

1801 SCHNEIDER STREET NE
CANTON, OHIO 44721 WWW.GOHSBAND.COM
OFFICE 330.491.3937 FAX 330.491.3801

2018 GlenOak Marching Band Information

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Welcome to the GlenOak Marching Band!

May 22, 2018

We're excited to kick off the 2018 marching season with you as a member of the Golden Eagle Marching Band! You will find information about fees, schedule, uniforms, and band camp inside. As you look through this schedule, planning is the most important part of the performance process for next year. Time goes by very quickly and it's vital to look ahead and plan for upcoming events.

To stay informed, we do have a Remind 101 which you can subscribe. Text @gohsband to 81010. In addition to Remind 101, our band website is WWW.GOHSBAND.COM and our Twitter is @GlenOak Band

Grading Policy

Individual band grades are determined by Participation in Rehearsals/Performances and Individual Music Assessments. Grades are put into one of three categories worth the following:

> Rehearsals 20% Performances 30% Performance Assessments 50%

Attendance Policy: Rehearsal 20%/Performances 30%

Attendance at rehearsals and performances (both in school and after school) are mandatory and part of the class.

Participating in band is a graded course and your attendance is part of that grade. Along with that, you are also part of a team where your attendance is necessary for the success of the entire group. The rest of the band is counting on you. We reserve the right to remove you from a performance if you have excused/unexcused absences from practices or performances causing you to not be ready for a performance. All performance absences must be approved (unless emergency) by a director at least 3 weeks before the date of absence. Rehearsal absences are a minimum of 2 weeks in advance. The earlier the better! Summer absences are no exception. In the event of an emergency, you can notify Mr. Irwin at 491-3937 (band office) or email irwinc@plainlocal.org We now use on online absence reporting system on our band website, www.gohsband.com.

Student Athletes: It's very important that you copy your athletic schedule, highlight conflicts, and discuss with a director. Participating in band and a sport is very "do-able" as long as you plan. We always equally split time for practices/rehearsals with your respective team. However, we must know when you are missing rehearsal and any performances in advance according to the 2/3 week guidelines listed above. The key to making this work is advance communication.

Performance Assessments (aka Music Checks) 50%

All GlenOak Bands are graded performance organizations. Successful performances rely 100% on each students' ability to learn their music. We assess all students on an individual basis over each song required for Pregame and our halftime shows. Each tested song is worth 10 Points with a passing score being 8/10. We do allow students to retest their music for a higher score within the testing "window." Retesting deadlines are listed in the students' music folder for each show. If a student fails to test an adequate amount of music by the deadlines for each show, he/she will be moved to Alternate Status for the next halftime show.

Alternates:

Alternate performers are students not meeting eligibility requirements to perform on the performance field. These may include not testing music, extremely low testing scores, and missing mandatory rehearsals/performances. Every situation is different and approached in that manner. Alternate performers may be asked to fill in open spots on the field if progress is made in the area(s) of deficiency.

Summary of all Band Expenses

Below is a detailed list of all marching band-related expenses and when (approx.) these fees will be due. Should you anticipate needing financial assistance to pay these fees, please contact Mr. Irwin at irwinc@plainlocal.org or 330-491-3937.

1. PLIMPA Fee \$85 for New HS Band Members or \$55 for Returning Members

This fee was collected at the May 22nd band rehearsal. This fee covers the following band expenses for the year. If this fee is not paid on May 22nd, please mail it in by June 18th to: PLIMPA, Po Box 8748, Canton, Ohio 44711

- Uniform Cleaning for the entire year
- · Band camp instructional staff
- 2018 Band T-Shirt
- Band shorts for New Band Members
- Tux shirt for New Band Members

2. Uniform Accessories

Students purchase uniform accessories during the week of July 16 at their Uniform fitting. New band students will need to purchase the following items:

•	Band shoes	\$36	[1 pair needed]
•	Spats for shoes	\$14	[1 pair needed]
•	Green barets for tuba players	\$12	
•	White gloves	\$5/pair	[suggested to purchase 2 pair]

The above items are also available for returning members. Should a returning member need to purchase replacement shorts, please indicate that when you register on May 22nd for an extra \$18. If new shoes need to be ordered, this must be done during the uniform fitting week. Replacement Tux Shirts can be purchased for \$18 in November. Spats and gloves can also be purchased before any marching band performance in the PLIMPA ER (Emergency-Repair) room.

