

LAUSD All-District Band Workshop

WHAT TO BRING

Release Forms

- Student will not be able to participate without release forms signed by parent or guardian:
 - 1) Emergency Info
 - 2) Media Consent

Footwear

- Proper “athletic” footwear is a **MUST** for health and safety during ALL rehearsals, even music-only rehearsals while standing still.
- You do not need to wear your school’s marching shoes but may if you like to.
- Sandals, flip-flops, boots, crocs, and other non-athletic footwear is not permitted.

Attire

- Proper “athletic” attire or working clothing, like shorts and light-colored T-shirts, are best for our outdoor activities. Freedom and movement is essential for all athletic activity.
- Please, **NO JEANS!**
- Sunglasses.
- Hat, cap, or visor that covers at least your face.

Health & Safety

- Your own personal insulated water jug (half-gallon or larger recommended).
- Sunscreen.
- Lip-balm.
- Personal medication (ibuprofen, acetaminophen, etc.) – All-District Band staff cannot provide medication.
- We will have basic first aid supplies available for minor incidents.
- For more severe incidents, we will call parents and for extreme emergencies, 911 will be called.

Snacks & Money

- You may bring personal snacks to have.
- All-District Band merchandise will be available for purchase (optional).

Shields / Tall Flags

- **YOUR OWN EQUIPMENT** – A flag pole with a silk attached – any size, any color.
- If you spin with gloves at your school, please bring them too.

Brass

- Please bring your marching instrument **ONLY**.
- The All-District Band has a limited supply of instruments. Please bring your schools/personal instrument unless instructed otherwise.
- Please bring all instrument accessories and care items, like valve oil, slide grease, etc.

Percussion

- Please bring your sticks or mallets.
- Snare, tenor, and bass drums with harnesses will be provided. Cymbals will also be provided.