



# JHS BAND NOTES

JAMESTOWN HIGH SCHOOL BAND

*July 29, 2019*

## Upcoming Rehearsal Schedule

Wednesday, July 31 Rehearsal 6PM – 9PM

### **INTENSIVE WEEK!**

Monday August 19 9AM-4PM; 6PM-9PM

Tuesday, August 20 9AM-4PM

Wednesday, August 21 9AM-4PM, 6PM-9PM

Thursday, August 22 9AM-9PM PICNIC/MEETING/PREVIEW!

Friday, August 23 9AM-4:30PM PICTURE DAY!

*See you TOMORROW for  
our Parent Meeting!*

**8PM JHS Auditorium**

## Mini Camp 2019

Congratulations to everyone on a hugely successful Mini Camp! Because of the students' strong work ethic and positive attitudes we were able to get song 1 and most of song 2 on the field! Great work, everyone! Keep the momentum going!

## Car Wash #2 – Another huge success!

I cannot remember a year where we had 2 beautiful days for car washes! Here are the results:

Jock Shop	\$439
Kmart	\$310
Hillcrest	\$271
Zion Covenant	\$261.40
Holy Trinity	\$240
	<b>=\$1521.40</b>

Once again, Jock Shop came out on top! This makes our 2-week total far above what we budgeted! Great work, everyone!

## JHS Marching Band Apparel – CLOSING SUNDAY

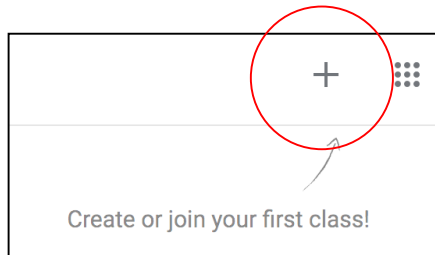
The Apparel store is live online! This is your chance to purchase your Red Raider Marching Band t-shirts, sweatshirts, fleeces, hats, beanies, duffle bags, and lots more! **This online store will be open until August 4<sup>th</sup> and WILL NOT reopen!** Here is the link! I will email it also so you can just click on it.

<http://embroidereddesignbydebbie.tuosystems.com/stores/jamestown-red-raiders-marching-band-2018>

# Google Classroom

Students – recordings for *individual* parts for Songs 1 & 2 are now in the Google Classroom!

Go to **classroom.google.com**. Students should log into their school Google account. Click on **JOIN CLASS** and put in the code.



**CODE: ovnecw**

## Intensive Week 2019

Here is a preview of our week!

Monday, August 19	9AM-4PM; 6PM-9PM
Tuesday, August 20	9AM-4PM
Wednesday, August 21	9AM-4PM; 6PM-9PM
Thursday, August 22	9AM-3:30PM 4:00 – Gong Show (students & staff only!) 5:30 – Parent Picnic (front of JHS by bell) 7:00 – Parent Meeting (JHS Aud) 8:00 – 2019 Community Preview Show! ( <b>wear squad shirts!</b> )
Friday, August 23	<b>BRING FULL UNIFORM TODAY! (including squad shirts!)</b> 9AM-2:00PM – Practice 2:30PM – depart for Jefferson in uniform 3:00PM – 4:30PM – Pictures on Strider Field 4:30PM – Dismiss from Jefferson

***Lunch will be provided all days***

Don't forget these important things:

- COME PREPARED – KNOW YOUR MUSIC AND DRILL
- Dress appropriately! You must have a **HAT OR VISOR** to help keep the sun off your face.
- Wear sunglasses! Wear (and reapply) sunscreen!
- Eat a good breakfast and bring healthy lunches!
- Drink PLENTY of water. You should have to refill your jug after every 3-hour session.

## Practice Expectations

As we enter into our 2-weeks away from rehearsal I want to remind everyone that *you still must be practicing at home!!!* We have worked far too hard this summer to lose it all in 2 weeks! We want to jump into Intensive Week better than we leave practice this week! If we can do that, the sky is the limit this year!

# Fall Festival Program Ads – Sign up due Wed!

It is time to sign up for a business to solicit for our Fall Festival of Band program! Each family must sell at least ONE AD!! A blank ad form is attached to the Band Notes to take to the business.

This afternoon I sent a link through Remind to a Google sheet to sign up for ads. This is our attempt at getting everyone signed up and also making sure the same business is not asked more than once. **Each student must be signed up for a business!** If a business is not on there simply add it!

**EVERYONE MUST BE SIGNED UP BY WEDNESDAY OF THIS WEEK! Contact Chrissy Hazelton with any questions. 450-2442 Thank you!**

## Drum Corps Shows THIS WEEKEND!

If you are unfamiliar with drum corps it is the professional league of Marching Band. Watching these corps perform is nothing short of incredible. It will inspire and encourage your kids to do what we do! These drum corps members are between 18-22...not much older than them! **I STRONGLY encourage you to get to a show!** We are fortunate to have 2 great shows near us this upcoming weekend!

1) Sunday, August 4<sup>th</sup> – New Era Field, Buffalo 6:30PM  
*Phantom Regiment, Boston Crusaders, The Cavaliers, Carolina Crown, Bluecoats and more!*

2) Monday, August 5<sup>th</sup> – Sox Harrison Stadium, Edinboro, PA 6:30PM  
*The Cadets! (with our own Anna Paterniti! and more!)*

Visit [www.dci.org](http://www.dci.org) for tickets and info! Grab a group of your friends and carpool!!!

**More on back**

# Marching Band Workout – Weeks 4 AND 5

Here are the next 2 workouts! They are to be done 3 times a week with 1 rest day in between.

## WORKOUT 4

### 1 ROUND

INCH WORMS X2 LAPS



SPIDERMAN LUNGES X2 LAPS



DOWNWARD DOG WITH PUMPS X20 EACH LEG



PAT ON THE BACKS X20



### 3 ROUNDS

STANDING C'S X10 EACH LEG



FIRE HYDRANTS X10 EACH LEG



### 1 ROUND

GOBLET SQUATS 3X10 WITH APPROPRIATE RESISTANCE



LUNGES 3X10 EACH LEG



### 1 ROUND

SHOULDER PRESS 3X10 W/ APPROPRIATE RESISTANCE PUSH UPS 3X10



### 4 ROUNDS

SPRINT 30 SECONDS  
WALK 30 SECONDS

## WORKOUT 5

### 3 ROUNDS

JUMPING JACKS X25



SPLIT JACKS X25



HAYMAKERS X25



BUTT KICKS X25



### 1 ROUND

STAR DRILL X10 EACH LEG



### 3 ROUNDS

PLANKS X1 MINUTE



BRIDGES 5 SEC HOLD X10



GOBLET SQUATS X10



### 3 ROUNDS

MASON TWISTS X30 SECONDS



SHUFFLES X30 SECONDS



### 3 ROUNDS

PUSH UPS X10



SQUAT JUMPS X10



### 6 ROUNDS

SPRINT 30 SECONDS  
WALK 30 SECONDS

### 1 ROUNDS

WALK 10,000 STEPS EACH DAY

5



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