Uniforms

Uniform fittings will occur at the high school on the following dates:

July 16: Seniors 6-7 PM Juniors 7-8 PM July 17: Sophomores 6-8 PM July 18: Freshmen Woodwinds 6-8 PM July 19: Freshmen Brass & Percussion 6-8 PM July 20: By Appointment Only

All Band Students: These are necessary for you to try on your uniform and get any minor alterations done.

No student is permitted to take a band uniform for alterations.

Shoes, spats, and gloves are fitted and sold at the time of uniform fitting (see prices above). All band students will be required to wear the approved black marching shoes (hence the term "uniform") and provide their own black socks (calf height). All other brands except for shoes purchased through PLIMPA are unacceptable and not considered uniform. Previous band shoes are okay. Returning band members: If you use shoes, spats, and/or gloves from last year, make sure they look new.

We take great pride in our band uniform. Take care of it because it represents all of us. Replacement uniform cost is \$650.00

Instruments & Lockers

All students need working instruments for rehearsal and performances. This includes having reeds, etc. All students will be provided a school locker which you must provide your own combination lock. Any student using a school-owned instrument is responsible for the instrument. Lockers must be kept clean at all times and sharing lockers is prohibited.

Music

You are responsible for all music received. The GlenOak Marching Band memorizes all music for performances except stand tunes. Required dates for memorization of each song is listed below. All students must test their Pregame music during the week of July 16th according to the schedule provided. Halftime #1 music will be tested during camp. DO NOT WAIT UNTIL BAND CAMP TO BEGIN MEMORIZATION! Both Pregame and Halftime #1 will be performed MEMORIZED on August 3. You need to purchase a lyre and flip folder to use at all rehearsals.

Pregame Music

- * GOMB Warm-Up By 7/20/18
- * On Eagles and Screamin'g Eagles (GO Fight Song) By 7/20/18
- * GO Alma Mater By 7/20/18
- * Star Spangled Banner By 7/20/18

Born This Way - By 7/20/18

Halftime #1 Music

Treasure 7/24/18 (Opener)

Finesse 7/26/18

Runaway Baby 7/31/18 (Closer)

* Students who earned a 10/10 on 2017 Pregame (On Eagles & Screaming Eagles, Alma Mater, Warm Up, and Star Spangled Banner) do not have to test those pregame songs in 2018. A list is posted in the band room.

Majorettes/Color Guard Instrumentalists: Must test "On Eagles/Screaming Eagles" and "Alma Mater" by 7/20/18. Members must also select 1 song per halftime show to test by the publicized deadlines.

Medical Forms

Attached is a medical form that must be completed (both sides) and signed in order to authorize the directors and chaperones to treat your child in the event of a medical emergency. Please complete this form and bring it to your first band practice in July. There is also a Medication Administration Record (MAR) which must also be returned ONLY IF your child is to receive ANY medication while at a band function (including inhalers). All medications must be in their original containers and properly labeled. Medications administered-during band functions must be turned into directors with the MAR Form.

Band Camp

Band camp is mandatory. If you are not attending all of band camp, you need to meet with a director. See Alternate information on page 1.

A successful band camp is essential to a good marching band. Everyone is responsible for coming to camp with their Pregame Music tested by Friday, July 20th. All halftime #1 music will be tested during band camp. Music memorization is not something in which you can be successful by procrastinating. It is essential that your music practicing not end when you leave each day from camp. The schedule is designed to provide full band marching and music rehearsal PLUS time for sectional work. Attendance at all rehearsals (full band and sectionals) is mandatory. Please make sure you have your transportation lined up. Students earn a band camp grade.

Your band calendar has the entire band camp schedule detailed. Every section has sectionals planned per week with time to test off music (music played by memory). Music must be tested by the deadlines assigned. If you want to be written into Show #2, test your Pregame music on time.

We will provide regular water breaks throughout the rehearsal. Please dress for the weather, including the use of sun block!

Evening Fun Activities

During band camp, we work very hard but we also like to have some fun too. On Tuesdays and Thursdays, we will have some evening activities. In the past, we have had movie nights, roller skating, swimming, etc. As we approach camp, we will let you know what activities will be on which nights. But for now, please plan for these activities to be on Tuesdays and Thursdays during the first week.

Lastly, we are excited that you are becoming a member of the 2018 Golden Eagle Marching Band! You are in for an exciting and rewarding experience.

