

Cascade Marching Band

Information and Tips

(The “Wish We Knew That” List)

To all our wonderful band parents, old and new, we have compiled a list of helpful information for you to take a gander at. There are hints and tricks and tips and general how things work listed below. If you think of more questions or suggestions, please reach out to any of the current band board members.

During the fall, Band is life. It will be what you eat, breathe, and live it for a couple months. It will go by fast and it's the BEST couple months of the year!

The biggest thing to remember is that we are a self funded organization run by volunteers. Other than our wonderful band directors, **all** expenses are paid by the band boosters, We receive **NO** money from the school system. We get our funding from 3 spots; fundraising, sponsorships and concessions. Therefore we encourage participation in the fundraising, we accept any and all donations and count on our band family to help with concessions. The more we can raise, the more we help our band and provide for our students and staff.

Date and Times

“On time is late”

- Marching season starts mid July (percussion/flag camp or Freshman Day) and ends the beginning of November with state competition. In addition to this are the Veteran's Day Parade and the Christmas Parade.
 - DO NOT schedule vacations during this time.
 - There are rehearsals, games, and competitions, even when there is no school.
 - As band is a class, missing may also affect your marchers grades.
- Rehearsal and call times set by Mr. Lucich refers to the time he is wanting to start.
 - Be there at least 15 minutes before.
 - Assembling/getting instruments, changing clothes, filling water bottles, grabbing a snack, bathroom, warm up, instrument polishing, flag repair/change out, putting on correct socks/shoes, etc. **All** must happen prior to 5 minutes before the start time.

Clothing

“Dress for Success”

- Show shirt
 - Band camp fees include just 1 show shirt for your marcher.
 - Used for Friday night games as the uniform (first couple games when hot) and under uniforms (remaining games)

- Used for ALL Saturday competitions - No Exceptions.
- Recommended to purchase an extra shirt to avoid stinky shirts or laundry at 1am
 - If you have a split household, you may want more.
- Available for purchase **1 time only**, Friday of Band Camp week.
 - Can purchase shirts for your family and friends (yxs-4xl)
 - Available in long sleeves also.
- Cost in past years, around \$15-\$30 size and type dependent
- Band Hoodie
 - All marchers are required to have a band hoodie.
 - Used at cooler games and competition, especially at the end of the year
 - Available for purchase the first month of school.
 - Orders will be taken by a sign up form in the band room.
 - Cost in past years, around \$35
 - Choose sizes wisely as kids grow over 4 years
 - Put name or in initial on the tag (they all look alike and they don't always remember where they left it)
- Practice shoes
 - Invest in a good pair of shoes for practice. Practice is on the asphalt and it wears out shoes very fast.
 - Marchers should not wear the following while marching as they do not support the foot and can lead to injury:

<ul style="list-style-type: none"> ■ Sandals ■ Crocs ■ Slip-on shoes ■ Dress shoes 	<ul style="list-style-type: none"> ■ Boots ■ Open toe shoes ■ Open heeled shoes ■ Ripped sole shoes
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 - Leave practice shoes at school with instrument or uniform
- Drill Masters (Band) / Guard Shoes
 - REQUIRED
 - These are their show shoes
 - Ordered one time at the beginning of the school year.
 - Cost is around \$40
 - Last 1-4 years depending on your marcher
 - If they are too small, order new ones.
 - If the sole is bad, order new ones
 - If cracked on top across the toe, order new ones
 - If they have holes/blow outs, order new ones
 - Wear brand new ones around the house to break in, slightly scuff bottom (can be slippery on wet grass)
 - Keep in a good spot where they will remember them. (with instrument, in uniform bag, in car)
 - The band does have some spares for the occasional issue, but we are limited on sizes.
 - Suggested to put initials or name on the inside of them so the don't get mixed up

- If they get wet, put them in a bag to take them home and let them air dry. They can and will (and have) stain uniforms and costumes.
- Black Socks
 - All band members will need black socks (guard color will be determined based on their costume)
 - Crew length or longer - no exceptions. Shorter may show the leg while marching.
 - Solid black only
 - No colored heels, including dark gray heels
 - No logos
 - Make sure the will stay up while marching
 - Keep an extra pair with the uniform
- Hat/Sunglasses
 - For rehearsals only. Please label.
- Clear backpack/purse
 - Some competition locations (like MTSU) have a clear bag policy.

