

# Marching Wolverines

## Rookie Parent and Student

### Survival Guide

WELCOME! We are excited that you're in the West Potomac Band program. Marching band and the summer pre-season rehearsals are *not* the worst thing in the world. The worst thing in the world is to come unprepared! This information will help you arrive prepared, and more importantly, survive.

### Items strongly recommended for band camp

**1. Water bottle(s)** – it's very important to stay hydrated. There is no drinking fountain outside where you practice so bring a water bottle or two (labeled with your name). You will sweat a lot during marching band; we're outside and it's hot on the pavement in the sun. Avoid caffeine and sugar-loaded drinks as they will dehydrate you. **Water is best; Gatorade or other sports drinks are ok, IN ADDITION TO water!** Did we mention water? 😊

**2. Comfortable clothes** - Dress comfortably. It will be hot!

T-shirt - light colored, sleeveless shirts are ok - no bikini tops permitted. An extra t-shirt is good to have in case of rain.

Shorts - comfy shorts are ok. NO JEAN SHORTS, JEANS OR OTHER LONG PANTS.

Socks and comfortable sneakers - NO SANDALS, FLIP FLOPS or other shoes inappropriate for marching on the pavement.

**3. Lunch and healthy snacks** – Please eat a healthy meal before you come to marching band. Your body needs fuel to perform at the level necessary for marching band. Avoid caffeine, greasy foods, carbonated drinks with caffeine, excessive candy or sweets, and dairy foods. Pack a lunch and some quick snacks like a piece of fruit, or an energy bar (not candy or chocolate).

**4. Sunglasses and hat** – Sunglasses will protect your eyes and the hat helps you avoid “raccoon eyes” from the sunglasses.

**5. Sunscreen** – The sweat-proof type of sunscreen is best. Even if you never wear sunscreen, you will need it during summer marching band practices.

**6. Bug spray** – (*optional*) – but a lifesaver if bugs are biting.

**7. Chap stick** - (*optional*) - especially helpful for brass and woodwind players.

**8. Your instrument, coordinate sheets** (instructions of your movements on the field) **and Pencils** -. Essentials for practice.

# Tips for Success

## Expect to work and work really hard

Expect a suntan, with tan lines from your shirt and socks. Expect to get bossed around. Expect to be sore and tired. Expect to learn more in the three weeks of pre-season rehearsals than you have in the last two years of middle school. Expect the unexpected. The staff and student leadership team work hard to provide a nurturing environment for new marching band members.

## Show up

Rehearsals are mandatory. Vacations, doctor visits, jobs, and family time must be scheduled at a time other than during marching band rehearsal. You **MUST** attend ALL rehearsals without interruptions. The three weeks of pre-season is like 12 weeks of regular rehearsals. We will learn our music and get our drill on the field. If one person is missing, the entire band needs to review what was missed when you come back; it slows everyone down.

## Be on time

If you are early, then you are on time. If you are LATE, it is unacceptable. **You** are responsible for being on time! Please arrive 15 minutes early in order to gather equipment and line-up for the rehearsal.

## Behave

You are a young adult. Get in line, stay in step, or do whatever is asked of you. Nothing is worse than re-doing things over and over again because the band is not listening or following directions. The staff and leadership are there for your benefit.

## Keep cool

Keep cool physically and mentally. Stay hydrated and keep a calm mind. Keep trying, listen to advice and you **WILL** eventually get it.

## Show respect

Respect the director, staff, leadership, upperclassmen and parents that are helping. If you give respect, you will receive it in return. Remember, excellence is not just for some of the time - excellence is for all the time.

## Manage your time wisely

Without a doubt, band is a big time commitment. We have rehearsals at least three times a week when school starts, football games on Friday nights, competitions on weekends, and fundraising events throughout the season. Time management is the key to success.

Effective time management will be the most important tool that you will acquire as a member of the WPHS Band program. Students quickly learn that they must use every minute of their day wisely. At any given time you will find students in the band room, out in the hallway, on a bus, or in any other space available doing homework. This is expected. Remember that many band members are Honors, AP, or Advanced Diploma

students. You must learn how to keep a schedule, how to be punctual, and how to set priorities.

