



JHS BAND NOTES

JAMESTOWN HIGH SCHOOL BAND

July 8, 2019

Upcoming Rehearsal Schedule

Wednesday, July 10 Rehearsal 6:00 – 9:00PM JHS
**Candy \$ due*

Monday, July 15 Rehearsal 6:00 – 9:00PM JHS

Wednesday, July 17 Rehearsal 6:00 – 9:00PM JHS

Candy Bar Fundraiser

Candy bar \$ is due WEDNESDAY!

- 1 – Sell 1 box (52 bars x \$1 per bar = \$104 total)
- 2 – Opt Out (\$50)
- 3 – Sell/Opt Out (Sell 1 box \$52; opt out the 2nd \$25 = \$77)

You may get additional boxes to sell! Every additional box sold = \$25 for your child's account.

NO CHANGE WILL
BE ACCEPTED –
BILLS OR CHECKS
ONLY!
THANK YOU!

I encourage you to write a check for all candy and keep the cash. This helps me A GREAT DEAL!

**PLEASE...NO CHANGE. BILLS OR CHECKS ONLY. CHANGE WILL NOT BE ACCEPTED.
THANK YOU! ☺**

Activity Fee #2 Due TODAY!

Please note the suggested payment schedule:

June 10 th	-	\$75 due (last week)
July 8 th	-	\$50 due (all payments made after this date are non-refundable)
August 19 TH	-	\$50 due
	=	\$175

Queen/BPO Fundraiser – The Playbill

Don't forget to ask a business to put an ad in this Playbill! We need the support! *Remember to follow up with the business if they say YES!* Deadline for submission is July 10!

Car Washes – THIS SATURDAY!

Our first car wash will be held this Saturday from 11-3!

JULY 13

ZION COVENANT (FAIRMOUNT)

JOCK SHOP

KMART

HOLY TRINITY (FOREST AVE.)

JULY 27

ZION COVENANT (FAIRMOUNT)

JOCK SHOP

KMART

HOLY TRINITY (FOREST AVE.)

HILLCREST BAPTIST

Opt Out = \$15 per shift (\$30 for both shifts). This money is due July 29th.

If you signed up to help, THANK YOU! Please contact Roxanne Soldano, Car Wash Chairperson (640-6580) if you have any questions.

Optional Fundraiser

Order forms for the optional fundraiser were sent home with Band Notes in June. I strongly encourage you all to participate in this! Your child will receive the full profit for their account (40% of the total sold). There is a detailed letter inside the envelope explaining the fundraiser.

For example, if you sell 10 items @ \$18 each the total sold is \$180. Students will receive \$72 in their account. (40% of \$180 = \$72)

***THE SALE DUE DATE IS JULY 24TH (OUR NEXT PARENT MEETING)**

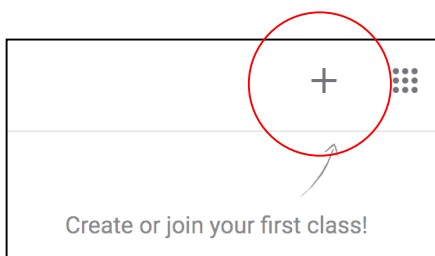
***PLEASE WRITE ONE CHECK FOR ALL ITEMS (Jamestown Band & Chorus Association, Inc)**

Practice Expectations

It is the staff's expectation that your child practices regularly at home. At this point students should have all warm ups learned and Song 1 memorized. Song 2 will need to be memorized by Mini Camp. They should also be able to play though Autumn, Star Spangled Banner and On Red Raiders with music. *Please continue to encourage at-home practicing. There is only so much we can do at rehearsal! If we want to be successful the students MUST work outside of rehearsal!!*

Google Classroom

Students – please join my Google Classroom. I will have mp3's of the show music posted here. Once the competition season begins I will post performance videos there, as well. As far as I know, only students are allowed to join this. Go to **classroom.google.com**. Students should log into their school Google account. Click on **JOIN CLASS** and put in the code.




CODE: ovnecw


Marching Band Workout – Week 1

WORKOUT 1


3 ROUNDS
ANKLE PUMPS X20 HIGH KNEES X20 BUTT KICKS X20




3 ROUNDS
HIP FLEXION X15 HIP ABDUCTION X15 HIP EXTENSIONS X15



3 ROUNDS
SQUATS X10 SHOULDER PRESS X10 BENT OVER T'S X10



2 ROUNDS
PLANKS X30 SEC MOUNTAIN CLIMBERS X25 EACH SIDE



3 ROUNDS
RUN 1 MINUTE
WALK 1 MINUTE

In addition to your music practicing please complete the weekly Marching Band workouts! This comes from **Marching Health** (like them on Facebook! @MarchingHealth) and will make our group strong for the season!

It is to be done 3 times a week with 1 rest day in between. *Mrs. Murray is doing it!!!*

Attire Orders

Attire orders are in! They were handed out tonight at practice. If you have any questions please call/text Nicole Nickerson at 499-2288.

Very soon you will get info on Apparel Orders (JHS Marching Band tshirts, sweatshirts, duffle bags, hats, etc...)!

Disney Payments

Don't forget to keep up with your Disney payments! The last one was due Friday, July 5th.

MEGHAN MURRAY, DIRECTOR
483-4217
MEGHAN.L.MURRAY@JPSNY.ORG

MARC LENTSCH, ASSOCIATE DIRECTOR
483-4406
MARC.A.LENTSCH@JPSNY.ORG