

# CNS NORTHSTARS MARCHING BAND

## SUPPLIES AND HELPFUL HINTS

- Everyone, musicians and colorguard, will need a **binder and plastic page savers**. We use these for all important hand-outs- information, music, and drill. The page savers protect the papers from getting damaged in wet conditions. You should also have a **pencil** and **highlighter** with your binder for any necessary markings.
- Bring a full **water bottle** to every practice. You may keep this near you at all times or in a cinch sack on your back to hydrate throughout rehearsal. Water backpack/hydration packs are also welcome.
- It is highly recommended that you have some form of **bug spray or other repellent**. Around 8:15-8:30 the mosquitoes come out in full force.
- Please have a good pair of **sunglasses** as you will be asked to look up as part of your training.
- Always wear **sneakers**, no sandals or flip flops, as you need safe, supportive shoes for marching.
- Bring **rain gear** and **waterproof bags** if rain is in the forecast. If it is raining (but not thundering or lightning) we may still go out. Keep phones in waterproof cases or ziplock bags.
- **Colorguard members** may bring a **towel** or **yoga mat** for stretching.

## **A NOTE ABOUT PARENT VOLUNTEERS....**

We have many outstanding parent volunteers that help us throughout practice with equipment, props, uniforms, flags, etc . These people work all day and then volunteer their free time to help you and assist in the success of the band. These volunteers should be treated with **RESPECT** at all times. Without them, we could not put a band on the field. They ARE NOT responsible for taking care of YOUR equipment or picking up after you- YOU ARE! If there are any issues in this regard, you will be meeting with Ms. Seamans and there will be consequences for your actions.