

NORTH PENN MARCHING KNIGHTS 2020

Student/Parent Acknowledgement of Rehearsal Expectations

Must be signed and returned by 7/9/20 - 6:00 PM

Dear Students and Parents,

On July 9th, the 2020 Marching Knights season will begin. Rehearsals are designed to prepare students for the marching band season through the teaching of marching and movement basics, musical fundamentals and of course, our 2020 competitive show. The focus of this camp is educational, but it will take place under some challenging physical circumstances. Please read the following, sign and have your child return to their section leader on July 9, the first evening of rehearsals.

During Rehearsal, students must be prepared for:

- **Sustained moderate physical activity**
 - This consists of walking, stretching, marching at slow speeds, holding an instrument for extended periods of time
- **Brief periods of vigorous physical activity**
 - This includes marching at high speeds and physical activities designed to aid students in said marching (jogging, jumping jacks, pushups, situps, brief sprints, etc.)
- **Extended periods of time outside**
 - Students can expect to spend 3-7 hours outdoors each day
 - Average July and August temperatures are in the low 80s but there is always potential for temperatures to reach into the 90s. Please take note of the weather forecast for each evening. Even though our rehearsal times are primarily in the late afternoon and evening, humidity and temperatures can still be high!
 - Occasionally we will rehearse outdoors during rain. Care is taken to protect student instruments.

Precautionary measures to be taken by *students*:

- **SLEEP**
 - Students must come to rehearsals well rested! Research shows adolescents need at least NINE hours of sleep per night. Many of our children try to get by on much less, however, rehearsals are physically demanding! Band Camp and other long rehearsals will be especially taxing. Rest simply cannot be stressed enough.
- **WATER**
 - Hydration is absolutely necessary. Students will be losing **pounds** of sweat each rehearsal, especially during long rehearsals such as Band Camp. It is imperative to replace this with water. We recommend all students bring at least a half gallon water jug each day (gallon recommended). Students should also drink extra water the day and night before camp.
 - In addition to water, drinks that replenish electrolytes (Gatorade, Powerade, coconut water, etc.) are recommended in moderation. These drinks often contain high amounts of sugar which could result in a crash later in the day.
 - **NO CAFFEINE** - caffeinated drinks dehydrate and also cause students to crash late in the day. Energy drinks (Monster, Red Bull) and coffee are possibly the worst thing a student can drink before, during or after a day of rehearsal
- **FOOD**
 - Students must eat a complete breakfast and a healthy lunch each day. Low sugar foods and foods with high protein or complex carbohydrates are best for sustained energy. Students will not be able to make it through a rehearsal without a full stomach.
 - Many teenagers have notoriously bad eating habits, especially when trying to “lose weight.” Please monitor your child and **do not send them to camp unless they have eaten breakfast and lunch**.
 - Bring small healthy snacks to eat throughout the day.

- **SHELTER (from the sun)**
 - Students must protect themselves from the sun. We will be in direct sunlight for extended periods of time. Sunscreen of at least 30 SPF is necessary for students of ALL SKIN TYPES. All students can burn and all students can be harmed by UV rays.
 - Clothing should be loose and breathable. Students who wear jeans, sweatshirts, and other clothing not appropriate for August sun will be putting themselves at risk for heat exhaustion and other dangerous health conditions
 - Sunglasses and a hat are highly recommended

Precautionary measures to be taken by the *directors*:

- **WATER BREAKS**
 - When outdoors, students will be given no less than 4 breaks per hour for the purpose of hydration and shelter from the sun
 - Most of these breaks will be short in duration specifically for hydration
 - If necessary due to conditions, the directors will provide an extended break for rest, shade, snacks and more intense hydration
- **DINNER BREAK**
 - During Band Camp, students will be given an opportunity each day for dinner indoors. Dinner breaks are from 5:00-6:00 PM each day
- **CLOSE OBSERVATION OF STUDENTS**
 - The directors will monitor the students throughout each rehearsal
 - Any students showing signs of dehydration, severe sunburn, heat exhaustion, lack of nutrition, or other illness will be moved indoors immediately and a parent or guardian will be contacted to take the student home for the remainder of the day

In conclusion, rehearsals should be memorable educational experiences for our students! There's lots of hard work but also a lot of fun. The truth is, not all students are experienced being outdoors in summer weather for this kind of extended time. With proper preparation however, we believe our rehearsals are safe and productive. Every member of the marching band is important and we want every member to be healthy and physically able to participate.

If you have any further questions or concerns please email Mr. Santanello at santanjj@npenn.org and he will get back to you as soon as possible.

Thank you!

Mr. Santanello

I acknowledge that I have read this document and agree to comply with the student precautionary measures in an effort to participate safely in the 2020 Rehearsal.

Student acknowledgement: I will immediately report any illnesses, injuries or other medical concerns that may occur to me to the directors. I will not withhold this information for any reason.

Parent/Guardian Signature

Date

Student Signature

Date