ABRHS, 36 Charter Rd., Acton, MA 01720 (978) 264-4700 X3415, email: mhickey@abschools.org

June 21, 2017

Dear AB Band Members.

Please read this letter thoroughly and share with your families. It has a great deal of information you all need to be aware of.

Our 2017 field show is titled "INVINCIBLE!" Within the music are contained many incredible moments of dark mystery, moments of reverent beauty, and moments of stormy passion that through the ebb and flow of the composition builds great energy and excitement. It will be presented in 3 parts, each with a distinctive flare and feature. We'll have opportunity to showcase all sections of the band and bring a great show to life! I am so looking forward to working on this with you!!

Band Camp '17 is scheduled for the week of August 21 - 25, 9am – 9pm on Monday thru Thursday and 9am – 3pm on Friday. You will be given one hour for lunch and two hours for dinner each day. On the first day of camp you will need to bring your lunch, but during our dinner break, 4 – 6pm, our terrific support group, the Friends of Music, will host a welcoming Pizza Party. This will give us an opportunity to share our experience of the first day and get to know each other a little better. At the conclusion of rehearsal on Friday, we will have a party at Nara Park...details to follow. If for any reason you are unable to attend any portion of band camp, send a note or email me at the address above before band camp begins. If your plans have changed and you are not planning to participate in band, please, please, let me know. The design of the show depends on every individual in it!

In order to make the week safe and comfortable for all band members we request that you adhere to the following: 1. Eat a good breakfast with plenty of fluids and bring a substantial lunch and drink. 2. Wear light colored, loose fitting clothing and sneakers (NO SANDALS – you will be sent home for sneakers otherwise). 3. Bring a sun hat, sunglasses and sunscreen (apply to all exposed areas - neck, face, ears, etc.). 4. Bug spray for the evening session.

# Each band member must bring a personal sized drink cooler for field practice. It will be a long hot rehearsal without it!!!

Percussionists and Color Guard please see calendar for pre-camp sectional dates.

Please be sure to download all the required forms and information. Contact and volunteer information will be collected via online forms. Other forms need to be printed out and returned to me at the high school. **Please go to** <a href="http://www.abform.org">http://www.abform.org</a> to download the summer packet of forms and the links to online forms. Your forms must be filled out and returned by July 15. The band forms and information packet contains: 1. Medical Form. 2. Extra-curricular Agreement. 3. Uniform Information. 4. Fundraising /Uniform Contract. 5. Activity Fee Notice /An invitation to new or interested band parents to an informational meeting about all the "how to's" of the program. 6. AB Friends of Music Membership registration. 7. CORI Information. 8. The AB Band Schedule. 9. Band Form Checklist. Seems like a lot of "stuff" but it is pretty painless and once it's done, it's done!

Parents please be sure to visit <a href="http://www.abfom.org">http://www.abfom.org</a> and link to the volunteer interest survey under Reminders listed on the home page. Our music program and young musicians depend on your support! There are many ways you can help out. We hope you can find a way.

I am really excited by what I've heard of the few rehearsals we've had with the new field show music and can't wait to see it come together! Looking forward to greeting you all at band camp! So.... if you have any questions about anything, please give me a call at my office, 978-264-4700 x3415, or email me at mhickey@abschools.org, I'll be around all summer and I'd love to hear from you.

The success of our program depends on the commitment of its members. Be on time (to be early is to be on time. To be on time is to be late), be positive, be generous with your help to others and don't settle for anything less than a 100% effort on everyone's part. Remember..."The achievements of an organization are the results of the combined effort of each individual."—Vince Lombardi

See you in a few weeks. Have a great summer!

