

---

# Ankeny High School Bands

## 2015 Marching Band

---

The Ankeny High School Bands provide a special opportunity for you and your family to continue participation in a truly exceptional program. Ankeny Bands from elementary to high school have a great tradition of success. The reason for this success is that students and families are committed to excellence and the effort required to achieve that goal. It is now your turn to be a part of this tradition.

The Ankeny Band program encourages the highest level of performance and strives to elevate each individual student's musical skills to their maximum potential. Students will participate in a program that values hard work and teamwork. This effort results in musical experiences that have a very positive effect on students' lives.

**Again This Year!** - The 2015 band season will begin with rehearsals on **Thursday** evenings during the Summer followed by Marching Band Camp in August. These extremely important rehearsals provide the foundation on which the rest of the year is built. The band learns the music and the formations for the show during camp. It is also important that you remember that marching band meets before school through October and that band is a class that meets first period for 10th, 11th, and 12th graders and 3rd period for 9th graders. Please make sure that you are registered for band next year! (Non instrument playing color guard members need not register for band as a class)

**Come meet the AHS Band Staff and learn more about the Summer activities and Band Camp on Thursday, May 21st at 7pm in the HS Band Room.**

Research shows that studying a musical instrument correlates to higher academic achievement. Make sure that you are a part of this exciting and rewarding activity!

---

### In This Packet:

---

Page 1 Welcome Letter

Page 2 Band Camp Overview

Page 3 Registration

Page 4 Health Form

---



Find out more about the Ankeny Band Program at our website: <http://www.ankenybands.com>

# 2015 Summer Rehearsals and Marching Band Camp Overview

**Summer** rehearsals on Thursday evenings for Marching Band begin on **May 28th** for **Drumline and Guard** and on **June 18th** for **Horns**. Drumline will rehearse from 6pm - approx. 9pm. The Horns will rehearse from 7pm - approx. 9pm. These rehearsals will help the band be prepared for the **Summerfest parade (July 11)** and set the foundation for the fall.

**Band Camp** will be held for all band members on August 3rd - 7th. Rehearsal on August 3rd will be Noon to 4pm and 5:30pm to 9:00pm. August 4th from 8:00am to Noon and from 1:30pm to 5:00pm. August 5th and 6th from Noon to 4pm and 5:30pm to 9:00pm. Rehearsal on August 7th will be from 8:00am to Noon and from 1:30pm to 5:00pm.

All 2015 Marching Hawks are expected to attend all of band camp. The goal of the marching band camp is to enable us to move into the fall marching band season with the music and the formations to the show learned. We also use this time to fit all students for the marching and concert uniforms.

More information about **Summerfest (July 11)** and band camp, including schedules for evening social activities, the potluck supper, and dance will be mailed home at the beginning of summer.

Follow Ankeny  
Bands on **Twitter**:

**@AnkenyBand**



Get critical information by  
joining our Remind class:

Text: **@laviebohem** to  
**81010** to sign up



## Did you know?

High school music students score higher on SAT's in both verbal and math than their peers. In 2001, SAT takers with coursework/experience in music performance scored 57 points higher on the verbal portion of the test and 41 points higher on the math portion than students with no coursework/experience in the arts.

Source: Profile of SAT and Achievement Test Takers, The College Board, compiled by Music Educators National Conference, 2001.

# 2015 Ankeny Marching Band Registration

<b>Please Print</b>		<b>Due May 1st, 2015</b>	
<b>Please Return this form, the Health form, and the Concussion form to: Joel Poppen at Ankeny High School, 1155 SW Cherry St, Ankeny Iowa 50023</b>			
Student Name		Home Phone:	
Parent/Guardian Name(s)		Parent Cell:	
Address	City	Zip	
Parent Email 1		Student Cell:	
Parent Email 2	Student Email		
2015-2016 Class (circle) 9 10 11 12		T-Shirt Size(Adult)	
Marching Instrument		Concert Instrument	
Will you need to rent an instrument from the school?    Yes    No			
Will you allow photos of your son or daughter participating in band events to be posted on ankenybands.com? <div style="text-align: center;">Yes    No</div>			
1. I understand that band camp is part of my band obligation			
2. I understand that the marching program will be taught during band camp			
3. I understand that it is my responsibility to attend band camp prepared			
Signed Student:		Date:	
Signed Parent:		Date:	



