



Dear MJHS Band of Gold Students and Families,

As one school year barely comes to a close, the Band of Gold band boosters and band directors are already busy making preparations for the upcoming marching band season. We look forward to you joining us on this musical adventure which we hope will culminate in another award-winning season for MJHS Band of Gold.

Enclosed is all the information you will need to become a member of the MJHS Marching Band or Color Guard.

### **New and Returning Students: Marching Band & Color Guard**

All Medical Forms are due **May 3rd, 2024**, at the orientation meeting. We need both copies completely filled out and notarized. Online registration and contracts are due by **May 28th, 2024**, with the first full payment.

The first fee (orientation) payment is due no later than **May 4th, 2024**.

As you browse through the enclosed materials, the information may seem overwhelming at first. Please do not hesitate to contact a band booster board member at any time with questions. We are all here to support you and your students throughout your band experience.

Regards,

**Tony Cox**  
Band Director  
[Coxt@wcschools.com](mailto:Coxt@wcschools.com)

BOG Booster President  
[mjbogboosterpresident@gmail.com](mailto:mjbogboosterpresident@gmail.com)

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## 2024 Marching Band & Color Guard Dues Schedule

The Band of Gold dues schedule option.

- **Dues No-Volunteering \$1,500:** No committees, no fundraising, all payments made.
- **Dues \$1,500: Volunteer at least 10 hours to the BoG,** help committees, attend booster activities, and support the band program events. Last payment will be waived (\$250 = \$1,250 total) if all hours have been accounted for. Does not include hours worked in concessions. A sign up sheet will be provided and will need to be signed off by Band Board Booster members.
  - Examples to help offset your costs of band dues - Various Fundraising, working Concessions, working 3E

All payments made, Minimum (nonrefundable) deposit of **\$150** are due no later than **May 4th, 2024** for all band and color guard students. Full Payment may be made at any time if preferred. Please use the QR code or link on the last page of the packet to fill-out the registration form.

Payment schedule is available below.

Payment Due Date	Scheduled Amount
05/04/2024 *	\$150.00 <i>-nonrefundable</i>
06/01/2024 *	\$275.00
07/18/2024	\$275.00
08/15/2024	\$275.00
09/21/2024	\$275.00
<b>10/19/2024</b>	<b>\$250.00</b> <b>(can be waived if volunteered - 10 hrs.)</b>
TOTAL	\$1,500

**\*Each student must pay the first \$425 in fees directly, not through fundraisers or concessions.**

## Marching Band Payment Options



### Forms of Payment Include:

**Givebacks** payments can be made with the link above or by <https://mjhsband.memberhub.com/store?limit=21&live=true>. Please include your student's name, parent email address, and the purpose of the payment on each payment sent.

**Checks** should be made out to Mt Juliet Band Boosters. Please note your child's name on the check. Payment may be given directly to a BOG board member or sealed in a white envelope (including student name and purpose of payment) and then placed in the band's white box (located inside Mr. Cox's office).

**Band of Gold Website:** Payments may also be made through the Band of Gold website via the donate link on the home page. Payments can be made via credit card. Contact MJHS BOG Treasurer at [mjbogartreasurer@gmail.com](mailto:mjbogartreasurer@gmail.com) if you have any questions.

Please do NOT send cash! We cannot be responsible for any lost cash payments.

Fulfillment of your band dues commitment is an integral part of the Band of Gold's budget planning process. Band dues cover items such as music, uniform cleaning, equipment, props, instructor training, instrument repairs, transportation fees, and competition fees.

### Fundraisers

There are several opportunities offered throughout the marching season to help supplement fee payments. These include fundraisers such as Georgia peaches, mums, and working in concessions.

Profits from select fundraisers are split between the band and the student. The band receives 25% of the profits and the student receives 75% of the profits toward their band fees. For example Peaches Full Flat \$25- Total profit \$12.50 - student credit \$9.38 and band credit \$3.12. Some fundraising events are held for the general Band of Gold fund. This will be made clear at the beginning of each fundraiser.

Spirit wear such as band shirts, band gear bags, etc. will typically be available for purchase at the beginning of June with delivery in July. Watch for future emails detailing this year's items.

### Committees

Various committees that you can be a part of and what help make this band function as a whole. More information regarding duties of individual committees is available on the band website.

Chaperones  
Tote & Tow/Props

Uniforms/Sewing  
Special Events

Fundraising  
Guard Parent

Hospitality  
Meals

Corporate Grants/Donations

# Marching Band Camps, Rehearsals, and Meals

## Orientation and Band Camp – All Members

**Orientation Camp: May 2,3 & May 4. Parent work day 7:30-noon on Saturday, May 4th**

**Band Camp: May 28th - June 1st with a parent workday scheduled on June 1st, July 20th, and August 3rd.**

Individual groups may also have practice times outside of those listed. Please refer to the band calendar for specific times. ***Band camp is required for all Marching Band students. Mr. Cox must approve any anticipated absence.***

## After-School Rehearsals

The regular practice schedule begins on **August 2nd** and ends in early November. The schedule varies based on what group your student participates in (Winds, Percussion, Guard). Please refer to the band calendar for details.