Sincerely,

Mark W. Hickey

P.S. – I mentioned more opportunities were being planned by ABFOM to provide more selling opportunities for this summer's fundraisers, AB Solar Glasses and ABFOM Car Wash tickets. Here is a list of dates and locations being organized. BE SURE TO GET INVOLVED!!!

sign up via <a href="http://www.signupgenius.com/go/10c0c45aaa62aa4fc1-solar">http://www.signupgenius.com/go/10c0c45aaa62aa4fc1-solar</a>

Ace Hardware Acton: Saturday July 1st - table confirmed: 8:30am to 12:30pm

Acton Boxborough Farmers Market: Sunday July 2nd - table confirmed: 10am to 1pm

Acton Transfer station (aka dump): Saturday July 8th - table confirmed: 8am to 1 pm

Roche Bros grocery Acton: Saturday July 15th - table confirmed: 8:30am to 12:30pm

Ace Hardware Acton: Saturday July 22nd - table confirmed: 8:30am to 12:30pm

Ace Hardware Acton: Saturday August 5th - table confirmed: 8:30am to 12:30pm

Acton Transfer station (aka dump): Saturday August 19th - table confirmed: 8am to 1 pm

Acton Boxborough Farmers Market: Sunday August 20th - table confirmed: 10am to 1pm

ALSO DON'T FORGET ABOUT THE FRIENDS AND FAMILY SPONSORSHIP PROGRAM. See the information at www.abfom.org!!!

PRIDE And EXCELLENCE!!!



#### INTERSCHOLASTIC (Blue) BAND PARTICIPATION FORM

#### **Acton-Boxborough Regional Schools**

978-264-4700 Ext. 3415

Marching Band Members are responsible for having this form completed by a Parent/Guardian and the Health Office <u>PRIOR</u> to band camp. Completed forms should be returned to the band director prior to camp. *NOTE: Students without a completed form will NOT be allowed to participate.* 

Attached to this form, please provide a copy of your most recent physical examination. The form must state date of examination and whether or not the student is physically fit for participation.

#### TO BE COMPLETED BY PARENT OR GUARDIAN

(Please Print)

Student Name:		Grade:	Male:	Female:
Address:		City:		Zip:
Parent/Guardian:				
Telephone: Home:	Work:		Cell:	
I give permission for		_ to partici	pate in march	ing band.
Parent / Guardian Signature:		Date:		
Please list pertinent medical informatio change, it is the responsibility of the pa				
Allergies (please list)				
EPI Pen: yes/no	Asthma: Yes / No	In	haler: Yes / N	0
Medical Information:				
Present Medications:				
Health Insurance Company:		Policy N	Jumber:	

## STATE LAW REGARDING SPORTS-RELATED (including marching band) HEAD INJURY & CONCUSSIONS

The Commonwealth of Massachusetts Executive Office of Health and Human Services now requires that all schools subject to the Massachusetts Interscholastic Athletic Association (MIAA) adhere to a new law regarding sports-related head injuries and concussions. The law requires:

- 1. Band members and their parents to inform their coaches about prior head injuries at the beginning of the season.
- 2. If a student becomes unconscious during a performance or practice, the law now mandates taking the student out of performance or practice, and requires written certification from a licensed medical professional for "return."
- 3. That band members and their parents (as well as band directors and others) learn about the consequences of head injuries and concussions through training programs and written materials.

As a result of this new law, parents and students who plan to participate in the band program at Acton-Boxborough Regional School District must take a free on-line course to educate themselves about sports-related

head injuries and concussions. The state has made available two free on-line courses that contain all the information required by the law. The first is available through the National Federation of High School Coaches. You will need to complete a brief information form to register and then click the "order here" button to access the course. At the end of the course, you will receive a completion receipt. The entire course, including registration, can be completed in less than 30 minutes.

Information for online courses: Go to either of the following sites

http://www.nfhslearn.com/electivedetail.aspx?courseID=15000

Or

http://www.cdc.gov/co	oncussion/headsup/online_training.html
Head injury History	
Concussion History Yes No	
Date of injuries	
Signatures confirm that materials/information reg	arding concussion information was received and understood.
Parent	Date
Student	Date
TO BE COME	LETED BY HEALTH OFFICE
NOTE: School Nurse will review an	d detach physical and keep on file in the Health Office.
Health Office:  Current Physical Exam: Yes / I  Date of Expiration:  Activity Restriction: Yes / No	
Signature of Health Office Personnel:	Date:

# APPENDIX 2 ACTON-BOXBOROUGH REGIONAL SCHOOLS EXTRACURRICULAR AGREEMENT - Senior High

To be Used For Any School-Sponsored Activity \*

#### TO THE STUDENT:

This agreement between you, your parent(s)/guardian(s), and the Acton-Boxborough Regional Schools is designed to serve several purposes. It is intended to influence students to make wise and legally sound decisions. It is designed:

- To help ensure the physical and mental health of students;
- To enable participating students and student leaders to set an example of responsible behavior;
- To promote zero-tolerance of under-age (21 years) drinking, as well as the use of illegal and harmful chemical substances among our youth;
- To bind the community together in support of its students' health.

