



What to do in July?

This year, the WHS Marching Band has very little activity scheduled for the month of July. We have two Saturday rehearsals that we ask all band members to attend at least one of (and ideally, both!). But, that doesn't mean that there is nothing to do!! There are quite a few things that you can do to help make the WHS Marching Band the best we can be.

Get in Shape! A full marching band halftime show requires most members to take about 1000 steps and travel close to half a mile in 7 minutes...while playing an instrument or spinning a piece of guard equipment. That's not easy. In fact, it takes very good conditioning to be able to complete a show. At each marching band practice, we do 10-20 minutes of exercise: stretching, light aerobic activity, and then jogging. It is **HIGHLY** recommended that you do at least this much exercise every day during the summer to get in marching band shape. Stop looking down at your phone, get outside and go for a walk or a jog. Spend 5 minutes stretching in the morning when you wake up and again in the evening before bed. Get together with friends and do something active!!

Learn music and routines! At the end of June evening rehearsals, musicians will have the majority of their show music as well as pep music for football games and parades; guard members will have fundamentals exercises and some routines. All band members should be practicing these things on a regular basis - on your own or with other band members. In an ideal world, everyone would come to August camp with their music and routines memorized and we would be able to jump into drill right away.

Go to a Summer Music Camp! There are some really great camps very close by. McDaniel Summer Band Camp. Towson University Summer Marching Band Camp. Encore Summer Band Camp. All of these are within a half hour drive of Westminster and all are excellent experiences. I can't recommend them highly enough. All three have websites with lots of information and applications right at your fingertips. There are many more opportunities a little further away. Let Mr. Frazier know if you want more information about any of the local or not-so-local camps.

Expand your marching band horizons! It's 105 degree outside. You've just finished doing stretches and some light aerobic exercise. You've already practiced music and guard routines for over an hour. What to do? Go online and watch some other marching performances. Thanks to the internet, we have thousands of hours of marching band available to watch online. Check out some DCI shows, watch a college band, and see what other local bands have done in the past. You can learn a lot from some of the great performances online (and you might learn more from some of the less than great ones). There's a lot of great variety in the marching band world!

Wash some cars! July 7th is an IMB Car Wash at Roy Rogers in Westminster. Come out and help raise money for the program – and get some money for your student account as well!

Get together with fellow band members! Call, text, or email some other members of the band and get together. After playing through band music or running guard routines go out and have dinner together or hang out at someone's house for a while. It doesn't have to be an official rehearsal or official band activity for you to be doing things with your band family!