Note: Times/dates may be adjusted to compensate for weather and other activities on campus.

## 2024 Regular Game Schedule – MJHS Golden Bears Football\*

Aug 23 - @ Cane Ridge

Aug 30 - @ Hunters Lane

Sept. 6 - Gallatin

Sept. 13 - Warren Co.

Sept. 20 - @ Cookeville High

Sept. 27 - Wilson Central

Oct. 4 - Antioch

Oct. 11 - @ Lebanon

Oct. 25 - Franklin

Oct. 31- @ Green Hill

## Typical Full Rehearsal Day Schedule

TIME	EVENT	NOTE
<b>7:00</b>	<b>Band Room Opens</b>	
<b>7:30*</b>	<b>Rehearsal</b>	We will start outside most days. Proper rehearsal attire, water, sunscreen required.
<b>10:00</b>	<b>Break</b>	Inside- bring your own snacks
<b>10:30</b>	<b>Rehearsal</b>	Location will depend on the weather
<b>Noon</b>	<b>Lunch</b>	Cafeteria. Bring your own meal. Student drivers will not be allowed to leave campus. It is ok to deliver food to students.
<b>1:00</b>	<b>Nap</b>	Full Band in band room. Bring a pillow/sleeping bag/blanket and relax with no distractions.
<b>1:30</b>	<b>Rehearsal</b>	Location will depend on the weather
<b>4:00</b>	<b>Dinner</b>	\$7.00 provided by band boosters. This will be a full meal. Menu will be posted as we get closer to full day rehearsals.
<b>5:30</b>	<b>Rehearsal</b>	Outside
<b>8:00</b>	<b>End</b>	Go Home 😊

\*We **DO NOT** punish students for arriving late to rehearsal. We do however aspire to develop within each student the understanding of why arriving before rehearsal/work begins is a life skill.

\*\*Proper rehearsal attire and other information can be found in the information packet.

*In the wise words of Mr. Cox: If you are early, you are on time; if you are on time, you are late!*

## Band Meals

- During band camp and on weekends, students are encouraged to eat a light breakfast prior to practice. This is especially important on days when the weather is hot, so your student does not get sick.
- The Band Boosters/Meal Committee provides dinner to students before all football games at a cost of **\$7**. Band meals consist of an entrée, salad, fruit, dessert, and water or juice. Specifics are communicated weekly via email.
- During 12-hour practice days, the Band Boosters/Meal Committee provides one meal to students at the cost of \$7. This meal consists of the same items as mentioned above. Students will need to bring a sack meal, or parents are welcome to drop off a meal during the break period.
- The Band Boosters/Meal Committee also typically provides a meal on competition days for an additional cost. Depending on the schedule, a snack may also be provided on competition days, although this will vary. Details and specifics for competition days are communicated weekly via email.
- Please encourage your students to NOT skip meals.

Boosters and parent volunteers cannot be responsible for allergies. Please make sure your child is able to avoid any foods they may be allergic or sensitive to.

## *Marching Band Rehearsal and Competition Dress Code*

### ***Rehearsal Days:***

Students should arrive to practice wearing:

- **Solid** white short-sleeve shirt – **no logos and with sleeves** (sleeves should not be cut off), please.
- Black shorts
- Comfortable lace-up tennis shoes with socks
- Sunblock (applied prior to rehearsal time)
- Sunglasses are suggested

\*\*\*Students should also come prepared with a large container filled with water. A 16/20 oz. water bottle is not appropriate. Please see the sample below (Igloo ½ gallon jug)



### ***Competition Days:***

Based on schedule of performance/competition, students should either arrive in or be prepared to change into:

- **Solid** colored (color to be determined) short-sleeve shirt. No logos and should be a snug fit in order to not show through the uniform. Wicking shirts are preferred.
- Solid colored (color to be determined) shorts. Shorts should not be baggy.
- Calf/Knee high solid colored (color to be determined) socks. Socks cannot be ankle or no show. (The goal is if pants move up during performance, skin should not be visible.)

***Please note, Color Guard students will wear separate dress undergarments and Guard instructors will advise of those needs.***

Completed **Medical Forms & copies of insurance cards** need to be returned to the Band of Gold Booster Secretary either in the Purple folder or can be emailed to [mjbogsecretary@gmail.com](mailto:mjbogsecretary@gmail.com).

Completed online under the Digital Marching Season Forms tab on the Mt. Juliet Band of Gold website.

***OR***

Forms may be returned to the band's purple folder (located inside Mr. Cox's office, in a wire basket hanging on the wall to your left as you are standing in front of his desk) Students **MAY NOT** participate in band activities, including band camp, without having completed Medical Forms, Media Form, and Fee Contract on file.

