

Spirit Rehearsal THIS SATURDAY September 30

PLEASE READ CAREFULLY!! Our rehearsal schedule this Saturday will be VERY DIFFERENT!

We will start the day at the National Kidney Foundation's **2017 Palm Beach Kidney Walk at Carlin Park** to support band dad Chuck Bernabi. Chuck has been greatly supported by the National Kidney Foundation, and this his way to pay back the organization for their help.

Chuck "graduated" from the band last year, but he has always been a HUGE supporter of and volunteer for the band program, and this is "our" way of giving back to him! A financial contribution is not required, but our show of support for him means a great deal!

ALL STUDENTS: Meet at Carlin Park at 8:00 AM. Instrumentalists should wear casual uniform and guard should wear green tanks and black shorts so we are identified as a group. Return to JHS by 10:30 AM. *You may want to bring a change of shirt for rehearsal so your casual uniform shirt does not get stained.*

Students will NOT be permitted to leave campus for dinner on Saturday, so be sure to bring **LUNCH AND DINNER** to rehearsal. Remember your water jug!

We WILL have a fruit break on Saturday AFTERNOON. Donations are needed! Watermelon, grapes, and strawberries are the most popular. Please drop off in the band kitchen after 10:30 am on Saturday. We can also use Gatorade and individually wrapped dry snacks.

VOLUNTEERS are needed for Saturday, ESPECIALLY in the afternoon for the fruit break. We can't have a fruit break without fruit and volunteers to prep, serve and clean up! Please sign up to volunteer at www.signupgenius.com/go/10c0445aba62fa5fe3-spirit4. Watch your email for an October rehearsal SignUpGenius link.

INSTRUMENTALISTS: PLEASE BRING YOUR GARMENT BAG if you have one. We will be fitting uniform JACKETS throughout the week in class and on Saturday. Students can take them home on SATURDAY.

Here is the schedule for Saturday:

8:00 am: Meet at Carlin Park in your casual uniform for the Kidney Walk

10:30 am: Arrive at JHS to set up

11:00 am: Mini camp begins

1:00 pm: Lunch

1:30 pm: Music/Ensemble

3:00 pm: Fruit Break

5:00 pm: DINNER ON CAMPUS

5:30 pm: Complete Instrumentalist Jacket Fitting

6:30 pm: Ensemble

9:00 pm: Dismissal

Bring to rehearsal:

Water jug

SUNSCREEN!

Change of shirt

Healthy lunch

Healthy dinner

Instrumentalists: Garment bag if you have one

For more information about the Kidney Walk or to make a donation, visit these links:

[2017 Palm Beach Kidney Walk](#)

[Chuck's Band of Angels](#)

When you donate to the National Kidney Foundation, you're powering NKF programs that make a real difference in people's lives:

- Free local **KEEP Healthy®** events that test people for the risk of kidney disease
- Caring support through **NKF PEERS**, NKF's free, national telephone-based support program that connects those experiencing chronic kidney disease with NKF-trained mentors who have been through a similar experience
- **Advocacy** efforts to improve the quality of life for kidney patients and reducing transplant waiting times
- **NKF Research Grant Program**, including the Young Investigator Grants program for beginning scientists
- Community-based education through "**Your Kidneys and You**," a volunteer-led presentation on risk factors and prevention of kidney disease