Mr. Irwin irwinc@plainlocal.org
Mrs. Giotta giottak@plainlocal.org
Mrs. Laux lauxe@plainlocal.org

Band Office Phone 330-491-3937 WWW.GOHSBAND.COM



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2018 GLENOAK MARCHING BAND

Date	Event	Time	Meeting Location
MAY 22 (T)	2018 Marching Band Rehearsal (all 8-11th Gr)	6:30-8:00 PM	GlenOak Band Rm.
June 4, 5, 6 (M-W)	Freshmen Band Orientation (w/ Section Leaders)	6:00-8:00 PM	GlenOak Band Rm.
JULY 16 (M) 16-20 (M-F) 16-20 (M-F) 17 & 19 (T/Th) 17 & 19 (T/Th) 19-20 (Th-F)	Leadership Meeting (Section Leaders & Directors) Uniform Fittings Mon - Seniors 6-7 PM, Juniors 7-8 PM; Tues - Soph 6-8 PM; Wed - Fresh WW's 6-Drum Camp Voluntary Music Rehearsals Music Checks All Sections Full Marching Band Rehearsal Music Checks All-Sections	10:00 AM-12:00 PM 6:00-8:00 PM 8 PM; Thurs - Freshmen Brass/Perc 9:00 AM-Noon & 1-3:00 PM 9:00 AM-10:30 AM 10:30 AM-Noon 6:00 PM-8:30 PM 4:30-PM-5:30-PM	
23-27 (M-F) 27 (F)	Band Camp Week 1 7:30 AM-11:15 AM Full Band Rehearsal 11:25-12:15 PM Daily Sectionals w/ music checks Band Pool Party) Band Camp Week 2 4:30-5:30 PM Daily Sectionals 5:30-6:00 PM Daily Music Checks 6:00-9:00 PM Full Band Rehearsal	7:30 AM-12:15 PM 6:00-9:00 PM 4:30-9:00 PM	GlenOak TBA GlenOak
AUGUST 2 (Th) 3 (F) 4 (Sa) 5-12	Band Parent Show Picture Day 2018 Pro Football Hall of Fame Parade No Rehearsal—Vacation Week	8:30 PM 8:30 AM-10:30AM 5:45 AM-9:30 AM	GlenOak Stadium GlenOak GlenOak
13-16 (M-Th) 18 (Sa)	Evening Band Rehearsals Car Wash at Wendy's Washington Square Freshmen/Juniors 9:30 AM-Noon Sophomore/Seniors 11:30 AM-2:30 PM	6:00-8:30 PM 9:30 AM-2:30 PM	GlenOak Washington Sq.
20 (M) 22 (W)	Band rehearsal for Stark County Fair Be ready to depart HS by bus at 5:30 PM. We will return by 7:30 PM 5th Grade Recruitment Performance	5:30 PM - 7:30 PM 1 1:00-3:15 PM	GlenOak GlenOak
23 (Th) 24 (F) 28 (Tu) 31 (F)	This is for 10th, 11th, and 12th graders - We will bus from HS to Gle After-School Rehearsals Begin (every Mon & Thurs) GO vs Toledo Whitmer HS (Away) Stark County Fair GO vs Massillon (Home)		

Date	Event	Time	Meeting Location		
SEPTEMBE	R				
7 (F)	GO vs. Royal Imperial, Ontario (Home)	5:15 PM/7 PM KO	GlenOak .		
8 (Sa)	Lake High School Band Show	5:30 PM/7:00 PM	GlenOak		
9 (Sun)	GlenOak Band Quarter Auction Not Mandatory - This is a fundraiser	2:00-4:00 PM	GlenOak Commons		
14 (F)	GO vs. Hoover (Away)	5:30 PM/7:00PM KO	GlenOak		
15 (Sa)	Plain Local Family Fun and Fit Day (Pep Band)	8:30-9:30 AM	GlenOak		
15 (Sa)	2018 GO Mattress Sale	10:00 AM-5:00 PM	GlenOak		
	Not Mandatory - This is our annual band uniform fundraiser	E 45 DM 27 00 DM 1/0	Ole - O - F		
21 (F)	GO vs. Green (Home—8th Grade Band Night)	5:15 PM/7:00 PM KO	GlenOak		
28 (F)	GO vs. Jackson (Away)	5:15 PM/7:00 PM KO	GlenOak		
OCTOBER					
5 (F)	GO vs. St. Vincent St. Mary (Away)	5:00 PM/7 PM KO	GlenOak		
12 (F)	GO vs. McKinley (Homecoming)	5:15 PM/7 PM KO	GlenOak		
19 (F)	GO vs. Lake (Away)	5:30 PM/7 PM KO	GlenOak		
22 (M)	Marching Band Concert Dress Rehearsal	2:30-5:00 PM	GlenOak Theater		
23 (Tú)	GO Marching Band Concert	6:15 PM/7 PM	GlenOak		
26 (F)	GO vs. Perry (Home—Senior Night)	5:15 PM/7 PM KO	GlenOak		
NOVEMBER					
2 (F)	Potential Football Play-Off Game #1 (Regional Qtr)	TBA			
2 (1) 9 (F)	Potential Football Play-Off Game #2 (Regional Semi)	TBA			
16 (F)	Potential Football Play-Off Game #3 (Regional Final)	TBA			
23 (F)	Potential Football Play-Off Game #4 (State Semi)	TBA	<u> </u>		
30 (F)	Potential State Football Championship Game	TBA			
(·)	. Comment of the manufacture of the				

