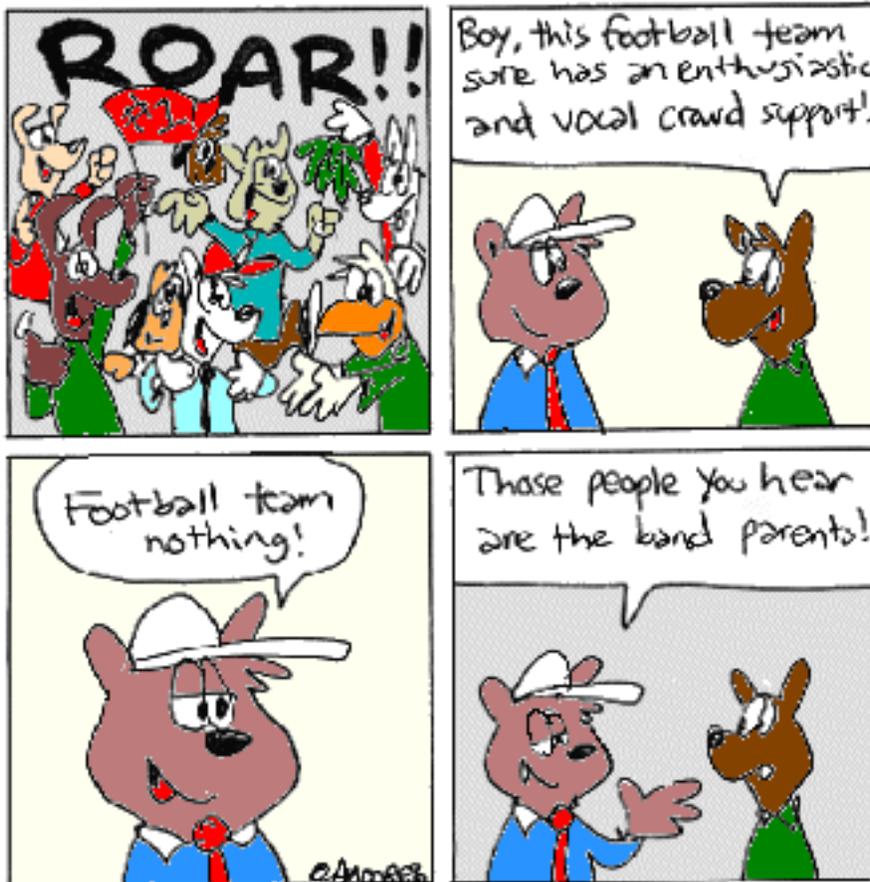


***Countryside High School
Band of Pride
New Parent Handbook
2016-2017***



Congratulations! You're now a member of the Band of Pride! ... Now what?

The first year as a marching band parent can be overwhelming and confusing, especially if you don't already know a "veteran" that can prepare you for what to expect.

This handbook hopes to take the mystery out of your first year, answer some questions that you may already have, and prepare you for the many hours of excitement that you and your student have ahead as part of the Band of Pride Marching Band.

We encourage you to join us at football games, competitions, and parades whenever possible. Here is where the long hours and hard work that your child has given really pays off.

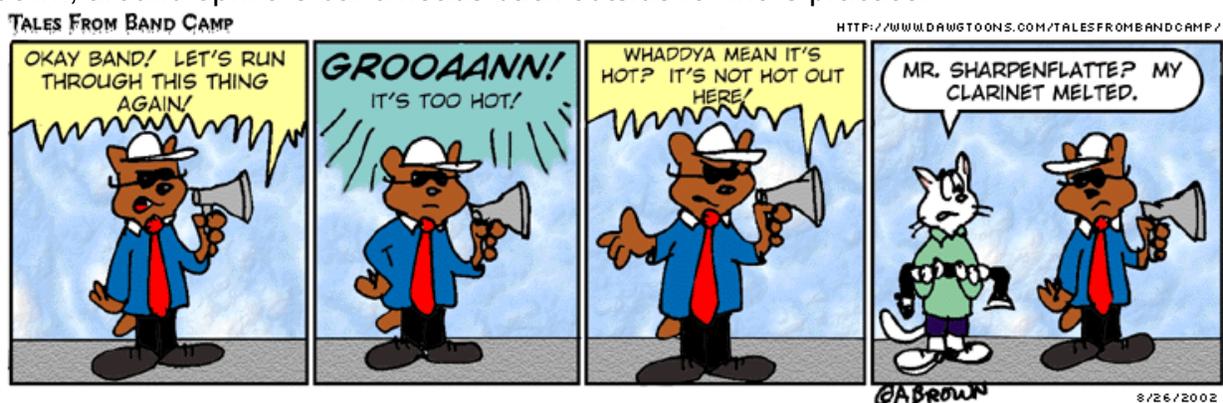
As a member of the Countryside High School Marching Band program, your child will be exposed to a variety of new experiences. As with everything else in high school, more will be demanded and expected of them than in middle school. You will be amazed at how much your child will improve and grow, even after the first few weeks!

