



COUGAR COURIER

ISSUE 12
AUGUST 2018

GOALS FOR AUGUST

STAYING HEALTHY

With band camp coming up fast it is important for our goal to be focused on personal health. Over the course of band camp students will be outside in the sun. It is important to prepare your body to endure the weather. The best way to do this is to make sure that they are drinking water. To help with staying hydrated students should be drinking water the night before.

Also it is very important that students are eating some sort of breakfast, so that their bodies have fuel for the day ahead. This also translates to lunch as well. Students should not just be eating a granola bar, but a well-rounded meal. The staff suggests having Carbs, Protein, Vegetables, a serving of Fruit, and of course Water!!

Drum Majors' Message:

We are very excited to start off this season! Let's work together and stay focused! Bring your enthusiasm!

CURRENT NEWS

August is finally here! This means that band camp is starting for the 2018-2019 season. This year our Marching Cougars will present their field show: The Raven!

WHAT TO BRING TO BAND CAMP!

Band Camp is fast approaching and there are a few things everyone should remember.

1. Wear Sunscreen
2. Bring a water bottle (If you own a Marching Cougar water Jug, USE IT!)
3. Pack a Lunch
4. Wear appropriate foot wear
 - No Flip Flops/Sandals
 - Wear Tie-able Sneakers
5. Hydrate and nourish yourself the night before every band camp day
6. Other things to bring with you
 - Music
 - Instrument
 - Pencil
 - An Extra Pencil

AS A REMINDER

All students must be up to date on their marching band dues. Each student received a print-out of outstanding dues. If one was not received the student is up to date on their payment. Please see Mr. Stefanko for any outstanding circumstances.

[Absent Request Form](#)



LINKS

[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/findaform/childabusehistoryclearanceforms/>

Federal Background Check is available online:

<https://www.identogo.com/locations/pennsylvania>

Mr. Stefanko:

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Mr. Hofmann:

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WHATS HAPPENING THIS MONTH

BAND CAMP DATES

Aug. 6-10: Band Camp Week 1 **MON – FRI** (8am-5pm)

Aug. 13-17: Band Camp Week 2 **MON – FRI** (9am-5pm)

Aug. 20-22: Band Camp **MON – WED** (8am-1pm)

Aug. 23: Band Camp **THURS** (1pm-5pm)

Aug. 28: Sectionals (3pm-6pm)

Aug. 30: Full Ensemble Rehearsal (3pm-6pm)

IMPORTANT DATES**

Aug. 1-4: DCI Colts Visit

Aug. 1: Full Ensemble Rehearsal (1pm-5pm)

Aug. 1: Uniform/Shoe Fitting

Aug. 2: Mandatory Band Parent Meeting for **Students and Parents** (6:30pm)

Aug. 17: Band Party

Aug. 18: Rail Riders Baseball Game (4pm-11pm)

Aug. 27: First Day of School

Football Games

Aug. 24: Home Game v. Pottsville (5pm-11pm)

Aug. 31: Home Game v. Wyoming Valley West (TBA)

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

VOLUNTEER

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.