During the first week of band camp, a packet with a detailed schedule, permission and medical forms, band fee information and volunteer forms for your parents will be distributed to all band students. The calendar lists every rehearsal, football game, and competition you are required to attend in the next three months. You can also view this schedule on the band web site at <http://wolverineband.com>. Signed forms and band fees (*information included in packet or on the website*) should be returned to the **BLUE BOX** on the wall in the band room.

## Uniform inspections

Inspections are held right before competitions. Students will be inspected by parent chaperones as they stand at attention during warm ups to ensure that all jewelry and make up have been removed and no long hair is showing from under the hat.

### While in uniform:

- No long hair showing from under the hat
- No jewelry or odd hair accessories
- No nail polish
- No make-up (*Guard is the exception as it's part of the uniform*)
- Colored drinks, condiments, and any other messy or greasy foods **are not to be eaten while in uniform!** (Clear liquids only, please).

## What kind of commitment am I making as a parent?

### PARENT INVOLVEMENT = A SUCCESSFUL BAND PROGRAM

These years go by so fast and are rarely enjoyed by many parents. Your child might say they'd rather not have you around, but most parents actually learn that in reality they appreciate your involvement and will thank you in the future. The West Potomac Band Program has enjoyed many successes in the past, which would not be possible without the help and support of our parents and community!

WPHS is fortunate to have a great instructional staff. Band parents are needed to support the director, and help with the details of uniforms, fundraising and transporting, chaperoning, feeding and watering an organization this size. Join one of the many West Potomac Band Patrons Organization committees; **we need your help**. It's 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.

### Helpful hints for parents to save time and grief:

- 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.

- Band rehearsals end at the field. It takes some sections longer to return to the band room and put away their equipment. You will not be driving away from school one minute after rehearsal ends.
- 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.
- 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.
- Be prepared to cheer! The band loves it when they have their own cheering section.
- Don't put clean uniform items away in the closet or drawers. Keep all items (black and/or white socks, band shirt, etc.) in a bag or special place. This will save you time spent hunting for them.
- **Make sure we have your correct email address for rapid notification.**
- Be sure to check your email and visit the band website <http://wolverineband.com> often to stay informed. If you cannot find the answer on the website, contact our freshman/new parent liaison, at [newparents@wolverineband.com](mailto:newparents@wolverineband.com).

## ***You know you're a band parent when. . . .***

- You make three more trips than expected to drop off your child with everything they need.
- You carry spare white gloves, needle and thread, safety pins, and duct tape in your pocketbook.
- You can't pick your child out of the crowd because they all look alike.
- You no longer speak of your child as a fourteen-year-old daughter/son, but as a "freshman trumpet, freshman flute," etc.
- You know that you will be wearing something **blue** every Friday night and on Saturdays.
- On time is late and early is on time.
- You don't leave home without cushions to sit on, a camera, and/or camcorder!
- You are cheering with other band parents

## **Helpful WPHS Band Links:**

School website: <http://www.fcps.edu/WestPotomacHS/>

Wolverine Band website: <http://wolverineband.com/>

Band fee information: <http://wolverineband.com/Forms/Fees.pdf>

Required permission/medical

form: <http://wolverineband.com/Participation%20permission.pdf>

Band Handbook: <http://wolverineband.com/Forms/Band%20Handbook.pdf>

Volunteer form: <http://wolverineband.com/Forms/VolOps.pdf>

Wolverine band fundraising info: <http://wolverineband.com/Fund%20Raising.html>

Mr. Steve Rice, Band Director: [SHRice@fcps.edu](mailto:SHRice@fcps.edu)

Mr. Steve Jacoby, Assistant Band Director: [Stjacoby@fcps.edu](mailto:Stjacoby@fcps.edu)

Mrs. Penny Bauer, Band Administrator: [PSBauer@fcps.edu](mailto:PSBauer@fcps.edu)  
Current WPBPO President: [President@wolverineband.com](mailto:President@wolverineband.com)  
New Parent Liaison: [NewParents@wolverineband.com](mailto:NewParents@wolverineband.com)



Now, get ready for 4 wonderful years as a part of the West Potomac Band!