#### **RULE**

During the school year, or from the first meeting of an extra-curricular activity, a student involved in this activity shall not, regardless of quantity, use or consume, possess, buy, sell or give away any beverage containing alcohol, \*\*marijuana, steroids **or** any controlled substance as defined under Mass. General Laws, Ch. 90D, or inhale the vapors of any intoxicating substance such as glue, nitrous oxide and the like, sometimes referred to as "huffing". Students using tobacco products within 100 feet of the school property (as described by Mass. General Laws, Ch. 71 Section 2A and 37H) will be subject to penalties of this agreement. Smoking or any use of tobacco products is also prohibited during all school activities off school property.

- \* Students involved in athletics should see "Extracurricular Agreement Athletics."
- \*\* The use of wine or an alcoholic beverage for religious observances does not violate this agreement.

#### **CONSEQUENCES**

#### FIRST VIOLATION:

When the extra-curricular activity's advisor or director and the school administration find that a student has violated the above rule, the student shall lose eligibility to participate in any and all activities for a period of two weeks. Activity advisors, parent(s)/guardians(s), counselors and the Acton-Boxborough Regional High School Student Assistance Team will be notified of such finding and the resulting action as soon as possible

## ACTON-BOXBOROUGH REGIONAL SCHOOLS EXTRACURRICULAR AGREEMENT - Senior High

#### **OFFICER'S RULE:**

If a student officer of a class or school sponsored organization is found to have violated the above rule, the student will be no longer eligible for that position and any other leadership role for one calendar year (12 months) from the date of the violation.

#### SECOND AND SUBSEQUENT VIOLATIONS:

When the advisor or director and school administration confirm that a second or subsequent violation has occurred, and following an opportunity for the student to be heard, the student shall lose eligibility to participate in all extra-curricular activities for the next twelve (12) weeks. Parent(s)/guardian(s), counselor and the Acton-Boxborough Regional High School Student Assistance Team will be notified as soon as possible.

If the student, on her/his own volition, becomes a participant in an approved chemical dependency treatment program, the student may be certified for reinstatement in her/his extracurricular activities after a minimum period of six (6) weeks. Such a program must be recommended and approved and the subsequent certification confirmed by the Student Assistance Team.

Consequences shall be cumulative only during one academic year. A period of consequences will extend into the next academic year if the consequences are not met during the current school year.

It is recommended that a student involved in Proscenium Circus, Band, and Academic Teams be allowed to attend rehearsals or practices in a non-participatory fashion while he/she is meeting the consequences of his/her violation.

The first time a student signs this agreement, he/she is considered to be bound by the agreement for the rest of his/her involvement in the extra-curricular activities offered in the Acton-Boxborough Regional School system. However, each year the student, parent, and activity advisor must sign the agreement as reaffirmation of acceptance of the terms of the agreement.

This agreement is reviewed yearly by the Local Alcohol and Drug Abuse Task Force of the Acton-Boxborough Regional Schools. A copy of the agreement can be obtained from the principal's office of the Acton-Boxborough Regional High School.