- <u>Attendance Policy</u>: Directors need a minimum of 2 weeks written notice if missing a band rehearsal/3 weeks written notice if missing a performance unless of an emergency or illness. This can be done by filling out the online form on the band website or turning in an Absence Form which is found also on the website.
- All football games start at 7:00 PM (unless changed by Athletic Dept.)
- Band departs from GlenOak HS for all events on this calendar
- Students should always wear their Band Shorts, 2018 Band T-Shirt, Black (calf high) Socks, Band Shoes/Spats when reporting for a band performance. See band handbook for additional uniform requirements.
- Home Games: Band students can report at the listed time in band shorts, band shirt, black socks and black shoes/ spats
- Away Games and Band Shows: Students need to be in band uniform 15 minutes after call time ready for attendance. Building opens 20 minutes before call time. Call time is the first time listed.
- All Band Rehearsals: Make sure you have tennis shoes and socks.
- Band Rehearsals After School: Mondays and Thursdays from 2:30 PM-4 PM

All Rehearsals and Performances are required and graded.

Additional Concert Band/Jazz Performance Dates 2018-2019

Dec. 6, 2018 Jan. 19, 2019 Feb. 27, 2019 March 12, 2019

GO Band Holiday Concert HS Solo and Ensemble GlenOak Jazz Festival GO Band PreContest Band Concert

March 15-16, 2019 G April 4-9, 2019

GO Bands at OMEA District Band Contest GO Band Trip to Florida GO Band Spring Concert OMEA State Band Contest

April 23, 2019 April 26-27, 2019

Fundraising Opportunities 2018-2019

July 19-August 2

Taggert's Pint Card Sale

Sept. 7-21

Pepperoni Roll Sale

Pick-up Oct. 10

Sept. 15

Mattress Sale

Oct.—Nov.

Citrus Sale

* March

Cookie Dough/Easter Candy

^{*} Doesn't count toward Florida since all trip payments have been collected

<u>PLIMPA</u>

Plain Local Instrumental Patrons Association

2018-2019 Patron Advertising

Become a Patron Advertiser for the 2018-19 school year and show your support for the instrumental music programs in Plain Local Schools!

Funds raised through Patron Advertising are used for a wide variety of purposes including, but not limited to, uniform repairs, maintenance and replacement, guest artist fees, student entry fees for adjudicated events, scholarships and many more!



Checks made payable to PLIMPA

Mail to:

PLIMPA

Attn: Patron Advertising

PO Box 8748

Canton, OH 44711-8748

The various levels and benefits of Patron Advertisers are:

GOLDEN EAGLE BUSINESS PATRON...... \$100

- 1/8-page ad in the 2018 GOHS Fall Sports Program
- Business name listed in the 2018 Fall Sports Program
- Business name listed in the 2018-19 Instrumental Music concert programs
- Business ad on GlenOak Band official website

GOLDEN-EAGLE-PATRON.....\$50-99

- Name listed in the 2018 GOHS Fall Sports Program
- Name listed in the 2018-19 Instrumental Music concert programs

GOLD PATRON......\$20-49

Name listed in the 2018-19 Instrumental Music concert programs

Patron Level (check one):GOLDEN EAGLE BUSINESS	GOLDEN EAGLEGOLD
Returning sponsors, use same ad as last year? YES / NO (I deadline. Please use PLIMPA Ad as the subject.)	If no, please email new ad pdf to mnichols@uakron.edu by
Business Name	Reservations/payments due by Aug
Contact Name	1 st for first printing. Late submissions accepted for later
Address	printings.
Phone NumberFax Number	New Patrons send ad to above email
EmailW	Vebsite
Patron/ Advertiser name (As it should appear in programs)	