Participation

- 1. Band Camp in July? How will my child survive the heat?***
- 2. Do we really need to attend EVERY practice?***
- 3. How will my child ever find the time and still keep up his/her grades?***

Band Camp and rehearsals during Marching Band season are mandatory. One absent member will disrupt rehearsal for all members of the band. To be able to put the best possible musical product on the field, the band, the staff and director need for all members of the band to be present during all scheduled rehearsals.

Obviously Band Camp must be held in the heat of the summer to prepare for our first performances, which actually occur before school starts. These performances are the end-of-band camp family and friends show, and at the freshman orientation. The summer heat is the reason band camp starts at 9 AM. Outside work is done in the morning. After lunch, the band works inside perfecting their music. After the heat calms down, around 3pm the band heads back outside for more practice.



Rest assured that if they do have problems, volunteers are on hand to handle heat related (and other) injuries that may occur. Obviously, there will be times when a child is sick, or for some other reason must miss a rehearsal. The good news is that there are so many rehearsals that missing one or two, for appropriate reasons, will not be catastrophic. Please help your student make every effort to be there on-time, and for the entire practice.

Many parents worry about the significant time commitment involved in Marching Band. How will their child keep up their grades while having to participate in rehearsals two days a week after school, performing almost every Friday night at football games, and competing most Saturdays in four (sometimes five) competitions?

TIME MANAGEMENT is the key to success in high school and beyond. It will be the most important tool that your children will acquire when they become members of the CHS Marching Band program.

The students quickly learn that they must use every minute of their day wisely. The time not spent in practice has to be spent doing schoolwork. There is no other choice and they know that. At any given time, you will find students in the band room, out in the hallway, or in any other space available doing homework. This is taught to them when they first join the program and it is expected of them. Remember that most band members are Honors or AP students.

Your student will learn how to keep a schedule, how to be punctual, and how to set priorities.

A high-level “public” calendar is posted on the band’s website at www.cougarmusic.weebly.com listing Band Camp, football games, competitions, parades, and concerts that your child will be participating in during the school year. This schedule lists additional items relevant to band members including practice times, Spirit Day fundraising, and more. This schedule will now become a permanent attachment to your refrigerator. Remember to frequently check for changes to the schedule.

Your child will also become punctual. They will be taught the meaning of “**Cougar Standard Time**”. If Band Camp starts at 9:00 AM, that does not mean arrive at 9 AM. It means your child should be **READY TO REHEARSE** at 9 AM!

Finally, your child will learn how to set priorities. No longer will you see your children staring mindlessly at the television, or playing Xbox or computer games for hours upon hours. Band rehearsals and homework will now fill their free time. (If only the band program could teach them to make time to take out the garbage without being reminded 100 times!!!)

At the beginning of the season all students will be assigned to a group whose job it is to clean the band area. All groups will also be assigned a member of the Leadership Team. After each rehearsal or performance, a group will be assigned to this responsibility. Their job is to tidy up the band room after everyone else has gone and get it ready for the next day. This is not a punishment, but a job that needs to be done

PARENT INVOLVEMENT = A SUCCESSFUL BAND PROGRAM

How do I get involved? How do I stay informed?

