



1401 Highedge Dr.
Plano, TX 75075

BAND CAMP PREPARATION

UPCOMING DATES:

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

JULY 31: Uniform Fitting & Gear Pick-up

Good evening, Viking Band Family!

Attached are the notes from our Family Meeting this afternoon. Please feel free to forward to any families who were unable to attend.

Band Website & Communications

Please visit our website for all information and our most recent Parent Updates at www.vinesband.info. This communication and all prior emails will be posted in the Parents page in case you need to reference it.

To receive our weekly email updates, please update your CutTime account at www.vinesband.info/parent-accounts.html. If you are receiving this email, you most likely already have an account. You can use the "Forgot Password" function to reset your login.

Schedule

Specific schedules can be found at www.vinesband.info on our Google Calendar. Each morning, we will rehearse outside from 7:30am-11:45am, break for lunch till 1:00pm, and then rehearse indoors till 3:00pm. Students may bring lunch or go off-campus. Some sections may opt to walk to one of our many local restaurants.

Due to Professional Teacher Development, August 5th and August 6th will be EVENING ONLY at Plano Senior High School, from 7-9pm.

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

Please help us reinforce healthy habits for our students' bodies.

- **Pre-Hydrate:** Please replenish by drinking water before you go to bed. Students will be given water breaks every 15 minutes during rehearsal.
- **Meals:** Students will be depleting calories – **PLEASE EAT BREAKFAST**. The leading cause of student discomfort is lack of food in the mornings. Please let the Directors know if you need assistance.
- **Fatigue:** As students become stronger, we will scale up our training. We will constantly adjust and monitor to acclimate our students to the heat and the activity.

Gear

- **Clothing:** Light-colored, breathable shirts and shorts
- **Shoes:** Athletic shoes with traction – NO SANDALS/BOOTS – Start breaking them in



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- **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.

Additionally, several opportunities for volunteering throughout the season are available on Membership Toolkit (www.vinesband.info/parent-accounts.html).

Uniform Fitting & Gear Pickup

Monday evening, an email will go out with specific timeslots for Saturday, July 31st, our Uniform Fitting and Gear Pickup day. If you have not ordered your uniform parts and gear, do not worry! We will get you taken care of Saturday. If you cannot make it Saturday, please email Madi Jacob (Madi.Jacob@pisd.edu) to schedule an alternate time.

See you all tomorrow!

Jonathan Cao