

THE BANDS OF OLA HIGH SCHOOL

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Todd Manson
Director of Bands

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Dear Marching Band Parents and Students:

We hope that you are having a wonderful summer break! The marching band staff and the OHS band booster club have been working hard these past few weeks to ensure another terrific season for our marching band.

Can you believe that Marching Band Camp is right around the corner? Please see the Band Camp Schedule, which is included, as the Colorguard, Percussion, Section Leaders, Rookies, and Full Band all begin meeting on different days.

As marching members of the OHS Marching Band, students have the responsibility of taking special care of their bodies. Avoid eating saturated fats or other foods you may think are unhealthy (i.e. Twinkies, Ho Ho's, chips, candy bars, etc...). Be responsible, maintain a healthy diet, and begin a cardiovascular-focused exercise routine. It has been an extremely hot month of June, and it looks like we are in for a very hot rest of the summer. Running, jumping jacks, jump rope, push-ups or any other type of physical activity is highly recommended ... get outside some and get used to the heat. When reporting for an all day camp be sure to eat a good breakfast, but avoid excess intake of dairy products. Drink a lot of water before reporting for rehearsal. You **MUST** come in with a full tank.

Below is a list of required materials that students need to wear/bring to each rehearsal. I would like to emphasize that all students need to bring a one gallon cooler full of water; we recommend the one gallon coolers with built in drinking straws on the top of the lid, which you can purchase at Dicks Sporting Goods, Target, or Wal-mart for under \$5.00. Your student's name needs to be on his or her cooler with a permanent marker, along with any other personal belongings such as sunscreen, inhalers, etc.

Required Materials

The following items are a **MUST** for every member of The OHS Marching Band. Failure to have these items at every visual rehearsal will severely hinder the outcome of the rehearsal.

1. Sun Block and lip balm– SPF 15 or higher (wear on you and bring extra to reapply)
2. Water Cooler – **MUST BE A MINIMUM OF 1 GALLON (WITH NAME ON IT)**
3. Shorts or comfortable athletic clothing – **NEVER WEAR JEANS or long pants!**
4. **White or light color T-Shirt** or Tank Top; No Sports Bras
5. Good Tennis shoes that expose the ankle. **NO HI-TOPS, FLIP FLOPS, SKATE SHOES, OR BACKLESS SHOES!**
6. Hat, bandana and Sun Glasses – For all day camps.
7. Three Ring Binder and pencil– Drill sheets will be placed in this binder

In order to carry and keep up with all of these required items for all day camps, we recommend that you bring a backpack. Last, but most importantly, **BRING A POSITIVE ATTITUDE – It's going to be HOT out there!!!**

If you have any questions about band camp, feel free to contact me. We are really excited about this marching season with the OHS band, as we strive to achieve even more than we have in our first three outstanding years together. **Enjoy the last few weeks of summer break, and I look forward to seeing you all soon.**

Sincerely,

Todd Manson and Bo Sadders
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OHS BAND CAMP DONATION REQUEST

We are gearing up for yet another exciting season for the Marching Mustangs!!! As all of you know, this organization operates on a tight budget and a little help from everyone can go a long way!

We would like to ask that every family donate at least 2 – 12 packs of sodas and 1 case of water for the marching band season. If every family would be willing to donate these drinks, then our kids will have plenty for camp and beyond.

Please look at our additional wish list for Band Camp and the marching season and donate if you are able.

Wish List

Ketchup	Mustard	Paper Towels	Paper Plates	Napkins
Dish Towels	Dish rags	Large Disposable Aluminum Pans	Water...lots of Water	Soda (cans)

*****We are also looking for a microwave in good working condition that could be donated to the OHS Band Concession Stand.**

Any and all donations can start being dropped off at the OHS Band Room starting on the first day of guard camp, July 13th. Any questions? Please feel free to call Gail Conner at 404-391-2906