What do I do and where do I go if I am a volunteer or spectator at games and competitions?

TALES FROM BAND CAMP

[HTTP://WWW.TALESFROMBANDCAMP.COM](http://www.talesfrombandcamp.com)



Ok, so they really don't tweet during practice, but there is a LOT of other ways that the band communicates with parents and students, and some of them may be new to you. Getting involved in the band program will give you the opportunity to share with your child the last four years of their education, these years that go so fast and are rarely enjoyed by many parents. Your child might say they rather not have you around, but most parents find that in reality they appreciate your involvement and will thank you in the future.

CHS is fortunate to have a great team of educators to work with the students. The band parents are needed to support the director, and help with the details of fundraising, transporting, feeding and watering an organization this size. The band needs parents to be able to function; it is for this reason that we urge you to get involved. Join one of the many committees; we need your help. Grandparents, siblings, or any member of your family can get involved and make a difference. Join the Band Boosters, it is a great way to meet the parents and the kids your student will be spending much of their time with for the next few months.

Don't just sit in the car, get out and ask, "How can I help?" Get involved! It is fun and you meet other parents with the same interests as yours. Some of these relationships with the other parents last a lifetime.

There are several communication vehicles used by the CHS Band:

- Band Website
- Monthly booster meetings
- Facebook
- Email
- Volunteer Spot
- Ask Your Child

Band Website

The CHS Band web site www.cougarmusic.weebly.com is a central place to access general band information. It has competition results, a master calendar, fundraising information, Band Booster contacts, and more.

Monthly Booster Meetings

The band director and board hold monthly meetings for the general membership to keep everyone informed on upcoming events and opportunities as well as general information. These meetings are the fourth Tuesday of every month.

Facebook

CHS Band is now on Facebook. We are still in the development stage for utilizing this concept. We hope to make it more interactive and useful in the future. The kids have a page and love Facebook and are often more likely to check Facebook than their email accounts.

E m a i l

It is where you will receive the most frequent information and updates from the band. You will receive numerous emails from the band director, booster President, and committee chairpersons. Check email daily or even more often for updates.

Ask Your Child

To be a successful band program, every child needs to be aware of what is expected of them at all times. There are often announcements made at the end of practices and during wrap-up after games and competitions.

Parents who are chaperoning games and competitions will meet inside the band room (where the students enter/exit). The pit equipment are loaded through the back double doors. Students will warm up in the band room before games. When it is time, the band will line up outside on the sidewalk and march by two's into the stadium. The band enters the stadium and goes on to the field to play the National Anthem and the fight song. If you want to see this part of a game, be there before 6:30! The band then marches into the stands to their seating area.

No food or drinks, except water, are allowed while in dress uniform, except when on break. *We have separate rules for eating in uniform which helps to keep the uniform clean.* When they are marching, they are not allowed to move anything except their feet, not even a smile, so don't distract them!

A lot of band parents sit just to the right of the band. Chaperones for competitions meet at the band room and follow the students all day. Spectators provide their own transportation and seating is open. Look for the sea of Garnet and Gold!

Cost

- 1. How do we pay for this?**
- 2. Why is it so expensive?**
- 3. What if I can't pay?**

New parents are often surprised by the large expenses associated with a band program as large as ours. Your middle school program may have had a much smaller fee or even no fee at all. Each year the booster board reviews the budget for the upcoming year and determines the fees based on anticipated expenses.

The high school band program is very different. At the end of the year, you will look back at everything that was done and wonder how it was done for so little money. If you consider that your fees cover Band Camp, transportation, uniform cleaning, instructional

staff, props for the show, and much more. It is actually quite a bargain! A 2 week session at a summer camp alone would be much more than your band fee.

When we hear the bottom line, we sometimes wonder how we are going to be able to raise the funds needed for our children to be able to continue the pursuit of their musical interest. We do not want the economic factor to keep any student from participating in band. Throughout the year there are many opportunities to earn band fees. There have been families that did not pay anything out of pocket for their student to be in band, due to their successful fundraising. We have a fundraising team, dedicated to provide many opportunities to earn band fees. Some of the most successful are the Corn-Hole Tournament, poinsettia sales, and Entertainment books.

