



McGavock Band Performances

**Cheer passionately, support your student with pride,
and represent your band with enthusiasm.**

Game days

Pep Band supports the football team during home games and the occasional away game
Marching band performs during half-time
Pep band will have the 3rd quarter to take a break/food and dismissed after everything has been put back in the band room at the end of the game

Parades

The Marching band will participate in the Christmas Parades

Community Shows

The Marching band will perform "One Last Run" - an emotional night celebrating our seniors final performance at MHS
The Marching band will perform in the Metro Marching Classic on **October 31st**.

Competitions

- We have 4 competitions this year - always on a Saturday.
- Competition days are long!! Dismissal can be late - sometimes well past midnight.
- Bands sometimes perform twice - Semi-Finals and Finals
- Boosters will provide one meal for all students on competition days.
- However, students are encouraged to bring money for concessions.
- Admission is required for parents for all competitions

Competition & Dates

September 12 | October 3 | October 24 | November 7th

Competition Packing List

- ✓ Stadium seat/cushion
- ✓ Personal fan/poncho
- ✓ Full charge & portable charger
- ✓ Sunscreen
- ✓ Wear your show shirt
- ✓ Cash
- ✓ Your loudest voice

Cheer Your Marching Band Like Pro

- Get there early. Better seats go fast - aim for the 50 yard line, as high as you can get.
- You can't take your seat during a performance. Most venues won't let you take your seat until a band finishes. Plan your trips to the concession stand between bands.
- Cheer your heart out - but read the room. Big moments deserve big noise. Quiet passages deserve quiet.
- Applaud every. single. band. Every band on that field worked as hard as ours. We're one big band family!
- keep conversations for between performances. Everyone around you came to hear the music. So did you.
- Watch what you say and what you post. The parent sitting next to your might be from that other band. Keep it kind - in the stands and on social media.
- Leave the umbrella at home. it blocks the view of everyone behind you and can be dangerous in packed stadiums. Bring a poncho instead.
- Skip the air horn. This is a competition, not a football game. Your voice is the best noisemaker you've got
- Buy a program and hit the concession stand. The program helps you understand scoring. The concession sales often fund the host band's entire season - pay it forward.

Most importantly - show up. They know when you're there. It matters more than you think!



McGavock Band Uniforms

Marching Uniforms

Marching band has developed far beyond its military roots. Today, competitive marching bands are more like Broadway shows than traditional parades. They feature original music, engaging choreography, and costumes designed to create a story on the football field.

Uniform Rules

- No jewelry
- Hair must be uniform with the rest of band
- no bright nail polish
- no eating in uniform - only water while wearing uniforms
- uniforms are to be returned to the appropriate section rack after every performance

Musicians Provide

- Black Compression Shorts - compression gear worn under the uniform
- Black Calf Length Socks - have a few pairs at all times - marching in wet socks suck
- Show shirt - students will wear their show shirt under their uniform

Guard Provides

- Black Compression Shorts and sports bra
- Guard Gloves
- Makeup - guard members wear stage makeup for performances
- *Additional requirements will be shared by the guard director as the seasons approaches.*

Student Health and Wellness

Hydration

- dehydration is the #1 reason students sit out of rehearsal
- drink at least 4 liters of water every day - not just rehearsal days
- Skip energy drinks and heavy caffeine during camp and camp days
- Bring a Half-gallon or full-gallon insulated jug - it also doubles as a seat

Nutrition

- Eat a real breakfast before rehearsal - protein and carbs, not just sugar
- pack good snacks - nuts fruit, granola bars, etc
- Avoid heavy or greasy food on rehearsal days

Rest

- Aim for 8-9 hours of sleep nightly during camp
- One bad night of sleep is survivable; however, a week of bad sleep during band camp commands fast. Your body needs consistent pattern during camp

Other Tips

- Wear and reapply sunscreen everyday
- Use a cooling towel during breaks
- Medical needs (inhaler, epi-pen, ect.) make sure staff have you students medical form and emergency info on file.

Communication

- All parents and students are REQUIRED to sign up for Remind
- This will be the ONLY form of communication from the Directors for all announcements
Text @blueline24 to 81010
- Please reference the official band calendar for all scheduled events, performances, fundraisers, rehearsals etc.
mcgavockband.com/calendar/