

# SOUTHMOORE BAND BULLETIN

VOLUME 11, ISSUE 1

JUNE 18, 2018

## SAVING LIVES ONE REHEARSAL AT A TIME

Our students may recall our discussion before we dismissed for the summer concerning the story of your couch or your bed.

Remember, they will call your name louder as rehearsals get closer. They will ask you to stay on its comfortable cushions or under its warm blankets promising you a better life with the hopes of keeping you from getting up and going to summer rehearsals. However, it seems the research backs me up on this issue. Per the research:

*“Even for people who may think of themselves as physically active and engaging in regular exercise, spending too much time in sedentary behavior (i.e. sitting or lying for long periods) has been linked to a wide range of health problems such as obesity, depression, diabetes, cardiovascular disease, and overall mortality.”*<sup>1</sup>

June Camp is approaching! Follow the lead of our guard and percussion students: get out of bed, run from the couch and go to rehearsals. Not only will the band be better, it just may save your life.

<sup>1</sup> Vitelli, Romeo. “The Couch Potato Problem.” Psychology Today, Sussex Publishers, 16 Oct. 2016. [www.psychologytoday.com/us/blog/media-spotlight/201610/the-couch-potato-problem](http://www.psychologytoday.com/us/blog/media-spotlight/201610/the-couch-potato-problem).

## JUNE BRASS & WOODWINDS CAMP

JUNE 25-28, SHS BAND ROOMS

**Dates:** June 25-28, 2018.

**Time:** 9:00 AM – 4:00 PM (NEW TIMES)

**Location:** Southmoore High School

**Participants:** All Woodwind and Brass Students

**Attire:** Comfortable athletic apparel, athletic shoes required, please - no open toes/heels

**Lunch:** Bring a lunch or plan to safely drive to lunch within the hour-long break from noon to one.

**Bring:** Instrument, 3 ring binder with page protectors, water jug filled with ice water

### DETAILED INFO:

- ❖ We will be marching outside, therefore, dress in athletic clothes with athletic shoes. No open heel/toed shoes, sandals, etc.
- ❖ Bring ice water in your own jug. Do not share, germs are mobile.
- ❖ You will need a three-ring binder with page protectors for music.
- ❖ We will take a one hour break for lunch at noon. Bring food or safely drive to a health food store and eat vegetables.
- ❖ School-owned instruments will be checked out during rehearsal. However, please note that we are awaiting new instruments, therefore not all students will get an instrument just yet...
- ❖ You are expected at rehearsal unless you are at church camp, vacations, reunions, etc. Do not “no call-no show!” An absence form is online at [southmooreband.com](http://southmooreband.com) under the “resources” tab
- ❖ **WORK IS NOT AN EXCUSED ABSENCE!**
- ❖ During camp, we will provide info for videotape assignment submissions. The June camp and these assignments will complete the marching band audition process. Auditions for Wind Band Placement will take place on Thursday. More info at camp.

## UNIFORM CHECK-OUT SCHEDULE

Please make every effort to attend your scheduled time, or come to the very next available time. The longer you wait, the less chance you have for good-fitting duds.

- **Tuesday, June 26 - Seniors:** Immediately following rehearsal from 4:00 PM until you are fitted
- **Wednesday, June 27 - Juniors:** Immediately following rehearsal from 4:00 PM until you are fitted
- **Thursday, June 28 - Sophomores:** Immediately following rehearsal from 4:00 PM until you are fitted
- **Saturday, July 7 - Freshmen:** from 9:30 AM to 5:30 PM

## UPCOMING EVENT HIGHLIGHTS

- ❖ **“DCI” EVENTS** - DCI is an acronym for “Drum Corps International.” Drum Corps are essentially professional marching bands. Feel free to visit [dci.org](http://dci.org) and check out a show in our area. The dates are listed on the calendar - you will be amazed!
- ❖ **“TWO-A-DAY” REHEARSALS** - On July 30 students will begin the process of putting the show on the field. Attendance to all rehearsals is vital. Please make transportation plans now.
- ❖ **2018-19 INFORMATIONAL MEETING** - On July 30 at 8 PM we will hold our yearly informational meeting for all parents. Band fees, fall schedule, adult volunteer coordination and other pertinent information will be discussed. Parents - please attend!
- ❖ **PREVIEW PERFORMANCE** - On August 10 at 8 PM on the Southmoore field the band will preview a section of the 2018 Marching Show along with other activities.
- ❖ **POOL PARTY** - On August 14 SHS Band students and their families will be invited to a celebration at “The Station” Waterpark in Moore to celebrate the culmination of their hard work during summer rehearsals. There will be food.
- ❖ **CAR WASH/MATTRESS SALE** - On August 18 all students will participate in our annual Car Wash fundraiser to help fund the overall band program. This year, we will hold our annual mattress fundraiser on the same date. Much like a performance, this is a required activity. Details will be provided as the date approaches.