Many of our fundraisers are repeated year after year, so your friends and neighbors will be expecting you.

The best way to learn about these fundraising opportunities is by keeping informed through the various communication channels. The best way is our monthly booster meetings. If you are still having trouble managing your student's account, please contact the booster President for options. We do not want financial concerns to prevent a student from being able to garner the benefits of this amazing program.

Uniforms

1. ***What do they wear?***
2. ***What do I need to purchase?***
3. ***What is provided through the band fees?***



Marching Band Rehearsals

Wear comfortable running style tennis shoes, no flip flops. A band of pride t-shirt and shorts are appropriate. Students may want an extra t-shirt in case of a sudden rain shower. A towel to do warm ups in the parking lot is great.

Football Games and Competitions

As a first time Band Member, expect the following:

Purchase through the band:

1. Black marching band shoes – These are special marching band shoes that cost about \$40 for new ones. They are reusable next year, providing your child does not outgrow them
2. Gray Band of Pride t-shirt (preferably 2, and you may want one for yourself)
3. Gloves. We suggest having several pairs.
4. Theme shirt - used during the competition season. (These change every year.)
5. Polo Shirt - used throughout the year. (Same shirt can be used all four years.)

Included in your fee:

1. Jacket
2. Pants (bibbers)
3. Gauntlets
4. Shako
5. Plume

Purchase yourself (Shop early and avoid last minute headaches):

1. Predominantly white athletic shoes
2. "DOT Book". These are used by each marching member for the show. These are 3" x 5" spiral notebooks. They write coordinates and music notes in this book.
3. Black business socks. We suggest having several pairs exactly alike. (Dryers love to eat socks.)
4. Athletic or soffe shorts to wear under uniform. These should be thin to reduce bunching and bulging to a minimum.

5. Color Guard uniforms - change from year to year.

Helpful Hints to Save You Time and Grief:

1. Make your child responsible for being prepared. The first time they forget something will be the last!!! They learn to be resourceful when they have to be.
2. At the end of each practice session there are usually announcements – listen up. This is your best opportunity to find out who, what, where and when things are going on.
3. Network – This is how we meet each other. It is also one of the best ways to get helpful hints on band parenting from others.
4. Carpool to competitions and away games.
5. Be prepared to cheer! The band loves it when they have their own cheering section. It really motivates them on the field.
6. Don't put uniform items away in the closet or drawers when cleaned. Keep all items (socks, shoes, band shirt, gloves, etc.) in a bag. These tips will save time spent hunting for them each time they are needed.
7. Items for the uniform can be purchased through the uniform coordinator. (ie . . . gloves, tape, polo shirt . . .)
8. Purchase duplicates when feasible. The same shirts and socks may be needed for Friday night games and a competition the next day. Midnight laundry is not fun!
9. Keep extra gloves, socks, needle & thread, etc. in your car or purse just in case. (I know . . . this is extreme, but you never know.)
10. Visit the band web site to stay informed.
11. Update your personal information if there is a change. This is how you stay in the e-mail notification list.
12. Get your stadium gear! A cushion or stadium chair will really come in handy, especially for all-day competitions. Blankets for colder weather are recommended.
13. We have many volunteer opportunities throughout the year. Here are the major ones: Concession stand, chaperone for practices and performances, Phillie Phanatic Parking, and monthly booster meetings. These hours help to offset band fees the following year and your hours are reported to our volunteer coordinator or designated volunteer.

Terms and Phrases:

- 1. Band practice is at 4 o'clock. "If you are early, you're on time; if you're on time, you're late; if you are late, you're in trouble."**

When you drop your child off at 3:45, there will be students already there, ready to play. At this point, the anxiety level for being late dramatically increases. The band actually begins practice at 4:00 and your child is expected to be ready to participate. This is when your child will be sweating bullets if the entire rest of the band is waiting for them to get ready. Always allow extra time. There are no excuses.
- 2. "Where is your dot book?"**

