

Dear JET Band Parents,

The James E. Taylor vs. Cy-Fair Varsity Football game that will be played on Saturday, August 27th, has been moved from 6:00 p.m. to 7:00 p.m. As a result we will move all of our activities one hour later as well. Thus, run-thru time will be 3:00 p.m. on Saturday.

Our students have done a great job conditioning themselves and acclimating to the heat of summer throughout the last few weeks. As we move throughout this week, we need to continue to be persistent in taking care of our bodies in preparation for another hot day on Saturday.

Here is my recommendation for daily hydration leading up to game day:

- Each evening, after rehearsal, students should drink a large (24oz.-32oz.) serving of sports drink, such as Gatorade or Powerade followed by drinking water until bed time. This is to recharge electrolytes and carbohydrates lost during rehearsal.
- Before bed, students should go through the same stretching regiment as we do in rehearsal each day. This will allow the body to be free and relaxed to receive needed nutrients and allow for a good night of rest.
- Students should eat a healthy breakfast consisting of fruit, protein, and carbohydrates.
- Students should be drinking water consistently throughout the day and using the restroom frequently throughout the day.
- Students should eat a healthy lunch consisting of fruit, protein, and carbohydrates with plenty of water and/or sports drink.

We will continue to monitor the heat levels as we approach Saturday and prepare appropriately for the game. Health and safety are always our utmost concern as we move through the summer heat.

We have gone over game day procedures in class and each student should be well versed on what is needed for Saturday so that we can have a smooth game day atmosphere and have a great performance on Saturday night.

As always, if you need anything please let me know. I look forward to seeing you all at the game Saturday night at 7pm, if not earlier if you're a part of the game day team helping to put together a great JET Band Day!

Best,
Chris

Christopher Bailey
Director of Bands
James E. Taylor High School