



March-a-Thon 2015

The award-winning White Knoll High School Timberwolf Marching Band will be providing a parade for four of the area neighborhoods on Saturday, August 8th.

This is an opportunity for us to entertain some of our fans and neighbors and to raise funds for the 2015-2016 school year.

THE ROUTE: The band will meet at the school and travel to Bridle Ridge and Aberdeen Farms subdivisions. There we will begin our 5 mile trek. We will parade down Siddington Way in Aberdeen Subdivision, cross Platt Springs Rd and proceed down Bridleridge Rd for 2.8 miles. At the completion of the route we will board the buses and head back to White Knoll HS for a brief water and restroom break.

The remaining 2.2 miles of our March-a-Thon will take place in the Cardinal Pines/Wrenwood subdivisions. We will depart the buses at Cardinal Pines Lane, turn right out of Cardinal Pines, then left onto S Wrenwood Dr to Condor Route, left onto Condor to Toucan Way, left onto Macaw Dr to N Wrenwood, right onto Whitewing Dr, left onto Toucan Way, left onto Condor Route, right back onto N Wrenwood, then left onto Wrenwood Way to meet the buses. The routes are outlined on the attached maps.

CONCERTS: For a minimum donation of \$100, the entire WKHS Marching Band will provide a lawn concert for individual houses or cul-de-sacs along the route (list of songs will be provided). Students will help “sell” concerts in the weeks before the parade and special signs will be placed at concert locations.

STUDENT FUNDRAISING: The first \$50 that each student raises will go into the general band fund to support the band as a whole. All money that the students raise beyond \$50 will go into students’ individual fundraising accounts. It is quite possible that each student could raise enough money during the March-a-thon to pay for their band fees. All band members are asked to raise a minimum of \$50. ***If a student chooses not to ask for pledges, he/she has the option of covering his/her share through a buyout. This simply means that the student would personally pay \$50 to cover his/her obligation***

MANDATORY ACTIVITY: All the members of the band are required to participate in the March-a-Thon. If a student does not participate on the day of the March-a-Thon, he/she will be assigned alternative activities at the discretion of the directors. For an unexcused absence, 8 hours of community service for the band will be required. Regardless of participation on the day of the March-a-Thon, ALL students are asked to raise a minimum of \$50 through donations/pledges.

Please get out and get pledges/donations from friends and families! The White Knoll community is going to be very excited about this event! This is a great opportunity to raise money for the band and show our community what the WKHS Band is all about.

GENERAL INFORMATION

Fundraising:

1. **Pledges/donations:** From family, friends, and neighbors! Pledges are for a specific amount per mile (for example, a pledge of \$1 per mile would mean the student would collect \$5 for the 5 mile march) or for a one-time set amount. Pledge forms are included in this packet and will also be distributed at rehearsal. All pledges/donations are to be turned in to the WKBB money box.
2. **Lawn Concerts:** The band will stop and play lawn concerts along the route. For a minimum donation of \$100, the band will stop and play one tune from a list of pre-selected tunes. If you know anyone along the route, please ask them to purchase a lawn concert. Lawn concert donations will go towards helping the entire band, not directly to any student's individual account. Please contact Tammy Smith (VP Ways & Means) at wkbbswaysmeans@gmail.com if you know of anyone on the parade route who may want a lawn concert. We must know who is requesting lawn concerts by Friday, August 7th.

How are pledges handled when turned in?

Students will usually collect the pledges in person, but donors may also mail funds directly to the WKHS Band Boosters. All donations or forms must have the name of the student who requested the donation so he/she can receive full credit.

Incentives for Pledges

\$200 or more: Any student who raises \$200 will be entered into a lottery drawing for movie passes and restaurant gift cards. (Any student who raises \$400 will be entered twice!)

\$500 or more: Any student who raises \$500 will be entered into a lottery drawing for a \$250 gift certificate. (For every \$500 after that, your name will be entered again!)

March-a-thon Day Schedule

8:00 am-Arrive at WKHS for breakfast; travel to the starting point

9:00 am-March will begin

Approx. 1:00-lunch will be provided for the students and volunteers

Meals

Breakfast will be at 8:00 am in the WKHS Band Hall. Food will be provided as follows:

8th graders & Freshmen are responsible for ½ dozen muffins (no donuts)

Sophomores are responsible for a 6 pack of orange juice or a 10 pack of a boxed juice

Juniors are responsible for grapes, bananas or apples (enough for 4 students)

Seniors just need to show up!

Lunch will be provided following the concert.

