

Week 10  
March 3

Here is this week's newsletter!

Attached is the updated calendar and it is also updated to Canvas. A few notes:

- Tues/Thurs are the same type of schedule.
- Non-competition Saturdays are set tentatively for 10-2 pending any changes due to field availability for spring sports.
- On April 2nd, we are having a Friends and Family night at West with CB Indoor Percussion! Time TBD. With the addition to the schedule, we will not be rehearsing on April 3rd.

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**Rehearsal this week:**

**Tuesday** (3/4) in East's aux gym from 6:45 - 9:00.

**Thursday** (3/6) in South's Aux gym from 6:45 - 9:00.

**Saturday** (3/8) Competition Day!

**3/8 Upper Moreland Competition:**

There is a report time update as we needed more time for transitioning and unloading at Upper Moreland.

10:45 - 12:30/45 Rehearsal

12:30/45 End rehearsal, pack up, load trailer

1:30 Leave East

2:05 Arrive @ UM, unload trailer

2:55 Be Ready By

2:55-3:20 Stretching, mental run through

3:30 Body WU

3:42 Equipment WU

3:56 Perform!

4:18 Awards

Load trailer, get changed, watch groups!

Leaving UM after Methacton

6:45/7 Return to East

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[Link for group performance times for the whole day](#)

***Students that are taking the SATs*** - I'm told by the SAT coordinators that you'll be done around 11ish with testing. Once you're wrapped up, get to rehearsal when you can, and please make sure you have something to eat/drink to refuel!

**Reminders of things to bring:**

- Uniform!
- A pair of shoes that are easy to take on and off. You'll be wearing shoes to warm-ups and taking them off before we perform.
- A change of clothes for post-performance.

**Food:**

Make sure you bring something to eat throughout the day to keep your energy up. The bus ride to UM could be a good time to eat. You won't have too much time to relax and eat once we get to UM. After we perform, you can get something at concessions or whatever you brought with you.

**For Parents:**

Our class is Independent Regional A and we perform at 3:56!

If you would like to drive your child early home instead of taking the bus, please find myself or Aaryn at the competition to confirm they are leaving with you.

Ticket Information - \$15 for adults and \$10 for students / seniors. Spectator seating is limited and UM will utilize both front AND side seating.

We have one more spot available for chaperone help at UM if you're able to lend a hand! Remember, you get free entry for the competition and riding the bus is not necessary.

Link to sign up: [Chaperone Sign Up](#)

Reach out with any questions. See you tomorrow!

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~ The CB Indoor Guard Staff