

PLEASANT GROVE HIGH SCHOOL MARCHING BAND

RED ROCKS TOUR 2022

INFORMATION PACKET

CONTENTS

Parent/Student Cover Letter
Tour Itinerary & Menu
Contacts List
Suggested Packing List
Trip Rules
3 Consent & Release Forms

2022 PGHS MARCHING BAND RED ROCKS TOUR INFORMATION

Dear Parents and Students:

Enclosed with this cover letter are:

- (A) TOUR ITINERARY & MENU
- (B) CONTACT LIST,
- (C) SUGGESTED PACKING LIST,
- (D) TRIP RULES, AND
- (E) MEDICAL RELEASE FORMS AND CONSENT FORMS.

In order for a student to participate in the tour activity, the following procedures must be adhered to:

1. The **tour rules** and **medical release form** must be read and signed by each participating student and by his or her parents or legal guardians, and turned in before we leave, preferably right away. These forms are required by law and by our school district. **On tour, violations of the rules will not be tolerated and may result in the sending home of a student at his or her own expense.**
2. We suggest that students leave a copy of the contact list and itinerary with parents or guardians in case parents need to make an “emergency” communication with their student while out on tour. A few days before we leave, we will distribute additional and possibly updated itinerary copies and contact lists for students to pack in their luggage.
3. The items suggested on the packing list are not necessarily “mandatory” – (just make sure whatever has been designated as your official performance dress, i.e. official uniforms and/or appropriate shoes, socks, etc., have been included).
4. Finally, we recommend that students use a credit card instead of carrying large amounts of spending money. Please read the contents of the enclosed sheets carefully so that everyone involved may have a safe and enjoyable trip.

Thank you for your support. We have enjoyed working with your students this year, and look forward to a memorable experience with them on tour.

Sincerely,

Christian Succo, Director of Bands, Pleasant Grove High School

RED ROCKS 2022 TOUR ITINERARY

Thursday, November 3rd

7:45 am Meet at PGHS, light snack provided (Costco muffins & juice)
8:15 am Depart PGHS on school buses (bring own snacks, headphones)
11:45–1:00 pm **Lunch** at Park (MoBettah's)
1:30-4:00 pm Rehearse at Cedar High School in Cedar City
4:30-6:00 pm Arrive at Hotel (Courtyard by Marriott in Cedar City), check in
6:00 pm **Dinner** at Golden Corral
7:00 pm Depart for Red Rocks All HS Dance in St. George
8:00 –10:00 pm Red Rocks Dance
11:00 pm Arrive at Hotel
11:45 pm Lights out

Friday, November 4th

8:00 am **Breakfast** – hot buffet breakfast at hotel
10:30 am Mental reps in lobby
11:00 am Leave for St. George
12:00 pm **Lunch** at Park (Olive Garden)
1:00-2:00 pm Body warmup/rehearsal at park
2:00-3:30 pm “Bandimonies”
4:00 pm Arrive at Crimson Cliffs HS, light snack provided
5:10-7:00 pm Warmup/report to gate/perform
7:00-7:30 pm Photos, return to trailer, load trailer, change clothes
7:30-8:00 pm **Dinner** by trailer/buses – Dominoes pizza and salad
8:00-10:30 pm To Stadium to watch other bands perform/awards
11:30 pm Return to Hotel
TBD Lights Out

Saturday, November 5th

8:00 am **Breakfast** – hot buffet breakfast at hotel
9:00-10:00 am Pack to leave
10:45 am Depart for Cedar Valley Bowling
11:00-1:00 pm **Lunch** and Bowling at Cedar Valley Bowling
1:00 pm Depart for Crimson Cliffs HS, BOA
2:00 – 5:00 pm Watch BOA Prelims
5:30 pm **Dinner** outside stadium (Jimmy John's dinner boxes)
6:30 pm Load buses, drive home
10:30 pm Arrive PGHS, unload buses trailers

RED ROCKS 2022 MENU

Food/Allergy information to consider

Thursday breakfast is eaten at home. We will have Costco muffins and some fruit at the school for anyone who needs a snack before traveling.

Thursday lunch is from MoBettah's, there will be two meat options, white rice, and macaroni salad. You can visit their website for information about their food: <https://mobettahs.com/catering/> Please let us know if we need to make accommodations for your student.

Thursday dinner is at Golden Corral. They have lots of options. You can visit their website for information about their food: <https://www.goldencorral.com/menu/>

Friday breakfast is at the Courtyard Marriott in Cedar City. You can contact the hotel for information about their food: 435-867-7300

Friday lunch is from Olive Garden. We'll be doing the Create Your Own Pasta Station with three meats, pasta, three sauces, breadsticks, and salad and you can visit their site for information about their food: <https://www.olivegarden.com/menu/catering/meal-combinations> We're ordering some separate Gluten free pasta for two students. Please let us know if you need GF and have not requested it at past events.