Band Camp Week

“Let’s Start a the Very Beginning”

Camp Prep

- Have your camper spend time outside in the heat. They will be spending time each day at camp on the hot asphalt. They need to be acclimated to the heat.
- Have your camper walk a mile or more each day. This will help their stamina for camp week.
- Calf exercises are a great way to prep for the roll step and backwards marching.
- Hydrate, hydrate, hydrate. The more they can be hydrated before camp, the better they will be.
- Make sure they are practicing and getting their music memorized. It will help during sets and camp.
- Ensure that camp forms and fees are turned in.

Camp Days

- Make sure they eat a good breakfast. DO NOT let them have milk or dairy as this can lead to upset stomachs (we seem to deal with this every year).
- Send them with comfortable shoes for marching. NO flip flops or crocs.
- Light colored t-shirts are best. Bring an extra to change into for indoor time.
- Hoodie or light jacket. After the heat of outside, some find the A/C in the school very cold.
- Send a water bottle/jug, hat, sunglasses.
- A chair or a mat for rest during breaks outside.

Rehearsals

“Practice makes Perfect”

- Rehearsals are required. If your marcher has to miss for any reason, please talk to Mr. Lucich.
- Rehearsals are after school every Tuesday and Thursday.

- Scheduled until 6pm, but they may go later depending on how they are doing
- Monday rehearsals start after mini band camp
 - Shorter as they are done at 4:30
- 6pm (4:30 on Mondays) is when they are able to leave the practice area. It may take extra time after for them to be ready to leave.
- Rain or shine, and everything in between.
 - If it is storming, they will be inside.
 - Mist and light rain, will practice outside, with or without instruments.
 - Bring rain gear as needed.
 - Practice clothes as needed (based on weather and what they wore to school)
 - Layers are recommended
- Breaks
 - Given as needed. (The hotter it is, the more frequent they are.)
 - Water and gatorade provided
- After rehearsal is over, all equipment, props, and pit instruments need to be put away. More help, quicker it goes.
- Hats/sunglasses recommended
- Sunscreen and bug repellant are optional, but recommended

Football Games

“Why is the football team on our field?”

Home Games

- Eat Dinner before coming
- Meet at Middle School Band Room
- Call time means:
 - In designated uniform
 - instrument/flags ready to go
 - Ready to warm up
- Warm up is done outside the band room door in the grass
- Line up and march in together
- Sit in designated section together
- Water will be available
- Mid 2nd quarter, will go warm up for half time
- After halftime, have until 3 min left in 3rd quarter free
- After game, march to fence together and then go change out of uniforms
- ALL should help load trailers
- ALL should be policing for trash in the areas used for warm ups and in the school
- Travel to high school and unload as needed.

Away Games

- Unless specified, eat dinner before call time
- Marchers will ride busses following the trailers to the game (boys on boy bus, girls on girl bus)
- ALL should help unload and set up before getting into uniform

- Game time process the same as home games
- All should help load trailers prior to getting on the bus or leaving.
- There will be 1-2 sign out sheets if you wish to take your marcher home from the game.
 - No signature for sign out means your marcher rides the bus back

Competition Day

“Competitions are long days and late nights, but nothing compared to what these students put in. Make the most of them! Cheer on the band in the stands and join other parents in encouraging the kids in what they have worked so hard on! “

Before Leaving

- Arrive before call time (should be on the band room white board)
- Call time means:
 - Instruments polished and ready to go
 - On the parking lot ready to do walk thru
- Walk thru show and notes
- Get sack lunches
- Load remaining items on trailer
- Load and board buses
- The trailers and buses will travel together in caravan fashion. Please do not get between them.
- Upon arrival, trailers and buses will be directed to a different parking lot than spectators.

Arrival at Competition

- Students stay on the bus until directed
- All hands on deck to unload trailers and prep for competition
 - Props assembles
 - uniforms/costumes set out
 - Shoes polished
 - Snacks and water station set up
- Once all is ready–
 - Band will have mini sectional/warm-ups
 - Area clean up and securing items by parents/volunteers
- Band to warm up area
 - The band, along with select people and runners will proceed to the warm up area.
 - Props will be moved to the staging area
 - Volunteers not needed for pit crew are able to go to the stands.

