

Sent: Sunday, August 23, 2009 11:46 PM
Subject: Broadcast for the week of August 23

Dear band community,

Congratulations on a fantastic performance at Cary Lazy Daze on Saturday! You presented yourself with professionalism and showed a great deal of pride in your organization as well as a respect for the Cary marching band. Mr. Minick and I were both impressed with your level of performance. He is looking forward to seeing our show this season, and I am looking forward to seeing Cary's show!

Wednesday's Study Hall: The following students have told me that they will be attending the first study hall this Wednesday from 2:10-3:10 in the Commons. If your name is not on this list and you will be staying on campus between school and practice, you *MUST email me (bmyers@wcpss.net) no later than noon on Monday* to let me know. If your name is not submitted to the main office by me on Monday, you are expected to leave campus and come back for practice at 3:20.

Morgan*
Iman*
Sadie*
Jacob*
Matt
Bekkah

* = Every Wednesday unless I am told otherwise.

Home Football Game: Our first home football game is *this Friday, August 28*. We will be in uniform for the game (guard stay tuned for more details). Our schedule for all home football games is as follows:

3:15 Leadership meeting (stay tuned for location)
4:00 Practice on field
5:00 Dinner (pizza is provided)
5:30 Begin dressing
6:45 Warm-up behind band room
7:10 Line up for Pregame
7:25 Pregame show
7:30 Kickoff
~8:30 Halftime
~10:00 Game ends, students are dismissed to change.

We perform our field show for halftime, and we play stands tunes in the stands for all four quarters. We also perform a brief pregame show prior to kickoff, consisting of the school's fight song and the National Anthem. We will learn the

pregame show this week. Students are only allowed to drink water and eat "hands clean snacks" provided by the parent chaperones while in uniform. *The band section is reserved for band students only, and all students must remain in the section for the entire game.*

Our second home football game is on September 18, and it is 8th grade marching band night!

Committees: It has been brought to my attention that we have numerous problems with committees completing their responsibilities. Part of your responsibilities to this organization is to complete the duties assigned to your committee. The committee chairperson is responsible for all tasks assigned to each committee, so if you are asked to do something by the student in charge, this is a direct extension of my instructions to them. Please review the committee list if you have any questions about which committee you belong to.

Schedule Change: Please note that the Raleigh Christmas parade is now on November 21, not the date that was originally on the band calendar.

This week: We will be concentrating on movements 3 and 4 this week, visually and musically. Please ensure that you have your dot books at each practice and that you know the music well enough to not only play the notes and rhythms accurately, but to play all dynamics and phrasing correctly as well. We will also be learning our pregame routine, which means we have to learn/memorize the fight song (On, On U of K) and rehearse stands tunes.

We set a high standard for our first public performance and we want to continue these high standards as we prepare for our first home game! Remember to leave all distractions off the field this week. Let's have three great rehearsals and one great performance!

Student Leaders: Dr. Tim Lautzenheiser presented a leadership clinic last year to a few of our student leaders. It was an incredible clinic and all that attended said that it was very beneficial. He can come back this year if there is enough interest. The cost would be \$30 per person, and it would be either September 19, 12:00-2:30 OR September 20, 2:00-4:30. If you are interested, *please email me (bmyers@wcpss.net) by 10:00pm on Tuesday, August 25* saying you are interested and which date you can attend. If you can attend either, let me know that as well. It will be up to the entire county to decide the date. They have not yet instilled a limit to how many we can send, but if they do I will take the first people who email me.

This leadership clinic would be a great way for you to learn more about leading in any venue, not just in marching band. It would also be great to add to your resume. Dr. Tim is very well-established and well-known around the country, and we are very fortunate that he is willing to come back to Wake County! Be sure to

Google his accomplishments and qualifications.

Brian Myers
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Spiritwear

Last call for Spirit Wear orders for this year.

Please note that the availability on show shirts is very limited as we are not submitting another order for them. Please contact Roxanne@nc.rr.com before ordering to check on availability.

One additional item not found on the order form is a Green Chaperone/Parent Long sleeve T-shirt. They cost \$20 and the design & sizes are the same as the short sleeve green T-shirts. Please write it in on the form if you would like to order one.

Orders need to be placed in the green box by the end of MONDAY, AUGUST 31. Order forms can be found on the band web site.

DESPERATELY SEEKING DONATIONS!

We are still in need of clear sodas for the football games and competitions, if you can donate please drop off sodas in the band kitchen (next to Mr. Myers office) at the end of practices this week.

CHAPERONES AND VOLUNTEERS NEEDED

IF you are interested in chaperoning for the Friday night Football games please contact Linda May at maybl@nc.rr.com

If you are interested in helping with the Pre-football game Pizza Dinners please contact Renee Geikler at 460-8762 or 622-0674.