Friday dinner is from Dominoes Pizza. We'll be ordering regular pizzas & breadsticks & having salad. We're ordering some separate Gluten free pizza for two students. Please let us know if you need GF and have not requested it at past events.

Saturday breakfast is at the Courtyard Marriott in Cedar City. You can contact the hotel for information about their food: 435-867-7300

Saturday lunch is at Cedar Bowling Center. Students will preorder (in advance) cheeseburger/small fry/drink OR hamburger/small fry/drink OR chicken tenders/small fry/drink OR salad with our without grilled or crispy chicken. <https://www.cedarbowlingcenter.com/grill/>

Saturday dinner is from Jimmy John's. We will be pre-ordering boxed lunches. You can visit their menu at <https://www.jimmyjohns.com/catering/>

PGHS MARCHING BAND
TOUR CONTACT INFORMATION

Directors and Supervisors

Director: Christian Succo 801-830-8535

Assistant: Randy Mott 801-602-4399

Hotel (Cedar City, Utah)

Courtyard by Marriott
1294 South Interstate Drive
Cedar City, Utah 84720
435-867-7300

Suggested Packing List

Luggage

- One suitcase to store in bus cargo, one small carry-on, small pillow &/or blanket for travel
- Be sure to pack your own instrument & flags/batons/props

Money Needs

- Cash or credit card (with photo ID) for snacks, souvenirs, optional purchases

Marching Band Uniform

- Bib/Pants
- Jacket & Tail
- Gauntlets
- Gloves
- Black Socks
- Black Marching Shoes
- Show Shirt
- Athletic Shorts
- Color Guard uniform
- Color Guard shoes

Toiletries

- Personal toiletry needs
- Deodorant
- Shampoo/Conditioner/hairbrushes/combs/hair gels
- Toothbrush & Toothpaste
- Band-Aids or wraps for blisters
- Medications or eye-wear
- Medications for pain/headaches

Clothing

- Clothes for bus travel Thursday and Saturday
- Casual shirts, jeans
- Underwear/socks
- Swimwear (see Tour Rules Contract for guidelines)
- Pajamas
- Shoes (not for marching), flip flops for pool

Miscellaneous

- Phone/charger with your name on it, sunglasses, sunblock, headphones (required), camera, snacks for bus/hotel, preapproved G&PG movies (see Trip Rules Contract), books or quiet activities, WATER BOTTLE, any schoolwork you need to do

TRIP RULES AND BEHAVIOR CONTRACT

Bus Rules

- Be at the bus at the scheduled time or earlier
- Do not sit on the arm rests or on the floor
- Keep the center aisle clear
- Bring quiet activity should the bus driver, director, or chaperone call for a quiet hour
- No PG-13 or R rated movies allowed
- Directors and chaperones have final say on whether a video is appropriate.
- Clean up your space – regardless of whether you make the mess
- “Music for listening” is limited to personal stereos with headphones at a volume level inaudible to those around you.
- Students get 1 (one) seat.
- **Extra seats on the bus are reserved for chaperones to have more room**

Immoral misconduct

- Students must be dressed appropriately and modestly
- School dress code is to be followed: No short-shorts or cut-offs, no tank tops for girls or boys, modest swimwear i.e. no bikinis or Speedos.
- No sexual harassment or public displays of affection will be tolerated
- No sitting on laps, laying on each other, or other intimate contact, such as kissing, snuggling, or back massages.
- No two students should be alone together at any time
- Students sitting next to each other on the bus may not be under the same blanket.
- No shoulder sitting, touching, or throwing in the pool

Hotel rules

- Mixed company only in Chaperone rooms (no boys in girls’ rooms or vice versa)
- **Student will not leave their rooms for any reason after bed-check.**
- If you have an emergency after bed check **call** a chaperone or Director, and they will come to you if necessary.
- Doors must be completely closed and locked and latched after bed-check
- Room captains will inspect rooms on arrival and report any damage to room chaperone.
- Room captains and room chaperones will do a room sweep before check out.
- Leave the hotel in good order
- Open your hotel door only for Chaperones or Directors from our group
- Don’t use hotel phones for any reason
- Don’t attempt to purchase any pay-per-view movies
- Respect other hotel guests by maintaining quiet atmosphere in rooms, hallways, and lobby areas
- Chaperone must be present when anyone visits the pool area