### **Heat-Related Illness**

Marching Band students spend a significant amount of time practicing and rehearsing outside. All marching band-related competitions and performances also occur outside. Our instructors are very cognizant of the temperatures and encourage frequent water and rest breaks.

However, starting to drink water on the day of practice or competition is too late. It is our job as parents/guardians to encourage and educate our children on the importance of hydrating early and often (with water).

Included for your reference is some information pertaining to heat-related illness. In almost all cases this can be prevented through appropriate hydration.

## **What is heat-related illness?**

A result of your body overheating. In hot weather, your body cools itself mainly by sweating. The evaporation of your sweat regulates your body temperature. However, when you exercise strenuously or otherwise overexert in hot, humid weather, your body is less able to cool itself efficiently.

### **Signs and Symptoms**

Signs and symptoms of heat exhaustion may develop suddenly or over time. Heat-related illness is more common in hot temperatures with high humidity and strenuous physical exercise. Heat-related illness is also more likely with dehydration. Heat-related illness can range from mild to severe.

#### **1. Mild (Heat Cramps):**

- Heavy Sweating
- Painful muscle spasms during activity or hours later
- Develop heat rash
- Feeling irritable, dizzy, or weak

#### **2. Moderate (Heat Exhaustion):**

- Heavy sweating
- Cold, moist, pale, or flushed skin
- Feeling very weak or tired
- Headache
- Nausea
- Lack of appetite
- Rapid and/or weak pulse
- Painful muscle cramps

#### **3. Severe (Heat Stroke) – Call 911 or go to the Emergency Room Immediately!**

- Not sweating
- Hot, dry skin that looks red, gray, or bluish
- Deep, fast breathing
- Headache
- Nausea
- Rapid, weak, or irregular pulse
- Dizzy, confused, or delirious
- Fainting
- Convulsions or shaking movements

## Prevention

The following are ways to prevent heat-related illness:

- Hydration – encourage more fluids than normal
- Frequent rest breaks during exercise or physical activity
- Loose fitting clothing
- Spray cool water on skin
- Hats/visors
- Shaded areas

## Treatment

**Heat Cramps:** You usually can treat heat cramps by drinking fluids or sports drinks containing electrolytes (Gatorade, Powerade, others), getting into cooler temperatures, such as an air-conditioned or shaded place, and resting.

### **Heat Exhaustion:**

- **Rest in a cool place.** Getting into an air-conditioned building is best, but at the very least, find a shady spot or sit in front of a fan. Rest on your back with your legs elevated higher than your heart level.
- **Drink cool fluids.** Stick to water or sports drinks.
- **Try cooling measures.** If possible, take a cool shower, soak in a cool bath, put towels soaked in cool water on your skin, mist the skin, stand in front of fans, or use cold or ice packs. Place ice packs on the neck, chest, forehead, and underarms.
- **Loosen clothing.** Remove any unnecessary clothing and make sure your clothes are lightweight and nonbinding.

If you don't begin to feel better within one hour of using these treatment measures, seek prompt medical attention. Untreated, heat exhaustion can lead to heatstroke, a life-threatening condition.

**Heatstroke:** Call 911! Heatstroke requires immediate medical attention.





## Staying Connected Social Media and Communication



**Facebook Group:** Where students, parents and staff can ask questions or post schedule changes:

[Facebook.com/groups/MJBoG](https://www.facebook.com/groups/MJBoG)

**Facebook Page:** Our public presence on Facebook used for publishing events of public announcements:

[Facebook.com/MJBandOfGold](https://www.facebook.com/MJBandOfGold)



**Twitter:** @mjbandofgold



**Instagram:** @mjbandofgold



**YouTube:** MJ Band of Gold

**Website:** [mjbandofgold.com](http://mjbandofgold.com)

**Text Reminders:** Text 81010, Enter below the following section your student is in:

Brass - @bogbrass

Woodwinds - @bogwoods

Percussion/Front Ensemble - @bogpercu

Color Guard - @bogcgard

**Linking Band of Gold Calendar to Google Calendar/Mobile Phone App:** The band calendar listed on the MJ Band of Gold Web Site can be linked to your Google Calendar.

- Go to the MJ Band of Gold Website
- Click the link for the calendar • At the bottom right side of the calendar click
- This opens Google Calendar
- Mt Juliet Band of Gold should show in Other Calendars
- Click the checkbox to add to your Google calendar
- The MJ Band of Gold Calendar is visible on your personal Google calendar including the Google Calendar App for mobile phones



## ***REGISTRATION FORM INFORMATION:***

**Please scan the QR Code or follow the link to register your student with  
the Band of Gold.**



**OR**

**Registration link:**

<https://forms.gle/gnfhrGSrh3nhcW26A>