A dot book is a rehearsal tool that each student constructs. The dot book is a little 3x5 spiral notebook purchased anywhere school supplies are sold. For each page of drill, the students will document where they are supposed to be on the field, what the form around them looks like, what music they are playing during that time and any other information that is specific to that moment in the show. This is a cheat sheet of sorts that allows our rehearsals to be very efficient.
- 3. "Where's my dot?" or "Do we line up on the hash?"**

This does not refer to insects or food. These terms indicate how the practice field is marked off. Students use their coordinate cards to answer these questions.
- 4. "Play to the box!"**

This means that instruments should be directed toward the tower on the practice field, where the powers-that-be live and flourish.
- 5. "Oh, just sit where the band parents sit."**

For football games, band parents usually sit to the right of the roped off band section. Many parents wear polo shirts or theme shirts to help identify fellow band parents. Games are more fun when you're with a group, and parents often coordinate where and when to cheer at the next day competition. At competitions, look for the sea of garnet and gold. You'll learn a lot about competitions from veterans and meet fellow band parents. A block of cheering fans is much more effective than if they are speckled throughout the stands.
- 6. "Are you working the Pit?"**

The pit is not something bad. It's a group of percussion instruments that travel on a trailer and are stationary during performances. Parents in the Pit Crew work feverishly to set up and take down the pit in record time, before and after a performance (and you think race pit crews are fast!!). One of the band competitions actually gives an award for the best pit crew. Regardless of what part your child plays in the band, the Pit Crew is a great place to volunteer because you actually help the band take the field to perform.

7. **“Band practice ends at 7:00”**

This means they stop playing at 7:00. After this they may have announcements, clean-up, cool down exercises, or other end-of-day activities. Usually your child will not be actually ready to leave until 15 minutes later.

You Know You are A Band Parent When. . . .

1. You make three more trips than expected to drop off your child with everything they need.
2. You carry spare gloves, needle and thread, safety pins, black socks and duct tape in your pocketbook, or car ;)
3. You follow buses around all day on Saturdays
4. You can't pick your child out of the crowd because they all look alike.
5. You no longer speak of your child as a fourteen-year-old daughter/son, but as a “freshman trumpet, freshman flute,” etc.
6. You prominently display a band calendar in the kitchen, have band dates marked on the calendar in your purse or on your phone.
7. You use your oven more for baking goodies for band treats than for sit-down meals.
8. You know that you will be wearing something Garnet and/or Gold every Friday night and on Saturdays.
9. You don't leave home without cushions to sit on, camera and camcorder!
10. You have your own wardrobe of Band Spirit wear
11. You are cheering with other band parents!!!!!!! YAY!!!

* Please visit our Band Calendar at www.cougarmusic.weebly.com for all upcoming events.

Important Dates and Information:

July 18 — 22: Marching Guard and Percussion Camp, 9am – 3pm Daily

July 25 — 29: Band Camp, 9am – 6pm Daily

After Band Camp marching band practice is every Tuesday and Thursday 4:00 – 7:00 p.m.

The 4th Tuesday of every month is a booster meeting to keep everyone updated @ 7:00 p.m. in the band room, all parents are requested to attend.

The marching band performs at all home football games and most away games on Friday night.

Web site is: www.cougarmusic.weebly.com The New Parent Handbook and The Parent Handbook are both located on the web site.

The marching band competes at 4 to 5 competitions on Saturdays and these are very long days (10-12 hours). The Students will need money to purchase food, snacks and water is provided. The competitions are during marching season in October and November.

Volunteering:

The band program is successful because of our parent volunteers. Volunteers are needed at all practice sessions, home games, away games and competitions. Approximately 10 volunteers are needed for each event. Your volunteer hours can be used to reduce your fees for the following school year.

Discounts: 75 Volunteer Hours 25% discount

150 Volunteer Hours 50% discount

Fundraising:

We fundraise constantly throughout the year. The funds raised pay for expenses incurred by the entire band. We have car washes, product sales and the Corn Hole Tournament.

Uniform purchase:

Every student must purchase practice shirts, polo shirts, theme shirts, gloves and shoes. The cost of these items are not included in the band fee.

Band Fees:

Last year's Marching Band Fees and Winter Guard were \$ 500.00.