YOU ARE INVITED TO A QUARTER AUCTION TO BENEFIT THE

Genoak High School BAND

SUNDAY, SEPTEMBER 9th 2018

At GLENOAK HIGH SCHOOL



In the commons, Door 17 1801 Schneider St NE Canton, OH 44721 Door opens @ 12



Door obenz @ 17

Auction 1-4 pm

- Tickets will be \$5.00 each and are available at the door only.
- Each ticket includes one paddle to bid. Additional paddles may be purchased for \$1.00 each. There is a MAXIMUM of two extra paddles per person.
- A limited number of "ALL-IN" paddles will be available for purchase. These give you extra bidding power! Ask for details when you purchase your ticket.
- Bring as many quarters as you can, but don't worry if you run out! A "quarter bank" will be available
 and credit cards are accepted.
- Concessions will be available.
- Check out great products for sale by local vendors before the auction begins!

BID INCREMENTS BASED ON RETAIL VALUE

\$0 TO \$24.99...1 QUARTER BID

\$25 TO \$49.99... 2 QUARTER BID

\$50 TO \$74.99... 3 QUARTER BID

\$75 TO \$99.99... 4 QUARTER BID

\$100 TO \$199... 5 QUARTER BID

GREATER THAN \$200... 6 QUARTER BID

If you are interested in donating an item, contact Dianne Casasanta at 330-284-3476 or Megan Nichols at 330-284-6501



PURPOSE - To enable parents and guardians to authorize the provision of	of emergency treatment for children who become ill or injured while under ation may be shared with the educational team to best meet your child's needs.			
Student Name	Phone # Bus #			
Address	School District			
	School Attending			
Address Change Y N Birth Date	Sex M F Grade Home Room			
Mother Day Phone #	Cell #			
	Cell #			
	Phone #			
	Phone #			
I hereby give consent for the following medical care providers and local Doctor	al hospital to be called: Phone #			
Dentist	Phone #			
Medical Specialist	Phone #			
Hospital	Phone #			
Check below any CURRENT health condition that may require attention	on during the school day:			
Allergies (be specific) Foods EpiPen Yes No Medicines	Other health conditions (be specific) Previous surgeries (be specific)			
Bee Stings EpiPen Yes No				
Other Vac Vac Na	Previous concussion/head injury-year			
Asthma Uses emergency inhalerYes No Inhaler will be at schoolYes No	☐ Hearing problems Has hearing aids Yes No ☐ Vision problems (be specific)			
☐ Cancer				
☐ Diabetes	Wears: Glasses Contacts			
Seizures Unant analysis (ha analifa)	□ ADD/ADHD			
Heart problems (be specific)	Behavior/emotional problems			
Physical disability (be specific)	☐ Bleeding Disorder			
	☐ NO CURRENT HEALTH CONDITIONS			
List all medications and dosages your child receives on a continual	l basis:			
PLEASE COMPLETE PART	I OR PART II — NOT BOTH			
Part I — TO GRANT CONSENT In the event reasonable attempts to contact me have been unsuccessful, I hereby give my consent for: (1) the administration of any treatment deemed necessary by the designated physician or dentist, or in the event the designated practitioner is not available, by another licensed physician or dentist; and (2) the transfer of the child to the designated hospital or any hospital reasonably accessible.				
This authorization does not cover major surgery unless the medical opinion of two other licensed physicians or dentists, concurring in the necessity for such surgery, are obtained prior to the performance of such surgery.				
	nature			
Part II — REFUSAL TO CONSENT I do not give my consent for emergency medical treatment of my child. In the event of illness or injury requiring emergency treatment, I wish the school authorities to take no action or to:				
Date Parent or Guerdian REF	USAI. Signature			

