



MANDATORY MARCHING MATERIALS

For summer camps and Marching Season

- * Athletic Shorts
- * Light colored t-shirt for rehearsals
- * Running/Tennis Shoes with good shock absorption worn with socks
- * Grey Practice Shirt for rehearsals and games
- * Black Spandex Shorts mid thigh length for under marching uniform
- * Black long dress socks for under marching uniform
- * Sunglasses
- * Sunscreen
- * Large Water Jug. Bring to school every day FILLED with ice water. Students are not allowed to fill the jug in the ice chest room because of hygiene issues.
- * Camel Backs are no longer allowed in the stands!!
- * Sack Lunch for whole day camp. Students are NOT ALLOWED to leave school premises during camp.
- * Hat: optional

Specific Items: (student leadership will inform students)

- * Lanyard
- * Sidewalk Chalk
- * Pencil

- * Flip Folder
- * Hair ties. (no hair can stick out under shako)
- * Valve / rotor oil
- * Reeds
- * Mallets

Follow Guidelines below to have a successful practice and performance:

Eat a healthy proteine and fruit rich breakfast. NO DAIRY; it will upset the stomach in the heat!

Drink plenty of water, Gatorade. Start hydrating night before an event.

Bring own FULL water jug to school every day and bring home every day to clean out.

Drink at every water break.

NO Camelbacks allowed in the stands.