

Rehearsal Guide (Clothing and Accessories)

The most important things to bring to ANY rehearsal are:

- 1) A GOOD "TEAM" ATTITUDE
- 2) A WILLINGNESS TO WORK HARD

It is also essential for you to understand how important that what you WEAR and how you EAT can impact your performance as a member. Always ask yourself, "how can this help me?" when you consider your options. Marching band is NOT A FASHION SHOW!!! As in all things, **it's not WHAT you do...it's HOW you do it.**

Here are examples of how we dress and our accessories:



Consider yourself an athlete. We are constantly moving while on and off the field. You will need clothing that allows to do your job at the highest level. Athletic pants are also acceptable. That being said: **NO JEANS...NO SANDALS...EVER!!!**



Your rehearsal backpack and water jug will quickly become your new best friends. Inside the backpack should be the following: **3-ringed music binder (with plastic page protectors), pencil, sunblock, sunglasses, snacks, phone.** Also, your Tiger Regiment hoodie or a light jacket on cold mornings/evenings.



Rehearsal Guide (Nutrition)

One of THE BEST THINGS you can do for yourself, as a performer, is to know how to fuel your body properly. There are many ways to accomplish this, and we will continue to evolve this portion of our programming. Think of your body as a vehicle. The better fuel you put in it, the better it will **run**. The more maintenance you are aware of it needing, the better it will **perform**.

Here are a few tips to follow:

- Eat a half hour to an hour BEFORE REHEARSAL
- Carbs are GOOD!!! They are your slow burning energy stores.
- Carbs from processed sugars...not so good!!!
- MOST FRUITS AND VEGETABLES CONTAIN ANTI-INFLAMMATORY BENEFITS
- MOST MEATS HAVE INFLAMMATORY DRAWBACKS
- Calories are GOOD!!! You will burn hundreds of calories every rehearsal.
- Fats...know the difference between good fats and bad fats
- Go easy on the sports drinks...LOTS OF SUGAR in those things.
- Learn to love the saving grace of water.
- Stretch your body...Before, During, and After rehearsals.
- Sleep...get as much as you can!!!

Breakfast: CARB UP!!! Pancakes, potatoes, cereals, whole-wheat breads. Also consider a fruit option and maybe easing up on your dairy intake. Remember, fats are good...try avocado toast. And water!!!

Snack #1: Fruit, granola, trail mix, pre-made salad, water (Stretch)

Lunch: Stay away from heavy and greasy food options!!! Consider a rice bowl with chicken and veggies. Or a sensible sandwich option. Keep fruit and vegetables in this meal. Remember: Carbonation from soda will hinder your performance. Water or most juices are better options.

Snack #2: Fruit, granola, trail mix, pre-made salad, water. (Stretch)

Dinner: As this will be after most rehearsals...remember, eating late isn't always the best option. But your body will need fuel for the next day...as well as help to get you to sleep.

Pasta dishes, big salads, lean meats, and MORE WATER!!! (Maybe a little ice cream!!!)

Bedtime: Give your body 8-10 hours of sleep daily. You are at an age where the hours you sleep has a DIRECT IMPACT on how you function as a student/performer. Sleep is when your body and brain get to **repair themselves**. If necessary (ask your parents), Ibuprofen or acetaminophen can help to ease joint and muscle pains from a day of demanding activity.

Drink water and stretch to help prevent muscle cramps that may occur during sleep.

"We are...what we repeatedly do. Therefore, excellence is not an act, but a HABIT"

-Aristotle