Uniform

2015 Show Shirt if available (otherwise, band polo), shorts, socks and comfortable tennis shoes.

Volunteer Opportunities

Please contact Tammy Smith (wkbbswaysmeans@gmail.com) to help with any of the following:

- Breakfast set up, serving, clean up
- Parade Vehicle Drivers
- Parade Walkers
- Lunch set up, serving, clean up

There will also be a sign-up posted on the Charms website

Sideline Percussion Students

Sideline students who do not have an instrument to play will receive a container the morning of the parade to be used for on-the-spot donations. These students will be travelling ahead of and along the sides of the band! The goal for these students is to get people out of their houses and to ask for donations.

March-a-thon Calendar

Tuesday, July 14th-Pledge drive kicks off. Students will receive pledge forms at band practice and can begin asking for support.

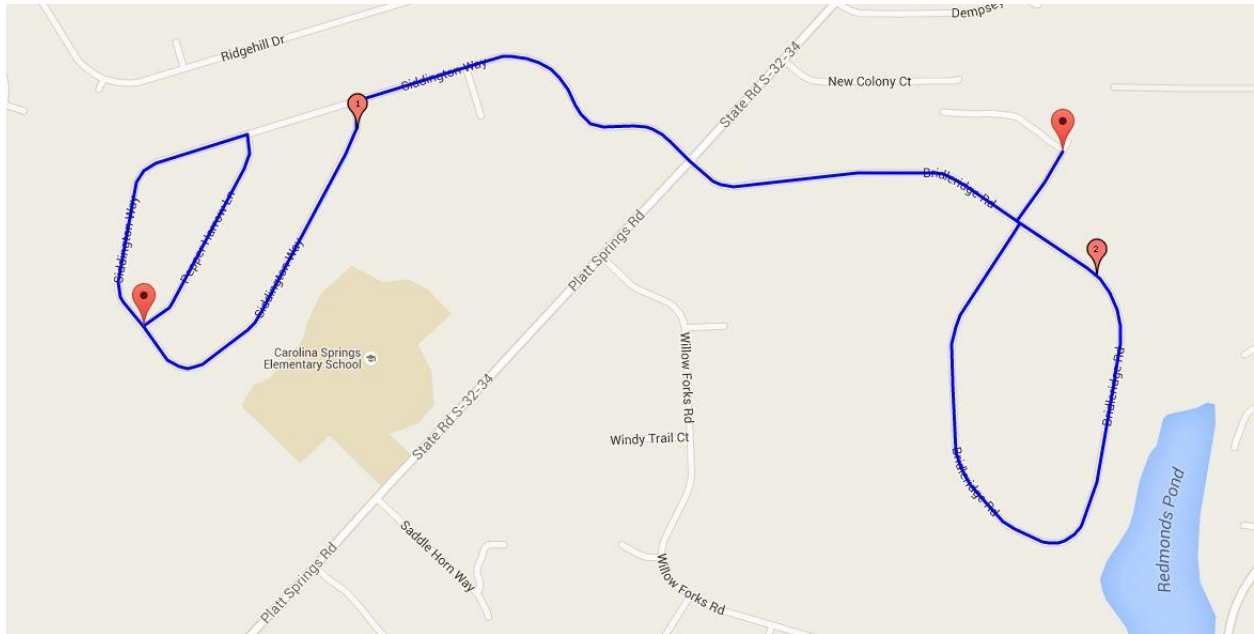
Saturday, August 1st-Selected students will deliver March-a-thon flyers in their assigned parts of the parade route, notifying the residents of the upcoming parade and asking if they might be interested in a lawn concert or a donation to the band.

Friday, August 7th- Notify Tammy Smith at wkbbswaysmeans@gmail.com of any lawn concerts that have been requested.

