

Week 13
March 24th

Good evening! Below is our newsletter for the week. Next up is our competition at Abington HS!

Students - your run from Saturday is up on Canvas. Please take a look before Tuesday night's rehearsal!

Rehearsal this week:

Tuesday (3/25) in East's aux gym from 6:45 - 9:00.

Thursday (3/27) in **EAST's Main gym** from 6:45 - 9:00. **This is a change from the original schedule. Gym time has opened up so we are going to take advantage of it 😊

Saturday (3/29) Competition Day @ Abington HS

3/29 Abington Competition:

1:15 - 2:00 Rehearsal Soft Start: *you don't need to come in at 1:15, but if you would like time to work on things, the gym space is available to you. Please arrive on time for a 2:00 start.*

2:00-4:00 Rehearsal

4:00 Pack up/load trailer

5:00 Leave East by

5:50 Arrive to Abington

6:45 Be Ready By

6:50 - 7:10 Stretching/mental run-through

7:27 Body Warm-Up

7:37 Equipment Warm-Up

7:57 Perform

9:35 Awards

10:45/11:00 Return to East

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

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.

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-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 Abington is a good time to eat. You won't have too much time to relax and eat once we get to the school. After we perform, you can get something at concessions or whatever you brought with you, but after we perform, it's 8-9 groups and then awards!

For Parents:

Our class is Independent Regional A and we perform at 7:57! There are three other groups in our class after our performance.

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. There is a note in our director's packet that there are metal detectors at the spectator entrance - just an FYI!

We have enough hands this week already signed up to help us at Abington - thank you to those that have signed up!

Looking Ahead:

Family & Friends night @ West: Doors open for spectators @ 6:45 and the event wraps up around 8:30

- The indoor drumline has invited us to attend their event and it's a great way to bring our two groups together. Their flyer is attached - please share out! There will be raffle baskets, candy grams, and food for purchase!
- Report time will be 6pm in full uniform, hair, and make-up. If you would like to change at West, that's fine. Please meet in the aux gym! After arrival, we will unload the trailer and warm-up in the aux gym.
- After the event is wrapping up, once the trailer is loaded, you may leave.

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Champs 4/12 @ Lehigh University

We don't have any additional information since our last newsletter. All we know is our class is scheduled to perform in the 8:30pm to 9:15pm window. More information to follow once it gets finalized!

See you tomorrow!

~ The CB Indoor Guard Staff