



## El Dorado Golden Hawks Marching Band & Colorguard 2010 Rose Parade Preparation Information

On January 1, 2010 the El Dorado Band and Colorguard will perform in the world's most watched parade. Your performance will be seen live by over a million people along Colorado Boulevard and on television by over a billion people around the world.

In keeping with the tradition of the El Dorado Band and Colorguard always giving the best possible performance, it is important that we be prepared for the 7 mile parade performance. The goal is to be just as strong at the end of the parade as we are in the beginning. After all, the people watching at the end deserve a great performance too!

There is no doubt that your performance in the parade will be something you will remember for the rest of your life. To make sure that your experience is positive and enjoyable, here are a few important things to keep in mind.

### **Hydration**

In addition to the length of the Rose Parade, one of the biggest differences between the Rose Parade and all of the other parades we have done is the fact that there is no water available during the parade. Since the parade is televised, it is required that all of the floats, bands and horses keep moving. In addition, extra help, such as our Men in Black are not allowed. So... the secret to a successful 7 miles is ***pre-hydration***. In order to ensure that you are well hydrated for the parade, you must drink plenty of water for several days before the parade. You cannot wait until the night before the parade to start this process; otherwise, it will run right through you and not be absorbed by your body. When you feel thirsty, it's time to drink. Drink lots of fluid the entire week before the parade. This will help you get through the parade without any water during the performance. Many musicians before you have prepared in this fashion and succeeded in completing the parade route without a problem. The Tournament of Roses provides food (lunch) and water at the end of the parade route.

## Foot Care

If you take care of your feet, they will take care of you. Proper foot care is essential. How many of you could put on your marching shoes and go for a 7 mile walk and not get blisters? As we prepare for the parade, we will need to prepare our feet. Keep your feet and legs in shape by walking every day. When walking, wear your band shoes as much as possible, so they are really broken in well. The little bit of wear that they get during marching season isn't going to be enough for the shoes to really be comfortable for a long parade.

For walking long distances, two pairs of socks may be needed to help prevent blisters. Wear a pair of athletic socks next to your skin (waffle-weave type are good to wick the moisture away from your skin, thus avoiding blisters) and then your normal black band socks on top. Remember, black socks on top! Nothing but black socks can be visible. Walking ahead of time with the socks you intend to wear for the parade will give you a good idea of where you may develop blisters. If you feel like you have some hot spots where blisters may develop, it may be a good idea to purchase some moleskin.

Moleskin is an adhesive padding that can be cut and placed on your heels, toes or anywhere else on your feet that might rub in your shoes. It is available at Walmart, CVS or Walgreen's in the foot care section. Make sure that you use a large enough piece so that it doesn't roll in your shoe. Remember, it is better to prevent blisters than to try to treat them after they develop. So, check into all of this and be prepared before we start the Angel Stadium rehearsals and the parade.

## Conditioning

In preparing for the Rose Parade in 2005, El Dorado spent many days marching around the track at school and at Angel Stadium working on many things, but possibly the most important thing was marching and playing endurance. As you know, this year we are challenged with not having a track to use for practicing and building endurance. In order to compensate for this, it is important and necessary for everyone to work on their own on conditioning. Many of us don't walk 7 miles in a week, so marching and playing continuously for 7 miles in one day, could be challenging. We will be marching together as a group to get ready, but a little extra on your part will make the parade a lot easier.

At this point, everyone should be exercising. If you haven't started yet, start now. Walk, walk, walk...just doing this everyday will help you prepare yourself, your feet and your legs for New Year's Day. To give you an idea of how far 7 miles is, think of this year's Placentia parade. If you remember, we left El Dorado, marched the parade and then walked back to El Dorado. That distance is about 3.5 miles. The Rose Parade will be like doing this year's Placentia parade twice, but marching and playing the entire time. So, get out there and walk. Make it fun.

Go with your section and wear your Rose Parade jackets or shirts, so people know who you are. Also, whenever you can, wear your marching shoes. That will give you a chance to break in your shoes and you can also see where any hot spots are on your feet which may require attention with moleskin.

Here are a few distances for you to keep in mind when you are walking:

EDHS to Tri-City Park – 1.2 miles

Three times around the lake at Tri-City Park – about 2.4 miles

EDHS to the Nixon Library – 2.2 miles

Placentia Parade route & back to EDHS - 3.5 miles

### **Nutrition**

As we are preparing for the Rose Parade, now is not the time to be on a diet. You will need to give your body the necessary fuel to make it through the rehearsals and the parade. Remember back in elementary school when you learned about the food pyramid and eating right? Now is the time.

On the morning of January 1<sup>st</sup>, we will have an unbelievably early call time. Although you probably won't want to eat that early, breakfast is not optional, it is mandatory!! You must eat a good hearty breakfast. By that we mean a good balanced breakfast, not a doughnut and Starbuck's on the way to the school. The Tournament of Roses recommends a high carbohydrate breakfast and limited fluids after midnight on New Year's Eve. Some suggestions to be included in your breakfast selections: grains (toast, pancakes), protein (eggs, cheese, bacon, milk), and natural sugar (fresh fruit). This will need to last you until the end of the parade.

### **Rest**

In order to function to the best of your ability, it is very important to take care of yourself and get plenty of rest every day. Winter break offers many opportunities for staying out late, hanging out with your friends and families and "overdoing it". Your focus needs to be taking care of yourself and limiting those "extra" activities to allow yourself to be geared up for the parade. This is a once-in-a-lifetime experience for which you will need to be fully prepared. Sleep is definitely not overrated; 8 hours a day is recommended. Especially on New Year's Eve.

In closing, being invited to participate in the Tournament of Roses Parade is a tremendous honor. You have all heard how El Dorado was chosen from over 200 bands from all over the world who applied. It is our responsibility to do our best to show that we deserve that honor. As you prepare and ultimately march on January 1<sup>st</sup>, keep in mind a few final points:

- There will be over 500 El Dorado parents and family members in the grandstands cheering loudly for you. Many more will be at various points along the parade route.
- Your friends and family who are not at the parade will be watching on television, looking for you.
- Donations and well wishes have been received from over 400 families from all over the United States. Rest assured those people will be watching and supporting you during the parade.
- Members of other bands from schools in our school district will be watching and cheering for you from their living rooms.
- All of the bands we compete against will be watching.
- There will also be many, many proud El Dorado alumni watching and cheering you on.

**Be prepared. Be your best. Go Hawks!**