

Name _____

Marching Band Zero Hour Make Up

In lieu of missing a zero hour rehearsal, complete the form below in a practice session to regain your participation points. Your practice session should be spent on marching band music and/or marching technique. This can include show music, stand tunes, and general technique exercises. You must practice at least 45 minutes for each day you wish to make up, but you may break this down into smaller amounts of time if needed (for example, practicing for 15 minutes, 3 days).

Date	Goal	Goal Met?	Minutes

Reflection:

What is one practice technique I used? _____

Did the technique help me? Why or why not? _____

Circle One: Will I use the technique again? Yes / Maybe / No

Parents: Please do not sign until the form is completely filled out...

And students have practiced at least 45 minutes. Thank you.

Parent Signature _____