## ACTON-BOXBOROUGH REGIONAL SCHOOL DISTRICT SENIOR HIGH EXTRA CURRICULAR AGREEMENT

#### **SIGNATURES**

AGREEMENT - SENIOR HIGH SCHOOL consequences for my failure to comply wi agree to be bound by the provisions, term	REGIONAL SCHOOLS' EXTRA-CURRICULAR L - and I understand its provisions, terms and ith them. By signing my name below I indicate that I is and consequences of the ACTON-BOXBOROUGH ULAR AGREEMENT - SENIOR HIGH SCHOOL.
Date	Student's Signature
	REGIONAL SCHOOLS EXTRA-CURRICULAR - and I understand its provisions, terms and
consequences for my child's failure to con that I agree to be bound by the provisions REGIONAL SCHOOLS EXTRA-CURRIC	nply with them. By signing my name below I indicate, terms and consequences of the ACTON-BOXBOROUGH ULAR AGREEMENT - SENIOR HIGH SCHOOL. I the above-named student and that I am a legal resident of
Date	Parent or Guardian's Signature
AGREEMENT - SENIOR HIGH SCHOOL	REGIONAL SCHOOLS EXTRA-CURRICULAR  - and I understand its provisions, terms and  v I agree to support this student in her/his effort to ent.
Date	Faculty Advisor/Director

Reviewed by School Committee June 6, 1996. March 24, 1997; February. 1999; February 2000.

## ABRHS BAND UNIFORM INFORMATION for new and returning students

**New Students**: Please send a check for \$80.00 made out to ABFOM to band camp. Include your child's name on the memo line. This covers the "starter kit" of garment bag, shoes, tuxedo shirt (for winter concert band) and gloves (2 pairs). Please let us know if this presents a financial hardship.

**Returning Students**: may pay cash for gloves (\$3.00) but should bring a check to cover any replacement items they need (shoes are \$38.00 and tux shirt is \$22.00). **Try on shoes and tux shirt BEFORE Band Camp to make sure they still fit.** Remember to bring your garment bag, shoes, socks, gloves, and tee shirts to camp so your uniform will be complete and ready for picture day at the end of camp. Remember to wash your socks and white shirt and clean off your shoes.

**All Students:** You are required to supply **black socks (2 pairs) and a plain white tee shirt.** In addition, we strongly suggest you invest in Under Armour shirts (white) and long johns (silky, black) for cold weather games. Students are not permitted to wear pants, cargos or blue jeans under their uniform. For concerts, a pair of black pants or black skirt will be required.

#### UNIFORMS

Each band member will be fitted and assigned a complete uniform at the beginning of Band Camp. Your marching band uniform will consist of: (1) **Jacket with gold cords**, (1 pr) **Overall Pants**. (1) **Hat** (this will be stored in the band uniform closet), (1) **Raincoat.** Uniforms will be sent home at the end of Band Camp.

#### **CARE AND RESPONSIBILITY**

The uniform you are being assigned has as a replacement value of approx. \$540.00.

- You and your parents are expected to take good care of your uniform. This involves: keeping it all **hung** together in your garment bag in a safe place, making sure it is clean and dry before putting it away, and having it cleaned periodically during the year. Uniforms must be dry cleaned, raincoats and berets must be washed by hand and line dried. (Check www.abfom.org for cleaner's prices). Please notify the Uniform Committee of any catastrophic mishaps as soon as possible (contact information through ABFOM website).
- You are also responsible for remembering **all of your uniform pieces**, including the raincoat, for each event. A member of the Uniform Committee will be available before and after each event should you need a loaner or a new item. Consistent borrowing or losing of pieces may result in a fine to be determined by the Band Director. Replacement costs are available on request should you permanently lose or damage an assigned piece of your uniform.
- You are responsible for returning your uniform, in full, at the end of the year. Information about returns will be issued in mid May.

#### **HELPFUL HINTS**

- ✓ Purchase 2 pairs of gloves at camp. Get them large, they shrink.
- Purchase a good pair of Under Armour long johns, make sure you have white tops for under your jacket.
- Purchase silk glove and sock liners if you think your hands and feet will be cold.
- Many students wear lightweight (silky or slippery) shorts under their uniforms to allow them to get dressed on the bus or in the bandroom. You may find it helpful to have these at band camp as well for fitting.
- ✓ Boys and girls with long hair should have black or brown hair elastics for ponytails. No ribbons or scrunches please.
- ✓ Please do not wear PJ bottoms, pants, Soffe shorts, or jeans of any sort under your uniform. You will be asked to remove them if you do.

