

## Freedom High School Summer Band Course

### **Summer Band is a required course of all students who participate in the Freedom Band Program.**

Over the course of the ten days, band students will receive instruction in fundamental & advanced concepts on their instruments as well as fundamentals of the marching program. Guard students will receive instruction in body control and movement, flag fundamentals and routines, and weapon fundamentals and routines. All students will begin the process of learning the 2009 Marching Band Show music and drill.

### **WHEN**

August 3-7 (Mon-Fri) – 8am-5pm

August 10-13 (Mon-Thurs) – 8am-5pm

August 14 (Fri) – 1pm-5pm (BBQ at 5pm & Premiere Show at 6:30pm)

August 18 (4pm-7pm) & 20 (4pm-6:15pm)

### **WHERE**

Freedom High School Band Room & Practice Field

### **SUCCESS TIPS**

- Bring your instrument, accessories, mouthpiece, or guard equipment every day.
- Wear light-weight and light-colored shorts and t-shirts in the morning. Wear athletic shoes. No jeans, long-sleeved shirts, or sandals. WE WILL BE OUTSIDE IN THE MORNING
- Bring a change of clothes & deodorant for the afternoon. WE WILL BE INSIDE IN THE AFTERNOON.
- Bring AND wear sunscreen.
- Bring AND drink lots of **water**. NO SODA OR ENERGY DRINKS. Your first water break should be when you get in the car to come to school.
- Eat breakfast – simple protein & complex carbohydrates.
- Bring or eat the provided lunch every day. Students will not be allowed campus to leave campus for lunch.

### **LUNCH**

OCPS will be providing a morning snack and a lunch for all students enrolled in Summer Band. Students who wish to bring their own lunch may do so. **Refrigeration will not be provided.**

### **PREMIERE SHOW**

Come join the PRIDE OF THE PATRIOTS as we "show what we know!"

Friday, August 14, 2009

BBQ starts at 5pm – Cafeteria

**(preorders only)**

Show starts at 6:30pm – Practice Field

## Summer Band Meal Plan

**Orange County Public Schools will be providing a morning snack and a lunch to all students enrolled in the Summer Band course FREE OF CHARGE.**

Snack will be served at 9:15am every day.

Lunch will be served at 12:15pm every day.

- All students are expected to take a snack and lunch each day.
- Students may wish to supplement the provided lunch with their own food.
  - Refrigeration will not be provided.
  - A microwave will not be provided.
- Students MAY NOT leave campus for lunch.

<b>Day</b>	<b>SNACK MENU</b>	<b>LUNCH MENU</b>
Mon	Fruit Juice & Goldfish	Turkey Sub & Apples
Tues	Orange & Cheddar Dolphins	Yogurt, Cheese Sticks & Fruit
Wed	Fruit Juice & Graham Bears	Turkey Wrap & Juice
Thurs	Orange & Cinnamon Grahams	Cold Cut Combo & Apple Sauce
Fri	Apples & Animal Crackers	Smuckers Uncrustable Peanut Butter and Jelly & Juice
Mon	Orange & Cheddar Dolphins	Turkey Sandwich & Apples
Tues	Orange & Animal Crackers	String Cheese & Goldfish
Wed	Fruit Juice & Elf Crackers	Turkey Sandwich & Applesauce
Thurs	Apples & Strawberry Wafers	Cold Cut Combo & Fruit Juice

## HYDRATION

In Florida, it is often very hot and humid outside. We spend four hours a day outside.

While ample breaks and shade are built into the schedule, it is recommended that students follow the following procedures to guard their physical health:

- 6am-7am: Drink 16 ounces of cool or cold water
  - 7:40am: Pre-apply sunscreen at least 20 minutes before sun exposure so it has time to absorb into your skin.
  - 7:45am: Drink 16 ounces of cool water or a sports drink
  - 8am-12pm: Drink about 5 ounces of cool water for every 10 minutes of exercise (120 ounces total).
  - 9:00am: Reapply sunscreen
  - 10:30am: Reapply sunscreen
  - 12pm: Drink about 16 ounces (500 mL) of cool or cold water or a sports drink just after we finish.
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- Wear loose-fitting clothing that will allow air to circulate but protect you from the sun.
  - Avoid direct exposure to the sun. Protect yourself from the sun by wearing a hat, sunglasses, and sunscreen.
  - Be generous with sunscreen: About 1 ounce of sunscreen (a "palmful") should be used to cover the arms, legs, neck and face of the average adult.
  - Don't Use Old Sunscreen: Check the expiration dates on bottles of sunscreen you've had for a while. Exposure to extreme temperatures can shorten sunscreen's shelf life, too, so it's safest to buy a new bottle(s) every summer season.