



**Canyon Springs Cougar Canyon Regiment**  
23100 Cougar Canyon Drive • Moreno Valley, CA • 92557 • (858) 610-6419  
[sites.google.com/g.mvusd.net/canyonspringshsband](https://sites.google.com/g.mvusd.net/canyonspringshsband)

## **Call Sheet for Mira Mesa Band Review and Field Tournament Saturday, 11/2/19**

- Make sure you have eaten breakfast! Bring Water!
- Loading Crew 6:30 am
- **ALL CALL TIME** **6:45 am**
- **Load Buses** **7:15 am**
- **Depart from CSHS** **7:30 am**
- **Arrive at Mira Mesa** **8:45 am**

### **Full Band - Field Tournament**

- Dress into Uniform 9:00 am
- Stretch, Warm-up 9:30 pm
- Move to Stadium 11:30 am
- Staging 11:45 am
- **Field Performance** **12:00 pm**
- Change out of Uniform 12:30 pm

*\*\*Parade Members will go into half dress and have a quick break and snack\*\**

### **Parade Only**

- Warm-Up 1:00 pm
- Parade Line-Up 1:39 pm
- **Parade Performance** **2:09 pm**
- Change out of Uniform 2:20 pm
- Move to Stadium 2:35 pm
- **Field/Parade Awards** **2:50 pm**
- **Depart Mira Mesa** **4:00 pm**
- **Estimated Arrival** **6:00 pm**

### **BAND-REMINDERS & THINGS TO BRING:**

1. Instrument, reeds, mouthpieces, etc.
2. Marching Black Shoes
3. Long BLACK socks, Teal CCR Shirt
4. Bottle(s) of Water
5. Stuff for you hair, Deodorant, etc
6. Warm clothes for evening after performance
7. Money for snacks and/or programs
8. Homework/Books for downtime

### **COLOR GUARD- REMINDERS & THINGS TO BRING:**

1. Uniform, shoes, tights, etc.
2. Flag bags with correct performance equipment
3. Warm clothes for evening after performance
4. Make-up, hair stuff, etc.
5. Money for snacks and/or programs
6. Bottle(s) of Water
7. Stuff for you hair, Deodorant, etc

***All students should increase their consumption of water on the day of a performance.***

### **Mira Mesa Band Review and FT**

**10510 Marauder Way, San Diego,  
CA 92126**

***\$10.00 General Admission***

***Spectator Parking can be found in the surrounding neighborhoods.***