

Preparing Your Body

The following exercises and tasks are the minimum amount of work to help prepare yourself for the season.

- 20 minutes of cardio three times a week
 - Cardio includes running, dancing, biking, or brisk walking; not just a stroll by the river. This will help in conditioning your body for the season.
 - Please remember to stretch after your cardio session. This would include a hamstring, calf, and butterfly stretch(hip flexor). Feel free to stretch whatever feels tight. Suggested stretches are obliques, lower abs, and shoulders. If you have any questions on stretching ask any visual or color guard staff.
- 30 squats a day desired, or every other day if needed.
 - This does not mean you need to do all 30 in one session. You can break up your reps throughout the day.
 - A suggested way to accomplish this task is to do 5-10 squats during commercial breaks while watching tv, or while your next Netflix episode is loading.
- Sit ups, Planking, or Crunches
 - 30 sit ups or crunches per day if possible or 15 seconds of planking
- Jumping Jacks
 - Recommended 50 a day will help burn those calories away. -Love, Nicole
- Hold your equipment (while playing or practicing work is preferred)
 - The only way to properly train your muscles to hold your instrument/ equipment is to hold it while standing with the correct form. If possible look at yourself in the mirror to check if you are standing correctly.

Drink Water!

If you are thirsty you are already dehydrated. If you drink soda, tea, or anything containing sodium, sugar, or caffeine this will further dehydrate your body. Be sure to drink water throughout the day before and day of rehearsal. If you want to help yourself and the environment buy a reusable water bottle and try to refill it at least two times a day. Inexpensive water bottles can be bought at a dollar store or 5 below.

What do I bring to practice?

You need to show up to practice ready to work. To make sure you have the best practice and can come continue coming to rehearsals please bring all essential items. This includes...

- Sunscreen and SPF Chapstick
- Baseball hats

- Water Bottle/Jug
- Braces for anything that might possibly hurt i.e knee or ankle braces
- Inhalers or any other prescription medication you might need
- **Comfortable running shoes.** Please no high top sneakers or flip flops; you will get hurt.
- Athletic wear, **no jeans or jean shorts please.**
 - If you can't move in it, you won't have a productive rehearsal.

Taking Your First Steps

Before you even begin to march, everyone needs to stand with correct posture and form. In marching band every marching member needs to look uniform throughout the whole band, or judges will notice and deduct points. Also standing with correct posture ensures that you can play and spin with the best technique. While standing at attention every marching member should go down this mental checklist.

- Is my weight evenly distributed?
- Are my feet, arms, and hands in the right positions?
- Am I standing tall and taking up space?
- Are my eyes forward and am I focused?

Commands

At Ease

When at ease your **feet should be shoulder length apart and *slightly* turned out.** Your head is down and eyes are facing the ground, but your chin should not go so far down that it is touching your chest. If there is no equipment in your hand then your hands are at your side in a relaxed fist. At ease when holding equipment differs by section so be sure to ask your section leader or staff member what your at ease looks like.

Keep in mind- Your left foot should not move from your dot when moving to at ease. This means that when you are called to attention, your right foot slides into the left and sets yourself up for success by already being on your dot.

Attention

Attention means that you are standing with feet in third position and your arms are set for playing. Again this differs by section so ask a staff member or section leader what this looks like for your section. For wind players this means that you are not in playing position and your horns are down.

Keep in mind- Make sure that your weight is evenly distributed between your feet. This means don't lean too far forward or back because you will be off balance for your first step.

Playing Position

Playing position means that your body is exactly the same as being at attention but your equipment is set to play, drum or spin.

Check, Adjust, Standby

The three commands that you will hear the most consistently throughout practice are check, adjust, and standby. Whether it's during visual warm up or ensemble rehearsal, it's imperative to have proper rehearsal etiquette to be the most productive.

Check-

Check means that you don't move your body except for your head to see if you are in the form or on your dot. **Your feet and upper body stay where they are.**

Adjust-

Adjust means that you move your feet so that your body is in the form or on your dot, **but your upper body stays at attention.**

Standby-

Once standby is called you can relax your upper body and go to your standby position. This differs between section but everyone's **feet should be in third position and waiting for further instruction.**

Foot Placements

When making a direction change while marching you need to make a correct foot placement to propel yourself in the right direction and keep your upper body in place. Below are pictures of what your feet should look like while making a direction change.

Visual Warm-Up Exercises

1,2,3

Posture

Flamingo