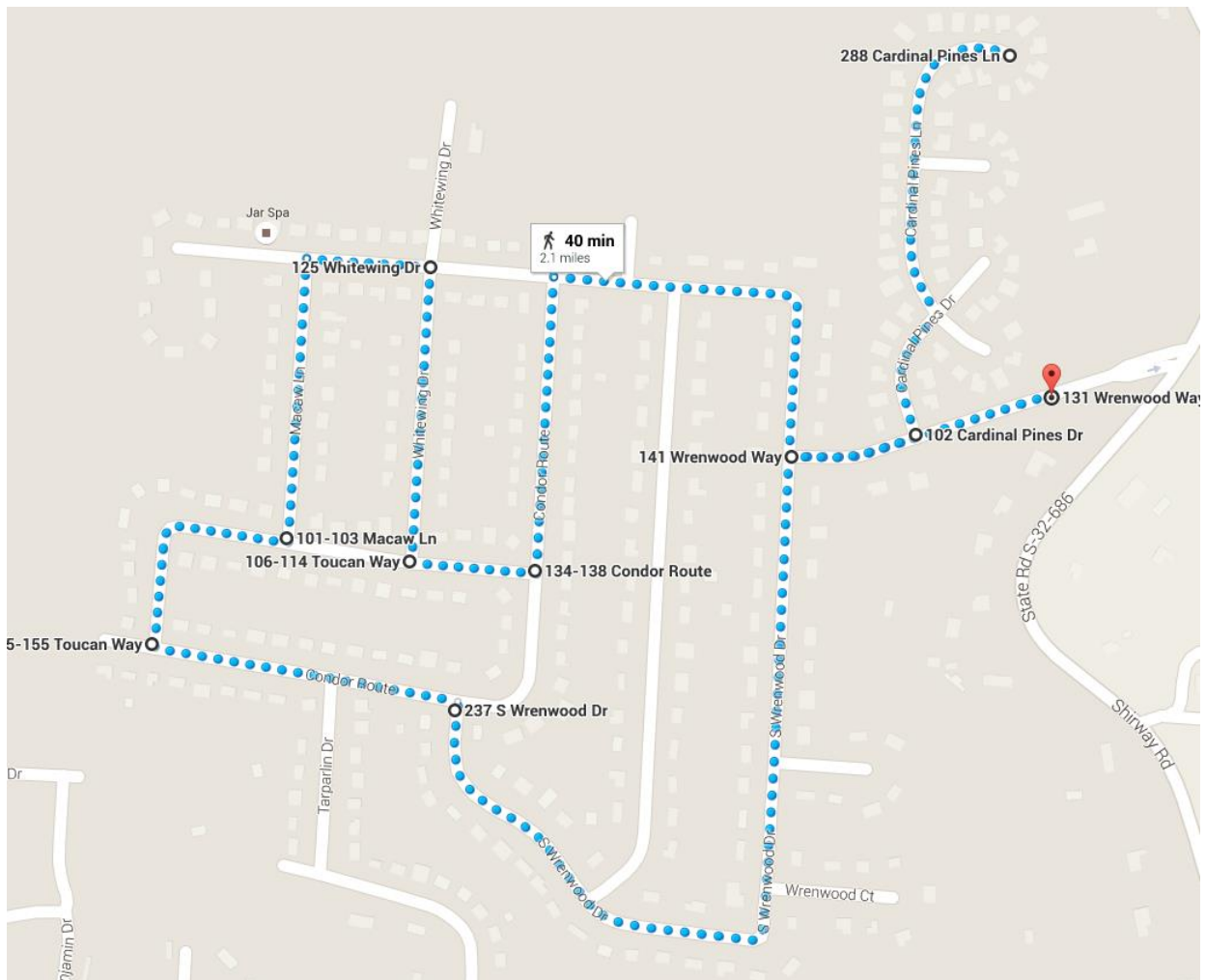
Saturday, August 8th-THE BIG MARCH! Students will arrive at WKHS at 8:00 am. The march begins at 9:00 and is expected to finish around noon. There will be a number of lawn concerts and water stops along the way. Following lunch, students are dismissed.

Monday, August 10th-All funds are due. Students must turn in all money raised to get it credited to their accounts. All money and pledge forms will be turned in to the WKBB box.

2015 March-a-thon Route Leg #1: 2.8 miles



2015 March-a-thon Route Leg #2: 2.2 miles



Surviving the March-a-thon

1. **Water** - Proper hydration prevents muscle cramps, upset stomachs, headaches or life-threatening conditions. Not all fluids are created equal. **Monster, Rockstar, Red Bull, Coke or other sodas/energy drinks do not substitute for water.** The caffeine and sugar in these products will dehydrate you. Gatorade or Powerade help replenish electrolytes the body loses during exercise or sweating. **START DRINKING WATER THE DAY BEFORE!** Water will be available at each stop during the March-a-thon.
2. **Food** – You will use an enormous amount of energy during the march. While water is the most important thing, proper nutrition is next. PLEASE eat a well-balance meal before you start marching. Most people have trouble when they have not eaten or eat very little (like a Pop Tart) prior to marching.
3. **Shoes** – Break out your most comfy pair of tennis shoes. Do not buy new shoes to wear unless you are able to break them in beforehand. Make sure the shoes have enough room for your toes and are not too tight. Poly-cotton blend socks are recommended.
4. **Rest** – Getting at least 8 hours of sleep will help your body tolerate activity. During sleep your body is repairing and rejuvenating itself.
5. **Sunscreen** – You should wear at least a 30 SPF. Even on cloudy days you can burn, so slather on the sunscreen so that you do not become a crispy critter.
6. **First Aid** – During the march, band parents will be available to assist. If you need something at a stop, you need to ASK!

How to know if you are getting too hot: Tell an adult if you feel light-headed, have muscle cramps in the legs or abdomen, are excessively thirsty, sick to your stomach, have a pounding headache, or feel like you are going to pass out. All of these things are not good and you need to cool off and hydrate.

Remember: Marching is a physical activity, so treat yourself like an athlete. To perform well, you must take care of your body with proper nutrition, hydration and rest.