Student Name:						
Fundraising Contract						
Fundraising programs are organized and provided for the year. Most of the programs are designed to supp students. The large percentage of the profits are dep Students may use these accounts to support their mu uniform items and banquet tickets.	port the individual efforts of the participating posited into student accounts held by ABFOM.					
I pledge personal responsibility for the fundraising responsibility for the fundraisin	ve accepted until they can be properly credited by n the event of loss or theft, a debit will be applied to					
	Signed,					
	student's signature					
	parent/guardian's signature					
Band Unifo	rm Contract					
I acknowledge that I have read the band uniform infassessments and/or replacement fees that result from						
	Signed,					
	student's signature					
	parent/guardian's signature					

## **Activity Fee**

The activity fee for band / color guard participation is **\$90 per year**. Checks should be made payable to ABRHS Music Department. All fees are due by the first day of school.

## NEW Band / Color Guard Parents? Then this is for YOU!

# FOM 101: Everything you need to know about Marching band and more!

Here you will find the answers to the many non-academic but very practical questions you may have about marching band such as:

•When will my student eat? •How do they get the band uniform to school? •Should they wear the full uniform from home to school?

•Should my student bring all the uniform pieces to every event? •Do they really need black socks? •Where are these parades? •How do I get to the parades? •What the heck is MICCA anyway? •What are half time snacks and when is it my student's turn to bring the snack? •Do they wear their marching uniform for concerts? •What can they wear to keep warm? •When will my student return home? •Who are the chaperones?

•How can I help?

Please join us for a cold drink and Q & A on:

Wednesday, August 23, 2017, 7:45pm

#### **Junior High School Band Room**

FOM (Friends of Music, a non profit parent organization to encourage and support music in the AB Schools)

If you haven't checked out <a href="http://www.abfom.org">http://www.abfom.org</a> you should!



## Please Join Acton Boxborough Friends of Music!!!

BECOME A MEMBER of the Acton Boxborough Friends of Music! As a non-profit organization, we are staffed completely by volunteers, and 100% of donations support the music programs in the school district. ABFOM funds help pay for:

- musical events, special guest conductors and instruction
- equipment, uniforms, costumes, props, and supplies
- music scholarships for graduating seniors and students in grades 7-11
- event transportation... and much more.

Membership does not obligate you to volunteer, but your help is welcome! Please fill out the Volunteer Interest Survey at <a href="https://www.abfom.org">www.abfom.org</a> to let us know how you would be interested in volunteering.

Only one membership donation per family is requested per school year, regardless of the number of siblings participating in band, color guard, or chorus.

To join *Friends of Music*, complete the information below and return this form with your check for \$30 made payable to ABFOM. You can mail the form to ABFOM, PO Box 2334, Acton, MA 01720. Or you can return it with your other band forms to Mark Hickey or with any chorus forms to Jennifer Moss, ABRHS, 36 Charter Rd., Acton, MA 01720. Thank you for your support!

TOTAL

#### MANDATORY CORI CHECKS

Thank you to all of the parent volunteers who have already applied for CORI checks for the 2017-18 school year. The law requires the school district to obtain criminal offender record information (CORI) for all current and prospective employees as well as volunteers who may have "direct and unmonitored contact with children."

If you have applied for a CORI with our school department since January 2015, you are all set. Your CORI is good for three years and is good for all of the schools in the Acton-Boxborough School District. Parents who have not applied for a CORI since January 1, 2015 must do so in June or July if they wish to volunteer for Band Camp or Chorus Camp. This process involves applying in person at a school location listed below and bringing along picture identification that will be checked, copied and attached to the main form provided by the CORI authorized employee below. During the weekdays only the following people are able to assist you with this process between the hours of 9:00 A.M. and 1:00 P.M.: Deb Trentsch or Jeanne Potter – SHS Main Office (ext. 3404), Tammy Costello – Central Office @ JHS (ext. 3260). You should call prior to arriving to check that somebody is available to help you (978-264-4700).

Please understand that it takes a few weeks for a CORI to be approved and that you must have that approval prior to volunteering.

Thanks for your support! Without volunteers such as yourself, we wouldn't be able to offer the programs we do.