After Performance

- Props are stored
- Band returns to set up area (and changes as directed)
- Once all are ready, the band and stand parents will return to the competition and sit in the stands.

Prep for Departure (end of Competition)

- Return to set up area
- Pack up and load trailers
- Sign out of those students going with their parents (not on bus)
- Trailers head out first together, buses will follow. Trailers tend to not wait for the buses so they can get parked before the buses arrive.

After Arrival at School

- Trailers will arrive first and park in their designated spots. Please do not park in the spots designated for the trailers or the spots directly across from them in the next row. This will allow them to get parked correctly.
- Buses arrive and students will disembark.
- **ALL** students and any adult volunteers will unload the trailers of items that do not stay in the trailers.
- Usually, Mr. Lucich will list the scores on the white board if he has them, so people can see how we did.
- Once all trailers have been unloaded and all items have been put away, all students can go home.

Food

Let them eat cake, (after they play)

First and foremost, hydration

- Make them hydrate before camp starts
- They can bring a water bottle (labeled please)
- Water (and gatorade) provided at ever rehearsal, camp, game, parade and competition

Camp Food

- They should eat breakfast before coming to camp days. No milk please!
- Water (and gatorade) provided
- Lunch and snacks are provided for camp.
- Dinner break is about 2 hours long. Your marcher can go home (or elsewhere) for dinner. If they stay, there will be sandwich fixings (and possibly leftovers).
- Oh, did we mention, Water (and gatorade) provided

Home Football Games (normal years)

- Able to pre-order from the band concession stand (order form due Thursday before the game before practice, with payment)
- Pre-ordered food will be ready for pick up after half-time.
- Recommended to pre-order so the kids have time to eat before reporting back to the stands.

Away Football Games

- Varies by where the game will be played. Mr. Lucich will determine and announce to the band.
- Based on call time, either eat on own (close games), or sack lunches will be provided (for a game far, far away)

- Student would bring money for concessions if warranted
- Water provided.

Competitions

- Water provided
- Sack lunch will be provided (bagged before leaving)
- Water provided
- Snacks will be provided, amount based on length of the competition.
- Water provided
- Dinner will be determined based on competition and will be announced ahead of time
- Water provided
- Marchers will be allowed to use concessions at the events after the first performance and as directed by Mr. Lucich.
- Oh, and did we mention, water provided

Medication/Allergies

Achoo!

- Please make sure ALL allergies have been filled out on the medical form
- The band has a “med” bag (or 2 or 3) which goes everywhere the marchers do.
- Med bag contains:
 - Band-aids
 - 1st aid kits
 - Wraps and ice packs
 - Acetaminophen
 - Ibuprofen
 - Aspirin
 - Benadryl
 - Pepto Bismol
 - Other items as needed
- If inhaler is needed, please provide one (labeled)
- If epi pen is needed, please provide one (labeled)

Spring Trip

“Adventure Time”

Every other year (spring of odd years, ie 2025, 2027), the band goes on a trip to either Disney World or New York City. During that year, we do lots and lots of fundraising so the kids can earn their trip and we can still cover the normal expenses of the band year. The trip usually leaves on the Tuesday of the week before spring break and returns on the first Saturday of spring break. Details will come out in the fall before the trip. Keep this in mind if you are planning anything for spring break.

Communication

“Hear ye! Hear ye!”

Communication is a HUGE part of our band. It happens in many different ways. We want to keep you informed of everything happening in the Cascade Band! We have several different platforms that we use to communicate.

- **Remind**



Texting through Remind is one of our primary communication channels for the band and parents. These reminders come from our wonderful directors. They contain information ranging from “not to forget your black socks” all the way to where to report for finals competitions.

To receive updates from the band, download the Remind App (via Apple App Store or Google Play) and use the class code **@chsmarban1** to receive these important updates.

- **Email**



Emails from Mr. Lucich and the band board will be sent to the email address(es) provided during your child's band camp registration. If you wish to add any additional email addresses to the distribution list, please email Mr. Lucich with the new address(es).

lucichd@bedfordk12tn.net

Things that come by email:

- Camp info
- Schedule info
- Band board minutes
- Special requests
- Updates and information

- **Facebook - Public Page**



Be sure that you like and follow the Cascade Marching Band on Facebook. This page is for everyone and anyone! It's where we promote all things Cascade Band with pictures, events, fundraisers, sponsors, and more! We hope that you'll share and tell your family and friends to like and follow too!

