



## Oakdale High School Bear Band 2021 Summer Rehearsal Guidelines

### **Rehearsal Schedule**

- a. July Rehearsal Calendar:

[https://drive.google.com/file/d/1ALeKRZr9\\_iaHoWNEgJYpYf\\_I8tsl1XOp/view?usp=sharing](https://drive.google.com/file/d/1ALeKRZr9_iaHoWNEgJYpYf_I8tsl1XOp/view?usp=sharing)

- b. August Rehearsal Calendar:

<https://drive.google.com/file/d/1oJEs3NaCadxNu6j3OQScA8cD5tUmFFZM/view?usp=sharing>

### **Attendance**

Attendance is mandatory at ALL sessions as marching band is a co-curricular activity. Excused (legal) absences are only granted to situations such as pre-planned vacations, illness, emergency situations, etc. Students who are ill or are showing covid symptoms are expected to stay at home and report the absence to the Director with the protocols given below.

**For an absence to be considered excused (legal), a parent/guardian must notify the band director via email as soon as possible for confirmation and then report the absence on the Summer rehearsal absence form given below.** Unexcused (illegal) absences may result in a lowering of the class grade or suspension from a future performance.

- a. **Summer absence form -**

[https://docs.google.com/forms/d/e/1FAIpQLSdlc12Efc1F56sk4gPPyF40kgmummi34vNbstiLzeiEBQbDMg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdlc12Efc1F56sk4gPPyF40kgmummi34vNbstiLzeiEBQbDMg/viewform?usp=sf_link)

Remember to arrive early to all sessions as attendance will be taken at the beginning of each session. Remember, "To be early is to be on time. To be on time is to be late."

## **Preparations For Our First Rehearsal - Tuesday July 6th**

1. ALL students will be required to print, complete, and bring the following two (2) forms to our first rehearsal on July 6th. A parent volunteer will be available outside to collect all forms upon arrival. If you do not have access to a printer, extra forms will be available at practice that parents/guardians can complete quickly while dropping off their student. If a document is not readable or half printed, it will not be accepted as these are legal documents.
  - a. Covid Acknowledgment Form (We only need page 2 of this document)
    - i. [https://drive.google.com/file/d/1g0\\_u4wAdzQNdoqLm1SAaOHn4qIQgAU-V/view?usp=sharing](https://drive.google.com/file/d/1g0_u4wAdzQNdoqLm1SAaOHn4qIQgAU-V/view?usp=sharing)
  - b. Marching Band Health Form
    - i. <https://drive.google.com/file/d/1tjmnkRFFTXRI6Yp7CwzbpcyG9PV8j2Ze/view?usp=sharing>
2. ALL students are required to complete the Marching Band Commitment Form online prior to the first rehearsal on July 6th.
  - a. 2021 Marching Band Commitment Form
    - i. [https://docs.google.com/forms/d/e/1FAIpQLSdZZED65UD26raHDJVVd3BsrlnIQsw7fYMNyQjkb9BlpZcL4Q/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdZZED65UD26raHDJVVd3BsrlnIQsw7fYMNyQjkb9BlpZcL4Q/viewform?usp=sf_link)
3. First fee of \$125 due on or before Tuesday July 6th. Remaining fees due on August 15th, September 15th and October 15th.
  - a. Band fees can be paid by credit card through PayPal (you do not need a PayPal account to do this) or by check. No cash payments will be accepted.
  - b. Once we have received your completed commitment form, you will receive an invoice by email from the Assistant Treasurer with instructions of how to pay your fees online using PayPal.
  - c. If you prefer to pay by check, please bring a check to the first rehearsal and drop it in the black box outside of Mr. Conrad's office, or mail payment to P.O. Box 662, New Market, MD 21774

## **General Guidelines For Every Rehearsal**

1. Students are expected to report to every session fifteen minutes early and can be anticipated to be picked up five minutes after a rehearsal end time. (ex. For an evening rehearsal, expect to arrive at 4:45 pm and be picked up at 8:05 pm.)
2. Most of the time, students can be dropped off and picked up in the rear bus lot behind the school as we will have access to the new band field for band camp. In the event that the bus lot is blocked off with road cones, students can be dropped off/picked up in the stadium parking lot and walk to the band room door behind the school.

d. Students who drive themselves must park in the stadium lot.

