



1401 Highedge Dr.
Plano, TX 75075

BAND CAMP PREPARATION

UPCOMING DATES:

JULY 25, 4pm: Parent Informational Meeting via Zoom: <http://bit.ly/vbandsync>

JULY 26-AUGUST 10: Summer Training, specific times at www.vinesband.info

JULY 31: Uniform Fitting & Gear Pick-up

Good evening, Viking Band Family!

Today we kicked off training and teambuilding for our Student Leaders, as we prepare for our Pre-Season Training over the next few weeks. As we prepare, please see the following notes.

Pre-participation physical questionnaires must be completed each year and uploaded here: <https://www.vinesband.info/members.html>. All students are required by state and district regulation to have a physical evaluation prior to participating in Marching Band. Physicals must be submitted on the form found at the link above.

Acclimation & Camp Preparation

In preparation for Pre-Season please encourage students to acclimate their bodies:

- **Pre-Hydrate:** Get into the habit of drinking plenty of water throughout the day
- **Consistent Sleep Schedule:** Start waking up in the morning and sufficiently sleeping.
- **Heat Acclimation:** Spend 20-30 minutes outside each day. Even a walk around the block will help students begin adjusting to the temperature and humidity.
- **Practice:** Start dusting off the cobwebs on your instruments!

Gear

Start gathering these essential items for Pre-Season Training:

- **Clothing:** Light-colored, breathable shirts and shorts
- **Shoes:** Athletic shoes with traction – NO SANDALS/BOOTS – Start breaking them in
- **Sun Protection:** Hat, sunglasses, sunscreen, DCT lip balm with SPF
- **Water Jug:** ½ G or more
- **Miscellaneous:** Fanny pack/backpack for supplies, pencils, music, binder, small towel to rest instruments during outdoor rehearsals.

Booster Board Vacancies

We have an immediate need for two Board positions. If you're interested, please email Madi Jacob at Madi.Jacob@pisd.edu. No experience necessary!

- **VP of Fundraising:** Reach out to existing corporate sponsors to renew donations and serve as point-person for new interested donors and sponsors.
- **Treasurer:** Act as record-keeper of all Booster transactions and oversee budget with Directors and Booster Board.

See you all Sunday afternoon!

Jonathan Cao