If you are interested in chaperoning one or more of the competitions please contact Carolyn Bishop at cbbishop@mindspring.com or 303-4460

The competition dates are as follows:

September 26 Panther Creek

October 3 Wakefield
October 10 West Johnston
October 24 - Sanderson
October 31 - Havlock

**TOGETHER WE CAN MAKE THIS A SUCCESSFUL AND EXCITING YEAR
FOR OUR STUDENTS**

FUNDRAISING-----

Hi Everyone! Summer is almost over and so are our initial fundraising campaigns. Please gather your money, extra books and order forms to turn in after practice this week.

Citipass, Butterbraid, Cookie Dough and Papa Murphy card Sales-

This is the last week for Citipass books, Butterbraid, Cookie Dough and Papa Murphy card Sales. Steve Herring will be behind the scaffolding after each practice this week to collect your money envelopes and extra books. If you have extra books you must turn them in to me this week. You will be charged \$25 each for missing books.. Nancy LaWall will collect the Papa Murphy money and extra cards at this time as well.

Grocery Cards –

Sean Brophy will be behind the scaffolding at the end of each Tuesday night practice with Lowes Foods, Food Lion and Kroger cards. This is the easiest way to earn money for the Student Accounts. Please take advantage of this year round fundraiser for the band.

Harris Teeter VIC card –

Remember Harris Teeter will allow you to donate your VIC points to the Green Hope Band. Please take advantage of this offer.

Five Guy's Fundraiser –

Remember September 1st from 4pm til 10pm you need to eat at Five Guy's! Five Guy's has graciously offered 10% of all proceeds during this time to the band.

More fundraising opportunities are coming your way soon, so be on the lookout.

Thanks,

Steve Herring

Hello Colorguard Parents,

My name is Steve Ambrose, and my daughter Victoria is a freshman in the colorguard this fall. The article attached below from the N&O earlier this month describes a new test that students can take as a precaution, that in the event of a concussion will help assess the student's recovery post-concussion. Green Hope's available slots for this test have been used up, however Mr. Myers was able to work out a fee of \$4 per student for anyone wanting the test. If you are interested in this for your daughter and are willing to pay the \$4, please send me an e-mail, with her name, by this Tuesday Aug 25th. I will then send this list to Mr. Myers and you will hear about the logistics of the testing shortly.

Colorguard students, If your parent is not included on this e-mail distribution list, please send it to them.

Thank you,

-Steve Ambrose

<http://www.newsobserver.com/sports/story/1639146.html>

Football players gauge ImPact
Concussions get more scrutiny
BY TIM STEVENS - Staff Writer
Published: Sat, Aug. 08, 2009 02:00AM

This week, before the hitting begins in earnest, most of the football players in Wake County Schools are receiving an ImPact test (Immediate post concussion assessment and cognitive test) that could help save their lives.

The test is taken on a computer, takes about 25 minutes and gives athletic trainers a method to help assess a player's recovery after a concussion.

"It is a tool, not the tool," said Jenna Fonseca of Carolina Family Practice and Sports Medicine. "Trainers will look at many things before deciding if a player can return to practice or games, but this gives them one more tool to use."

The ImPact test measures memory and reaction time and is given in six parts. The six modules are evaluated to give four percentile scores. The scores are confidential.

The scores aren't meaningful by themselves but allow trainers to compare scores before and after an injury.

If a player had scores in the 72th percentile before a head injury, for example, but is now scoring in the 50th percentile, it may be an indication that the injury has not healed even though the athlete may not be showing other signs of a concussion.

Two high school football players died during the 2008 season from head injuries. Last September Jaquan Walker, 16, of Greenville Rose returned to play too soon after a head injury and died in a game two days later.

Carolina Family Practice and Sports Medicine is partnering with Wake County Schools this fall to give the tests at no charge. Next year, the testing is expected to cost \$500 per school.

"This partnership is a wonderful thing for Wake County Schools," said Bobby Guthrie, the WCPSS athletic director. "This is another way that we can try to keep our children safe."

The tests are available at no charge to all of the WCPSS high schools, although they are not mandatory at some schools.

Some schools are making the test mandatory for football players.

"I've got some kids coming in at 6:30 a.m., on Saturday to take it," Garner athletic trainer Mike Guerrero said. "They are going to take this test before they start hitting."

Many schools also plan to test soccer players and cheerleaders this fall.

Kevin Guskiewicz, who heads research of sport concussions at UNC's Department of Exercise and Sport Science, recommends that every athlete have a baseline assessment done before the season starts.