



1401 Highedge Dr.
Plano, TX 75075

MID-SUMMER UPDATE

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 morning, Viking Band Family!

I hope you have been enjoying some well-deserved rest. At this point, we are well into our preparations to receive your students in several weeks to embark on our season. As we head into July, please see the following helpful 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.

CutTime Activation

Log into your account at www.cutttime.net and ensure that your account information is updated, *including a working email address*. Parents can create an account and link to their students' profiles by visiting: <https://cuttime.net/createProfile.cfm>. Please be aware **students already have an active profile** – accounts created should be for parents and guardians.

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.

If you have not ordered uniform parts for this season, please contact our Boosters at Madi.Jacob@pisd.edu ASAP.

Be well,

Jonathan Cao