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Plain Local School District

Medication Administration Record (MAR) General Medication Form

	(Including Ast)	ıma İnhaler and	Epin	ephrine Autoinjector	Use)		
Student Ir	formation					•	
Student nam	Student name					Date of birth	
Student add	ress					· · ·	<u> </u>
School		Grade/Class	Teach	St.		·	School year
List any knov	n drug allergies/reactions	·	·		Height		Weight
Prescriber	Authorization	-			 		
Name of med	Name of medication Circumstance for use						
Dosage	Dosage		Route		Time/Interval		
Date to begin	Date to begin medication		Date to end medication				
Circumstance	rs for use		Ł				
Special instru	ctions						
Treatment in	the event of an adverse reaction						
Epinephrine A	 Yes, as the prescriber I have determine 	d that this student is c	apable	of possessing and using this a	utoinjector ap _l	propriately and	have provided the student
Asthma Inhale					_		
	Yes, if conditions are satisfied per ORC 3317.716, the student's school is a participant.	e student may possess	s_àṇd_us	ë the inhaler at school or at ar	y_activity_even	t or program sp	onsored by or in which the
Procedures fo	or school employees if the student is unable to administe	r the medication or i	if it doe	s not produce the expected	relief		
Possible Severe Adverse Reaction(s) per ORC 3317.716 and 3313.718 a) To the student for whom it is prescribed (that should be reported to the prescriber)							
b) To a student for whom it is not prescribed who receives a dose							
	ion Instructions on require refrigeration?	dication a controlled s	ubstanc	e? 🖸 Yes 🔘 No		•	· · · · · · · · · · · · · · · · · · ·
Prescriber signature		Date				Fax	
Prescriber name (print)							
Reminder note	for prescriber: ORC 3313.718 requires backup epinephrine	autoinjector and best p	practice	recommends backup asthma	inhaler.	<u> </u>	
Parent/Gua	rdian Authorization						
☑ lauthori dosage	I authorize an employee of the school board to administer the above medication, 🗹 I understand that additional parent/prescriber signed statements will be necessary if the dosage of medication is changed. 🖾 I also authorize the licensed healthcare professional to talk with the prescriber or pharmacist to clarify medication order.						
Medication form must be received by the principal, his/her designee, and/or the school nurse. If understand that the medication must be in the original container and be properly labeled with the student's name, prescriber's name, date of prescription, name of medication, dosage, strength, time interval, route of administration and the date of drug expiration when appropriate.							
Parent/Guardia	n signature	Date		#1 contact phone	•	#2 contact p	phone
Parent/Gua	rdian Self-Carry Authorization			<u></u>			
program	For Epinephrine Autoinjector. As the parent/guardian of this student, I outhorize my child to possess and use an epinephrine autoinjector, as prescribed, at the school and any activity, event, or program sponsored by or in which the student's school is a participant. I understand that a school employee will immediately request assistance from an emergency medical service provider if this medication is administered. I will provide a backup dose of the medication to the school principal or nurse as required by law.						
☐ For Asthro	For Asthma Inhaler: As the parent/guardian of this student, I outhorize my child to possess and use an asthma inhaler as prescribed, at the school and any activity, event, or program sponsored by or in which the student's school is a participant.			nt, or program sponsored by			
Parent/Guardia	<u> </u>	Date		#1 contact phone		#2 contact ph	one
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May 22, 2018

Dear GlenOak Band Parents and/or Guardians,

The information attached to this letter is about Lindsay's Law which deals specifically with **Sudden Cardiac Arrest** (SCA). Lindsay's Law went into effect in 2017. We have chosen to participate with the other GlenOak athletic organizations to educate our students, parents, and staff about this life-threatening event. As you know, marching band is a highly physical activity which can potentially trigger the warning signs of Sudden Cardiac Arrest.

Our entire band staff has been through the necessary training to recognize symptoms of Sudden Cardiac Arrest in our students and how to help a student in the event SCA occurs.

I am asking you as the parent/guardian to review this information so that you fully understand Lindsay's Law and more importantly, Sudden Cardiac Arrest. As the parent, you also know if your child has ever experienced any of the warning signs associated with SCA. You and your band student are **required** to review the attached information and return the signed Parent/Athlete Signature Form this week. There is a video regarding Sudden Cardiac Arrest posted on our band website (WWW:GOHSBAND:COM) which further details the information in the attached handouts.

Thank you for your attention to this and please send in the signed Signature Form to any band director.

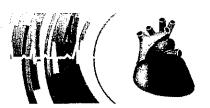
Sincerely,

Chris Irwin

Director of Bands

GlenOak High School

Sudden Cardiac Arrest and Lindsay's Law Parent/Athlete Signature Form



What is Lindsay's Law? Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

Which youth athletic activities are included in Lindsay's law?

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

What is SCA? SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) an heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

What symptoms are a warning sign of SCA? A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained-fainting/near-fainting or dizziness —
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play? The coach MUST remove the youth athlete from activity immediately. The youth athlete MUST be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

What happens if an athlete experiences any other warning signs of SCA? The youth athlete should be seen by a health care professional.

Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

What is needed for the youth athlete to return to the activity? There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must review information about Sudden Cardiac Arrest, then sign and return this form.

Parent/Guardian Signature	Student Signature
Parent/Guardian Name (Print)	Student Name (Print)
Date	Date



