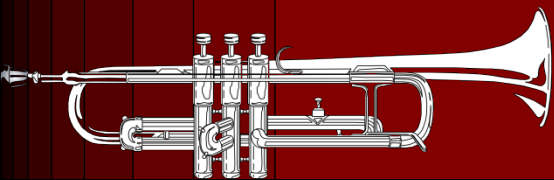


THE CRHS HORN



A NEWSLETTER FROM
THE DIRECTORS OF THE CINCO RANCH COUGAR BAND

VOLUME 2

JULY 22, 2024

2023-2024 COUGAR BAND SPONSORS



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SUMMER BAND START-UP

TOP 10 LIST OF THINGS TO BRING TO MARCHING BAND

1. COMFORTABLE CLOTHES/SHOES FOR MARCHING

MUST HAVE A WHITE OR LIGHT GREY SHIRT! NO JEANS OR TANK TOPS! SORRY, VANS, BOAT SHOES, SANDALS AND CONVERSE ARE NOT ATHLETIC (ENCORE FOLLOW YOUR ASSIGNED SCHEDULE)

2. WATER JUG: HYDRATE WITH WATER!

1/2 GALLON MINIMUM!! YOU MAY BRING A SPORTS DRINK IN ADDITION TO YOUR WATER!

PLEASE, PLEASE, PLEASE CLEAN OUT YOUR WATER JUG WITH HOT WATER AND DISH SOAP!!!!

3. SUNSCREEN

APPLY BEFORE YOU GET TO BAND AND REAPPLY THROUGHOUT THE MORNING

4. SUNGLASSES

YOUR FUTURE IS BRIGHT! AND SO IS THE SUN!

5. HAT

THROW SOME SHADE!

6. INSTRUMENT

7. PHONE

WE WILL LEARN MARCHING DRILL ON OUR PHONES THIS YEAR!

8. MUSIC BINDER & PENCIL

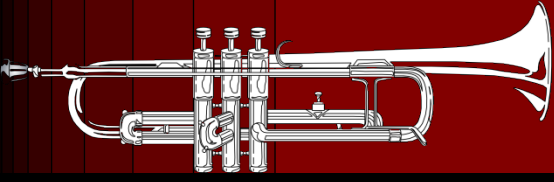
IF YOU HAVE THE CRJH OR CRHS WARM-UP BOOK BRING IT!

9. WIRE MUSIC STAND

THERE ARE NEVER ENOUGH STANDS AT SCHOOL

10. AWESOME ATTITUDE!

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Leger
INSURANCE

LAYNE'S
— Chicken Fingers —

stewart

ENCHANTED

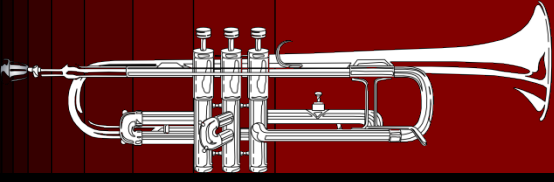
LAST MINUTE REMINDERS

- ALL STUDENTS AND STAFF MUST PARK IN THE LOT AT THE FRONT OF THE SCHOOL. EVERYONE ENTER THROUGH THE MAIN CAMPUS ENTRANCE.
- STUDENT DROP-OFF/PICK-UP WILL BE AT THE MAIN CAMPUS ENTRANCE.
- WE WILL ALL MEET IN THE MAIN COMMONS AT 7AM

TYPICAL DAILY SCHEDULE

- 7:00-9:00 MARCHING (OUTSIDE)
- 9:00-11:00 MUSIC REHEARSAL (INSIDE)
- 11:00-12:00 LUNCH
- 12:00-2:30
MASTERCLASSES/CHOREOGRAPHY (INSIDE)
- 2:30-4:00 MUSIC REHEARSAL (INSIDE)
- LUNCH IS 11:00 12:00 MOST DAYS. BRING LUNCH IF YOU ARE NOT GOING OFF CAMPUS

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Nutrition, hydration and Sun Safety are very important over the next few weeks. Please be sure to eat a proper breakfast each morning before you arrive. This will ensure you have energy for a strong outside morning session. We will be doing some physical activities each day so avoid dairy if you can, it can cause an upset stomach. Timing is everything so get up and eat Breakfast! Try and eat least 45 minutes before the start of band, this will help settle your stomach before we start. Eat lunch each day. Remember to eat your fruits and veggies, try to avoid high sugar content and fried foods.

PRE-HYDRATE! Once we are in a rehearsal we are trying to maintain a hydration level, If you show up dehydrated you will stay dehydrated. After lunch continue to hydrate during our inside rehearsal.

No one likes a sunburn so take steps to ensure you don't get one. Put sunscreen on before you arrive, wear sunglasses while outside, wear a hat.

Reminders for week of July 22

Woodwinds, Brass, and Percussion (Encore refer to separate schedule)

Lunch will be 11:00AM-12:00PM each day. Bring your own or go off campus

Monday, July 22– 7:00AM-4:00PM All members

All medical forms due: you can bring a copy or email one to Mr. Jones

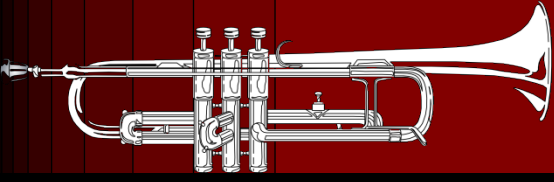
Tuesday, July 23– 7:00AM-4:00PM All members

Wednesday, July 24 – 7:00AM-4:00PM All members

Thursday, July 25 – 7:00AM-4:00PM All members

Friday, July 26 – 7:00AM-4:00PM All members

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Remind101

We have a capacity issue with Remind101 and will have three identical Band Reminds. Please sign up for any of the three groups we have.

1. Text the message @crhscou to the number 81010.

Or

2. Text the message @37c278 to the number 81010.

Or

3. Text the message @3f9ac83 to the number 81010.

It does not matter which group you sign-up for, they are all the same.

Director Contact Information:

Ray Jones: rayhjones@katyisd.org

Brian Stevens: TBD

Danny Rivera: danielrivera@katyisd.org

Alex Russell: alexandraarussell@katyisd.org

Samantha Cockerham: SamanthaEShilk-Cockerham@katyisd.org