



## GRAND PACER MARCHING BAND ANNOUNCEMENT

### From the Director...

It is band camp season again! Please remind your children to drink a lot of water while they are at home! If they wait until rehearsal to hydrate, they will have waited too long. The key to feeling good during rehearsal and when you get home, is to **stay hydrated**. Your child will feel sore, achey, and have muscles hurt that they didn't know exist. **This is completely normal**. As long as they are hydrating, and having healthy meals at breaks, they will be fine!

### BAND CAMP

Please see the attached sheet for details on band camp. Students need to be **READY TO REHEARSE** at 9am, not walking in the door!

### Pictures

Band pictures will be on August 4th. **The guard will start pictures at 4pm and the band at 4:30.**

### Physicals

A new requirement for the band and guard are physicals to be a member of the group. Please bring in proof of a physical to the band staff so that your child may participate in the group

### Emergency Medical Forms

This week, your child will bring home an emergency medical form. These need to be filled out and returned to the band **before the first away game**. If your form is not turned in by this date, your child **will not participate in any away competitions or games**. You do **NOT** need to provide a copy of your insurance card as requested on the form

### Upcoming Events

7/29-8/2 | **BAND CAMP 9am-9pm**

8/4 | Band Pictures