- **Facebook - Private Group**

In addition to the public page, we have a private group just for current Cascade Band students, parents, and staff. The group is called **Cascade Band Parents**.

You will need to request to join and answer some questions to enter this group. This is a place for the



band fam to interact. To ask questions, share thoughts, share pictures, and encourage one another. It's also a great vehicle for reminders and things you need to know. All members are welcome to post here and interact!

- Instagram



Our Instagram is called **Cascade Marching Band** and is another social media where we promote our band with pictures, events, fundraisers, and more. Many times we are live at competitions. Follow us!

- Group Texts



Of course we can't forget the good old group texts. These are set up as needed and you may find yourself on several of them. Some examples are: instrument sections, section leaders, band board, pit crew, costume crew.

These change every year. If you find yourself on one and do not want to be a part of that text group or want to be part of one, just let one of the group know.

Parent Involvement

“The more involved our parents are, the better our band does”

It takes a lot of people and money to make our band successful. It is not just the band board that does it. Again, we are a self funded volunteer organization.

No job or task is too small; time given is not enough. Anything you can do helps tremendously. Here are ways you can help. If you are not sure what to do, please ask. There are always things that need to be done.

Share your talents

- Help cook
- Design and construct props
- Fix trailers
- Paint
- Sew
- Iron
- Organize
- Herd Cats

Donations (for the things we have to buy)

- Cases of water
- Help get sponsors
- Cases of Water
- Frozen popsicles
- Cases of water
- Black socks
- Cases of water
- Hot hands
- Did we mention - Cases of water

Loan for Camp (label please)

- Tents
- Tables
- Fans
- Camp chairs
- Extension cords
- Shop Lights (for night rehearsals)

Time Volunteered

- Camp
 - Set up help
 - Food prep/serve/clean up
 - Outside kid watcher
 - Uniform help
 - Tear down help
 - water/gatorade prep/serv
 - Misc help (come and we will put you to work)

- Rehearsals
 - Set up help
 - Snack prep
 - water/gatorade prep/serv
 - Outside kid watcher
 - Tear down help
- Home Games
 - Trailer puller
 - Concessions set up
 - Trailer unload
 - Prop set up
 - Stand parent
 - Prop/pit crew
 - Prop tear down/load
 - Unload trailer
 - Work concessions (sell/package/cook)
 - Concessions clean up
- Away games
 - Sack lunch makers (if needed)
 - Trailer pullers
 - Trailer unload/Prop set up
 - Stand parent
 - prop/pit crew
 - Prop teardown/load
 - Unload trailer
 - Sign out person
- Competitions
 - Sack lunch maker (at school)
 - Trailer pullers
 - Trailer unload/Prop set up
 - Stand parents
 - Prop/pit crew
 - Prop teardown
 - Unload trailer
 - Sit with cascade parents
 - Cheer super loud
 - Shine shoes
 - Setup/cook/serve meals
 - Sign out person
- Board meetings
 - Help us run the show
 - Bring ideas
 - Learn the behind the scenes
 - Share your talents

Misc Items

- Trailers park in the spots outside the band doors. Please leave the spot or two next to the end across from them open. The trucks need the room to pull out for games and competitions. The trucks also need the room to pull in and straighten out to park them after games/competitions.
- You are welcome to “caravan” with the band trailers and buses. Please follow the buses if you do. Also note, upon arrival at our destination, you will need to park with the spectators.
- During competitions, if you are a trailer puller or pit/uniform crew, your admission to the competition is covered by the band. (Sign up to help and get more details).

- For Competitions, you may want to wear layers. Prelims can be very warm and Finals are much cooler.
- Parents may want to bring sunscreen, bug spray, hot hands, rain poncho, etc. We have some for the kids at the trailers, but when you are in the stands, you may want some also.
- As the games and competitions happen at football stadiums with bleacher benches, you may want to bring a stadium seat to sit on (blanket or cushion works too!). Those bleachers get very hard after a bit.