# Ankeny Bands Health Information

This form will be in effect from June 1, 2015 to June 30, 2016

Student Name:		
Medical Insurance Information		
Company Name:		Policy #:
Street Address:		
City:	State:	Zip:
Policy Holder:		Relationship:
Personal Physician Information:		
Name:		Telephone #:

Dental Insurance Information		
Company Name:		Policy #:
Street Address:		
City:	State:	Zip:
Policy Holder:		Relationship:
Personal Dentist Information		
Name:		Telephone #:

Do you have any medical problems that the staff should be aware of?	_____ Yes    _____ No
If yes, please explain:	
Are you required to take any prescription medications on a regular basis?	_____ Yes    _____ No
If yes, please list prescriptions and regularity:	

ALL MEDICAL PROBLEMS AND MEDICATIONS MUST BE REGISTERED ON THIS FORM

**(TURN OVER)**

# Ankeny Bands Health Information

The staff will have non-prescription medicines and first-aid available to band and guard members; such as Tylenol, Pepto Bismol, Neosporin, etc. However, it is understood that it is an individual member's responsibility to inform the designated staff member prior to the receipt of any non-prescription medicines.

Please indicate any non-prescription medicines that you do NOT want this member to receive:	
Do you have any chronic physical conditions that could restrict physical activity such as knee, back, or ankle problems etc.?	Yes _____ No _____
If yes, Please explain:	
Are you allergic to any medications, foods, bee stings, etc.?	Yes _____ No _____
If yes, please explain:	

## AUTHORIZATION FOR MEDICAL TREATMENT AND RELEASE OF LIABILITY

I am aware that during any field trip or excursion certain dangers may occur, including, but not limited to, the hazards of accidents or illness in places without medical facilities, hazards created by the forces of nature, and hazards of travel by air, train, bus, automobile, and other means, including walking.

In the event of illness or injury, I do hereby consent to whatever x-ray examination, anesthetic, medical, surgical, or dental diagnosis or treatment and hospital care are considered necessary for the individual in the best judgment of the attending physician, surgeon, or dentist and performed by or under the supervision of a member of the medical staff of the hospital or facility furnishing medical or dental services.

I understand and do hereby assume all of the above mentioned risks and will hold Ankeny High School and its representatives and chaperones, harmless from any and all liability whatsoever which may arise out of or in connection with a trip or participation in any activities arranged by the Ankeny High School Bands. The terms thereof shall serve as a release and assumption of risks for my heirs, executor and administrators and for all members of my family.

I have read, understand and agree to abide by the above policies and directives. All information contained in this form is true, to the best of my knowledge.

Signature of Student: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

## A FACT SHEET FOR PARENTS AND STUDENTS

# HEADS UP: Concussion in High School Sports

**The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:**

- (1) A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
- (2) A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
- (3) Key definitions:
  - “**Licensed health care provider**” means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.
  - “**Extracurricular interscholastic activity**” means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

### What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

### What parents/guardians should do if they think their child has a concussion?

1. **OBEY THE NEW LAW.**
  - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
  - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

### What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

### STUDENTS:

If you think you have a concussion:

- **Tell your coaches & parents** – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- **Get a medical check-up** – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- **Give yourself time to heal** – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

### IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

**IMPORTANT: Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must sign the acknowledgement below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned.**

We have received the information provided on the concussion fact sheet titled, “HEADS UP: Concussion in High School Sports.”

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student's Printed Name

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student's Grade

\_\_\_\_\_  
Student's School

### Signs Reported by Students:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

### PARENTS:

#### How can you help your child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

### Signs Observed by Parents or Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.

For more information visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)