#### AB Band (only) Schedule 17-18.xlsx

Date	Day	Purpose	Time
6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15/17	Tue	Color Guard Pre Camp Rehearsals - outside near gazebo or in auditorium commons if raining	6 - 8pm
8/10, 8/17/17	Thu.	Percussion pre-camp rehearsal	12pm - 5pm
8/21/17 - 8/25/17	Mon - Fri	Band Camp	M - Thu, 9am - 9pm / Fri, 9am - 3pm
8/26/17	Sat	ABFOM Car Wash	9am - 3pm
8/29, 9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24	Tue	Marching Band and Color Guard Rehearsals	6 - 9pm
8/31, 9/7, 9/14, 9/28, 10/5, 10/12, 10/19, 10/26	Thu	Color Guard Sectional Rehearsals	6 - 9pm
9/4/17	Mon	Labor Day Parde	10am
9/8/17	Fri	Chelmsford HS @ AB	6pm
9/12/17	Tue	ABFOM General Mtg	6:00pm
9/15/17	Fri	Reading @ AB	6pm
9/23/17	Sat.	AB @ Barnstable - tenative	11am
9/28/17	Thu.	CC @ AB	6pm
10/6/17	Fri.	AB @ Cambridge	5pm
10/8/17	Sun	Columbus Day Parade	10am
10/13/17	Fri	LS @ AB	6pm
10/20/17	Fri.	Waltham @ AB	6pm
10/21/17	Sat	MICCA - Wakefield	TBA
10/27/17	Fri or Sat	Tenative playoff	TBA
10/29/17	Sun	MICCA Finals - Lowell	TBA
11/3/17	Fri or Sat	Tenative playoff	TBA
11/10/17	Fri or Sat	Tenative playoff	ТВА
11/18/17	Sat	Eastern District Sr. Auditions	TBA
11/19/17	Sun	Haverhill Parade - VERY TENATIVE	TBA
11/23/17	Thu	AB @ WA - Thanksgiving Game	8:00am
11/26/17	Sun	Quincy Parade - TENATIVE	10am
12/8/17	Fri.	Tunes & Tapas	6 - 9pm
12/12/17	Tue	ABRHS Winter Concert	7pm
12/13/17	Wed	ABRHS WC - SNOWDATE	7pm
12/27 - 12/30/17	Thu - Sat.	Citrus Parade / Orlando, FL Trip!!	TBA
1/5, 1/6/18	Fri - Sat	Eastern District Sr.Festival	TBA
1/20/18	Sat	MMEA All State Auditions	TBA
1/27/18	Sat	Eastern District Jr. Auditions	TBA
3/9 - 3/10/18	Fri - Sat	Eastern District Jr. Festival	TBA
3/1, 3/2, 3/3/18	Thu - Sat	MMEA All State Fesival	TBA
3/14/18	Wed	Steppin' Out Concert	7pm
3/15/18	Thu	Steppin' Out - SNOWDATE	7pm
4/6/18	Fri	Swing Night	7pm
5/8/18	Tue	ABRHS Spring Concert	7pm
5/16/18	Wed	Music Department Banquet	6pm
5/28/18	Mon	Memorial Day Parade	9am
6/1/18	Fri	Graduation	4:30pm

### **Band Form Checklist 2017**

Final Deadline for Band Activity Fee

Fill out the following form online as soon as possible, but by July 15 - Link at http://www.abfom.org/Volunteering/volunteering.htm Online Volunteer Interest Survey (if interested in volunteering) Return to Mark Hickey, ABRHS, 36 Charter Road, Acton, MA 01720 by July 15 Medical Form (with proof of physical attached) Extracurricular Agreement (signature page only) Fundraising & Uniform Contract Form Band Activity Fee (check for \$90 made out to ABRHS Music Department, due first day of school) □ New Students Only - Uniform Fee (check for \$80 made out to ABFOM, due first day of band camp) **Optional Forms** ABFOM Membership & Dues – • Check made out to ABFOM, Return with band forms to Mr. Hickey or send to: ABFOM, PO Box 2334, Acton, MA 01720 **Bring to Band Camp Registration on August 15** New Students: \$80 Uniform Check made out to ABFOM, if not sent in previously Returning Students: Cash for gloves or Check to ABFOM for larger purchases, as needed Any forms from list above that have not been returned **First Day of School:**