing should be suitable for athletic activity (no jeans))
- Sunglasses and sunscreen if needed
- Bring your Drill Book – all materials
  - Spiral memo pad book
  - Coordinate Sheets
  - Pencil Pouch
    - Pencil
- Come prepared with assigned material learned (marching and choreography)

## Performance uniform requirements:

- Marching Season – provide your own (uniform determined by coaching staff)
- Winter Season – provide your own (uniform determined by coaching staff)
- Full length footed tights
- Capezio Dance Series E (can be purchased through [discountdance.com](http://discountdance.com))
- You are to arrive in the under uniform (defined each season by uniform)

## Uniform requirements:

- No eating is allowed while in uniform.
- Water only, no other beverages.
- You must properly hang up your uniform before returning it to the uniform room
- Parents are financially responsible for any damage caused to the uniform due to negligence or misuse
- Dance shoes must be cleaned before each performance
- Mark your name in each of your shoes
- Make-up is part of the uniform and determined by the staff
- Jewelry and watches are not allowed to be worn while in uniform
- Finger nail polish is limited to clear for competitions



# UNIFORMS & ATTIRE

## MARCHING BAND AND COLOR GUARD

### Marching Band Attire

Performance	Jacket, pants, shako (provided) Long black socks, dinkles (marching shoes) Gloves (not required for percussion) Athletic shorts and black shirt (underneath uniform)
Travel/Casual	Mesa Performance Corps Polo Khaki Shorts Black marching shoes
Night Rehearsal	Green Shirt, Black Pants, Tennis/Running Shoes

### Color Guard Attire

Performance	Fall performance uniform determined by staff Tights, Dance Shoes, Gloves (if weapons), Make Up, Hair Accessories
Travel/Casual	Mesa Performance Corps Polo Khaki Shorts
Night Rehearsal	White Shirt, Black Pants, Tennis/Dance Shoes

### Winter Guard Attire

Performance	Winter performance uniform determined by staff Tights, Dance Shoes, Gloves (if weapons), Make Up, Hair Accessories
Travel/Casual	Mesa Performance Corps Polo Khaki Shorts
Night Rehearsal	Black Shirt, Black Pants, Tennis/Dance Shoes
Day Rehearsal	Black Shirt, Black Pants, Tennis/Dance Shoes

### Pricing

#### Marching Band

Dinkles	\$35
Optional items	various prices – see our webstore

#### Color Guard

Shoes	\$30 (through discountdance.com)
Gloves	\$17
Polo, Sweats, etc...	various prices – see our webstore



# MARCHING BAND SECTION RULES AND ETIQUETTE

## INDIVIDUAL PRACTICE

1. Practice is individual time with your horn. This is a good time to learn your music, prepare yourself for the next rehearsal, and grow and advance individually as a musician.
2. If you have a problem with music or technique, contact any section leader or music instructor.
3. Everyone is expected to practice between rehearsals. This is the only way we can get to the level that we all expect from ourselves. Consistent practice also helps maintain your embouchure strength and endurance. Just like with any muscles, we need to work out in order to stay strong, especially when we start to get tired. Most students will be playing more and for longer periods of time than they have ever played before. The key for success lies in consistent quality rather than random quantity. Students will be more successful if they practice well 6 days a week for 20-30 minutes each day, than if they only practice 3 days a week for 2 hours each day.
4. Practice smart. Don't practice mistakes as this will lead to bad technique and bad habits.
5. Practice logs and tests may be required. Don't worry... as long as you practice smart and do your best, you won't have anything to worry about.

## SECTIONALS

1. Sectionals are for breaking down parts and giving them individual attention in an effort to improve and run music/drill as a section. Sectionals should NOT be seen as time to LEARN individual parts - that's what individual practice is for.
2. The staff person or section leader is responsible for the work done in the sectional. They are in charge! All members will be respectful and follow the direction of that person.
3. Talking must be held to a minimum. Excessive noise and distractions waste everyone's time and only hinders the progress of the section. You may think that there is plenty of time ahead, but the end of the season comes quickly. Don't be left at the end of the season wishing that you had more time to be better.

## MUSIC ENSEMBLE

1. This is a rehearsal with all elements of the band. (All winds and percussion)
2. The main focus of this rehearsal is to bring all elements together to work on music.
3. Talking will be limited to questions only.
4. We have precious little music ensemble time and need to make sure that it is used properly. You must be ready to work and always pay attention. Stay focused.

## MARCHING SECTIONAL

1. Sectionals are for breaking down movement, technique, and drill sets as a section.
2. Sectionals should NOT be seen as time to LEARN individual parts - that's what individual practice is for.
3. The section leader is responsible for the work done in the sectional. They are in charge! All members will be respectful and follow the direction of that person.
4. Sections should be practicing and cleaning drill to make rehearsal more efficient.



## **FULL ENSEMBLE - ON FIELD**

1. This is a marching and playing rehearsal with the entire band.
2. The focus of this rehearsal is to bring everyone together to work, clean, and perfect “the show.”
3. No talking!
4. Staff in the box will talk first, followed by field staff.
5. You will be given a lot of important information concerning both music and marching. You **MUST** be ready to work hard and go after it.
6. Move with purpose. The more efficient a rehearsal runs, the better we get!

## **IN UNIFORM RULES**

1. No running while in uniform.
2. No food in uniform.
3. No electronics allowed (no cell phones, ipods, gameboys, etc....)
4. No horseplay.

## **FOOTBALL GAMES AND STADIUM RULES**

1. Stay in your section area.
2. No eating
3. Water Only
4. Pay attention to the game & be ready to play.
5. Be engaged with the game, have fun, **PERFORM!**
6. Restroom visits are chaperoned.

## **MARCHING BAND COMPETITION TIPS**

1. Wear sunscreen
2. Drink plenty of fluids during the day
3. If you are asthmatic, bring your medication and let a chaperone know
4. If you have another medical condition that could impact your health, be sure that a chaperone is aware of your needs
5. Be a good competitor – congratulate others.