4. As we will be working during some of the hottest days of the year, students will have ample opportunities for hydration breaks, rest breaks, and times where we will go inside to get out of the sun. It is important to still plan accordingly and bring appropriate items to help with working outside (water jugs, sunscreen, hats, sneakers, bug spray etc.) Students will be able to refill water jugs at all rehearsals. In the event of rain, we may still continue to work outside if we have a light rain that does not disrupt our ability to practice. (We will always go inside in the event of inclement weather such as lightning, heavy rain, etc.)
5. Students will need to have appropriate clothing that include SNEAKERS and clothes that are in line with FCPS clothing policy (i.e. no clothing that is of an inappropriate cut or fit - no bare midriffs, shorts of inappropriate length, etc.) Clothes that are fit for athletic wear (t-shirts, gym shorts) will work best as we will be highly active during the summer. Students will need to wear sneakers anytime we are outside (NO SANDALS) but are allowed to bring a pair of sandals to wear when we are working inside. In the event of rain, do not show up to practice having only sandals assuming we will only be inside.
6. Students will need to bring all items (binders/page protectors, music, instrument, flags, etc.) to every rehearsal. Percussion instruments will be kept at the school. Music will be given at the first rehearsal and new colorguard students will receive flags at their first rehearsal to use. As we begin to learn our marching drill, students will receive a coordinate sheet of all their exact dot locations. Students are expected to put these sheets in their binder and bring them to every rehearsal.
7. Students are expected to take responsibility for all of their items and throw all garbage away in the appropriate receptacles.
8. Per the new FCPS guidelines effective on July 1st, masks are not required for inside or outside sessions. Students who would still like to wear a mask are allowed to do so. When we rehearse inside, wind musicians (woodwinds and brass) will be provided with a musician mask and no bell covers will be required this year. Hand sanitizer will be available for use at all sessions.
9. For band camp dates - students will be at OHS for the entirety of the rehearsal/day and will need to plan accordingly. At no time are students allowed to leave the OHS campus during a break. **Students will need to bring a packed lunch/dinner or make plans to have food dropped off outside the band room at the beginning of our meal breaks.** Please consider healthy food choices for long days in the sun (pizza, hot wings, and soda are examples of foods not conducive to making sure you are feeling your best during physical activity.) Meal times will be as follows: Lunch break is 12:00 pm to 1:00 pm and dinner break will be 5:00 pm to 6:00 pm (during our first week of band camp).

10. As all band rehearsals/activities are school sponsored functions, all school and FCPS student rules/consequences will be enforced. (ex. no foul language, tobacco use, fighting, etc.)
11. Drumline - you will be ordering your own stick/mallets once the season begins. We will provide this information in the next few weeks as all sticks/mallets need to be of the same model. Students who are new will be provided with a loaned pair of sticks/mallets at the first rehearsal.

### **Rookie Intro Session on July 6th**

This session will be for any brand new student who is new to the marching band. Students who were part of the marching band in 2020-2021 will not need to attend this session. This meeting will allow new students to meet the band staff and student leaders as they get acclimated with the various OHS facilities we use. New students will stay after this session for our first rehearsal from 5pm to 8pm.

### **Band Camp**

Band camp will be an all day function with the first week going from 9am to 9pm and the second week going from 9am to 5pm. Students will be inside and outside each day and will follow all safety guidelines for hydration, heat exposure, breaks, etc. While subject to change day to day, a sample of what a band camp itinerary may look like is listed below:

8:45 am - Students arrive and set up

9:00 am - Rehearsal begins with stretching, attendance, outside block time, water breaks, etc.

12:00 pm - Lunch break (1 hour) - students eat/rest in the cafeteria inside the school

1:00 pm - Students report to assigned indoor areas for rehearsal

5:00 pm - Dinner break (1 hour) - students eat/rest in the cafeteria inside the school

6:00 pm - Students report to assigned outdoor area for rehearsal

9:00 pm - Rehearsal ends/students pack up and clean the area

9:05 pm - Students are picked up in parking lot

### **Summer Rehearsal Checklist For Items To Bring!**

1. Water jug/bottle filled with water (the bigger, the better!)
2. Sneakers
3. A three ring binder with plastic sheet protectors (heavy sheet protectors are encouraged)
4. Sunscreen and sun protective gear (hats/sunglasses, etc.)
5. Deodorant (it is always good to reapply it during the day so the only thing getting funky at rehearsal is our drumline grooves and not body odor...)
6. At least one extra t-shirt and pair of socks

- a. Students are encouraged to change these throughout our longer days to avoid blisters.
- 7. All medications needed for daily use
- 8. Lunch/dinner and snacks for band camp breaks
  - a. Students can bring a light snack that can be quickly consumed during shorter breaks for our evening rehearsals
- 9. Health forms needed for our July 6 rehearsal
- 10. Commitment Form completed online by July 6
- 11. First fee of \$125 paid by credit card online or bring payment in the form of a check to the first rehearsal on July 6.
- 12. Instrument/music/drill sheets/flags
  - a. Accessories - sticks/mallets, reeds/ valve oil.

**If you have any questions, please contact Mr. Conrad via email at [douglas.conrad@fcps.org](mailto:douglas.conrad@fcps.org)**