



## GOALS FOR JUNE

It's JUNE!! The last month of our school year! It is time for planning ahead and getting started on your summer goals.

This summer is the perfect time to improve your playing, so set some goals! Work toward better technique, tone, dynamics, articulation, or so much more.

If you need help creating goals talk to Mr. Stefanko or Mr. Hofmann.

Remember to **USE A METRONOME**, no matter what your goal is, and slowly increase the tempo. As Mr. Hofmann says, "Play the exercise three times in a row without messing up before you increase the speed!"

**Pro tip:** BEAT RESISTANCE. "Resistance" is that feeling that causes you to procrastinate, avoiding the work you need to do. You must push past this resistance to become better. The best way to beat resistance is to just get started practicing. Put your instrument together and

## CURRENT NEWS

With the beginning of June we look forward to the upcoming marching season. Please begin to plan ahead by looking at the [calendar](#), found under the Fine Arts -> HAHS Band tabs. If you have a major conflict (previously planned family vacation) let Mr. Stefanko know ASAP. The sooner the conflict is known about the better.

### A Message From Mrs. Lynda Habel (Treasurer)

Dear Band Parents,

At the next band parent meeting, books and budget will be available for review from 6 to 6:30. I will be there to answer any questions.

Thank you, Lynda Habel, Treasurer

-Lynda Habel

### AS A REMINDER

There is a **new member**/returning guard member demo day this **June 4<sup>th</sup>**.



## WHATS HAPPENING THIS MONTH

### IMPORTANT DATES\*\*

Jun. 2 – Relay for Life (9:30am-11am)

Jun. 4 – New/Returning Member Color Guard Practice (4pm-5:30pm)

Jun. 7 – McAdoo Concert (9:15am-11am)

Jun. 7 – Jazz at United Way Meeting (11:45am-12:30pm)

Jun. 7 – Band Booster Meeting (6:30pm)

Jun. 8 – Marching Uniforms to Dry Cleaning (10am)

Jun. 15 – Graduation (4pm-8pm)

Jun. 25-27 – Cougar Summer Music Academy (9am-12pm)

Jun. 28 – Cougar Summer Music Academy Concert (11pm)

\*\*Report Times listed above are subject to change. Please keep an eye on the remind messages for accurate times.

play! If you create a routine:  
Long tones -> Scales -> Etude  
-> PMEA piece (just an  
example). This will help you  
find a groove and beat  
resistance.

Remember even 15 minutes a  
day is better than nothing

### **Answer to May's Riddle:**

Pilgrims!!

## **LINKS**

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[Marching Cougar Handbook](#)

[Absent Request Form](#)

[Charms Access](#)

[Remind Text Message Access  
Code](#)

Criminal Record Check is  
available online:  
<http://epatch.state.pa.us>

Child Abuse History  
Clearance is available online:  
<http://www.dpw.state.pa.us/finder/childabusehistoryclearanceforms/>

Federal Background Check is  
available online:  
<https://www.identogo.com/locations/pennsylvania>

## **VOLUNTEER**

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Volunteering is an important part of our program. Even though the season is over it does not mean there are not opportunities for you to help. Please visit our website and sign-up to help the band out\*.

How to Get to the Volunteer Page: Click [this Link](#) and then click the Volunteer Tab and roll over Volunteer Needs. Also the FBI Clearance has changed! If you have a current FBI clearance there is nothing to worry about, but it/when it expires the process is a little different. Please see the link on the left labeled "Federal Background Check" for more information

\*Please keep in mind that some of the volunteer opportunities require clearances.

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