Group and Individual Safety

- Everyone must stay in groups of at least five at all times
- Use “buddy-system” for groups larger than five
- Do not go anywhere with people who do not belong to our group
- Do not entertain guests in your room who are not a part of our group
- MAKE SURE THAT THERE IS AT LEAST ONE CELL PHONE IN YOUR GROUP AT ALL TIMES
- Visits from relatives must be pre-approved and must be real relatives who are at least 25+ in age

Drugs and Rx Medications

- Any student found in possession of any illegal substance will be sent home immediately and will face charges of possession of controlled substance
- By signing this form, you agree to allow PGHS staff the right to search your luggage or property if said staff suspects illicit substances
- All Rx medications taken on the trip must be listed on the medical release form
- **You may not under any circumstance** share Rx medication with other students

I agree to follow all of the above rules. I understand a serious breach of any of these rules may result in my being sent home at my own expense and agree to pay all costs associated with the consequences of breaking any of the above rules.

Student
Signature _____ Date _____

Parent
Signature _____ Date _____

**ALPINE SCHOOL DISTRICT
Consent and Authorization Form**

Name of Participant _____ Date of Birth _____

Home Address _____

Home Phone _____

Parent's Cell or Business Phone _____

CONSENT TO PARTICIPATE

I give my consent for the above-named student to participate in the following activity of Alpine School District:

Pleasant Grove High School Marching Band Tour to St. George, UT November 3-5, 2022

AUTHORIZATION FOR MEDICAL TREATMENT

I authorize Christian Succo, or any other school supervisor involved in the above-named activity, as my agent(s) to consent to any necessary emergency medical or dental treatment. This authorization shall remain effective until November 6, 2022.

MEDICAL INFORMATION DISCLOSURE

Health and Accident Insurance Information

Student Name _____ Date of Birth _____

Insurance Company _____ Policy Number _____

Phone Number _____ Policy Holder Name _____

Primary Care Doctor _____ Phone number _____

Do you have or require any of the following:

- | | | |
|---|-----|----|
| 1. Special Diet? | Yes | No |
| 2. Allergies? | Yes | No |
| 3. Chronic or recurring illness? | Yes | No |
| 4. Medication? | Yes | No |
| 5. Physical condition that would limit activity? | Yes | No |
| 6. Had surgery or a serious illness in the past year? | Yes | No |

If the answer is yes to any of the above, give full particulars of each. (Use the back of this form if necessary).

Please supply any other information which should be known by the supervising physician

Parent Consent for Student Participation

Activity Field Trip Location: **Pleasant Grove HS Marching Band Trip to St. George, UT**
Dates: **November 3-5, 2022**

This is a Parent Consent Form for Minors, which identifies risks of participating in Alpine School District course or program, and a Waiver and Release for parents/guardians.

Injury may result from your participation in activity/field trip. You are expected to familiarize yourself with activity/field trip and what is required, rules of conduct for the activity/field trip as well as **Alpine School District** policies. You are expected to follow proper operating procedures including safety procedures as outlined by the course/program instructor, plus any directions given by an authorized **Alpine School District** employees.

I, (printed name of student) _____, acknowledge that I have familiarized myself with activity/field trip and what is required, will follow the rules of conduct, will follow the operating procedures, and will follow any directions given by an authorized school employee.

(Signature of student)

The undersigned, the legal guardian of _____ (hereinafter "student") a student at **Alpine School District** under eighteen years of age, in consideration of student's participation in a school activity/field trip to hereby agree to this waiver and release.

I recognize that participation in this field trip to activity/field trip may involve moderate to strenuous physical activity and may cause physical and or emotional distress to participants. There may also be associated health risks.

I state that student is free from any known heart, respiratory or other health problems that could prevent student from safely participating in any of the activities.

I certify that I have medical insurance or otherwise agree to be personally responsible for costs of any emergency or other medical care that student receives. I agree to release the State of Utah, **Alpine School District** and their agencies, departments, officers, employees, agents, and all sponsors, officials and staff or volunteers from the cost of any medical care that student receives as a result of participation in **Alpine School District** courses.

I further agree to release the State of Utah, **Alpine School District**, their agencies, departments, officers, employees, agents and all sponsors, officials and staff or volunteers from any and all

liability, claims, demands, breach of warranty, negligence, actions, and causes of actions whatsoever for any loss, claim, damage, injury, illness, attorney's fees or harm of any kind or nature to me arising out of student's participation in this **Alpine School District** course/program. This release extends to any claim made by parents or guardians or their assigns arising from or in any way connected with the aforementioned activities.

CONSENT

Consent is expressly given, in the event of injury, for any emergency aid, anesthesia and / or operation, if in the opinion of the attending physician, such treatment is necessary.

I have carefully read and understand the contents of the foregoing language and I specifically intend it to cover student's participation in the above stated activity/field trip.

Parent Name _____ Date _____

Parent/Legal Guardian Signature _____