## CLOSING TIDBITS

- ❖ **Our regular band parent meeting is tonight at 7:00 PM.**
- ❖ **LEADERSHIP STUDENTS:** We will meet on Friday, June 22 at 9 AM to prepare for June rehearsals and get the bandroom organized and prepared. We also will elect our 2018-19 Leadership President. Prepare for at least three hours of activity! All students are invited to be a part of the leadership group.
- ❖ **The fall calendar cover sheet referred to a “summer availability sheet” to record availability for rehearsals. This is a bit misleading. Please simply use the “absence form” found under the resources tab to inform the staff of absences.**

**“Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.” ~ Dale Carnegie**

# SOUTHMOORE BAND CALENDAR

JUNE 17 THROUGH AUGUST 4, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18 7:00 PM Regular Band Parent Meeting	19 6:00 PM-9:00 PM Percussion Rehearsal	20	21 Guard Rehearsals Weapons 4-5 PM Guard 5:30-8:30 PM	22 9:00 AM Leadership Meeting	23
24	25 June Camp ALL WW & Brass Only 9:00AM - 4:00PM (Lunch 12:00 - 1:00)  Guard Rehearsals Weapons 4-5 PM Full Guard 5:30-8:30 PM	26 June Camp ALL WW & Brass Only 9:00AM - 4:00PM (Lunch 12:00 - 1:00)  4:00 PM Senior Uniform Checkout  6:00 PM-9:00 PM Percussion Rehearsal	27 June Camp ALL WW & Brass Only 9:00AM - 4:00PM (Lunch 12:00 - 1:00)  4:00 PM Junior Uniform Checkout	28 June Camp ALL WW & Brass Only 9:00AM - 4:00PM (Lunch 12:00 - 1:00)  4:00 PM Sophomore Uniform Checkout  Guard Rehearsals Weapons 4-5 PM Guard 5:30-8:30 PM	29	30
July 1	2 Guard Rehearsals Weapons 4-5 PM Full Guard 5:30-8:30 PM	3	4 USA USA!	5	6 Guard Rehearsals Weapons 4-5 PM Full Guard 5:30-8:30 PM	7 Guard Rehearsal 9:30 AM - 5:30 PM (Lunch 12:30 - 1:30)  9:30 AM - 5:30 PM Freshmen Uniform Checkout
8	9	10 6:00 PM-9:00 PM Percussion Rehearsal	11	12	13	14
15	16 Guard Rehearsals Weapons 4-5 PM Full Guard 5:30-8:30 PM  7:00 PM Regular Band Parent Meeting	17 DCI - Broken Arrow HS  6:00 PM-9:00 PM Percussion Rehearsal?	18	19 DCI - Denton, TX  Guard Rehearsals Weapons 4-5 PM Full Guard 5:30-8:30 PM	20 Guard Rehearsals Weapons 4-5 PM Full Guard 5:30-8:30 PM	21
22	23	24 DCI - Mustang HS  6:00 PM-9:00 PM Percussion Rehearsal	25	26	27	28
29	30 8:00 AM - 11:30 AM Full Ensemble Rehearsal  6:00-9:00 PM Full Ensemble Rehearsal  8:00 PM 2018-19 Information Parent Meeting for all grades 9-12	31 8:00 AM - 11:30 AM Full Ensemble Rehearsal  6:00-9:00 PM Full Ensemble Rehearsal	August 1 8:00 AM - 11:30 AM Full Ensemble Rehearsal	2 8:00 AM - 11:30 AM Full Ensemble Rehearsal  6:00-9:00 PM Full Ensemble Rehearsal	3 8:00 AM - 11:30 AM Full Ensemble Rehearsal  6:00-9:00 PM Full Ensemble Rehearsal	4

**SOUTHMOORE BAND BULLETIN: JUNE 18, 2018**

**VISIT US AT "SOUTHMOOREBAND.COM"**