

Please be aware that all band students will be marching in the heat. Even in the evening, the temperature is still in the 90's. There are a few things that your students can do to help ensure they have a successful and healthy band experience.

Wear a hat

Wear light clothing

Use sunscreen/block

Wear sunglasses

Wear good fitting, low cut sneakers with arch supports and socks

Drink plenty of water each morning before coming to band practice. Take advantage of ALL water breaks, even if you are not thirsty, DRINK!! When you get home, drink lots of non-carbonated, caffeine-free fluids. Supplement this with bananas, oranges and salty snacks.

Bring your own water jug filled with ice and water every day. Other beverages damage the instruments. Do not share your water jug with other students. The band has extra jugs if you forget your, just ask.

Finally, parents, PLEASE...

Really push the fluids. Hopefully this will help prevent any students from coming down with a heat related illness and keep them marching longer.

Remind your band kids to remember to bring their water jugs each day to band practice filled with ice and water.