

# Rehearsal

Rehearsal

A Corps

## EVENT DETAILS

Date: July 7, 2025

Location:

**Hollister High School**

1220 Monterey St  
Hollister, CA 95023

## HOUSING INFORMATION

**Hollister High School**

1220 Monterey St  
Hollister,, CA 95023

## DESCRIPTION

**Please no food or drink on rehearsal fields! This includes Gatorade, fast fuels, etc.**

### **“Fast Fuel”**

A **QUICK** replenishment snack for rehearsal blocks to support optimizing your energy. This will help you sustain your energy levels during rehearsals to better support your ability to perform at 100%

#### **Why Carbs?**

This is the fastest & most efficient form of fuel for athletes at this caliber of training daily.

#### **Fast Fuel = Carb Focused Food Items + Electrolyte Drink**

- Applesauce Packets
- Fruit Leathers
- Honey Stinger chews/waffles
- Stroop Waffles



#### **Why consume Fast Fuels?**

- Consuming carb containing foods DURING blocks will help maintain blood glucose levels
- Fast Fuels will support upkeep of energy & brain function
- Fast Fuels can aid in reducing mental mistakes during blocks when consumed ~2-2.5 hours into a rehearsal block
- Please pick up at devils food prior to rehearsal block

## SCHEDULE

TIME	ACTIVITY
2:00 AM	Arrive - Sleep
11:00 AM	Brunch <i>Fast Fuel #1 (pick up) Meatloaf, chicken enchiladas, scrambled eggs, oatmeal, and donuts</i>
12:00 PM	Rehearsal + Fast Fuel #1
4:15 PM	Dinner <i>Fast Fuel #2 (pick up) Gyros, Mediterranean Salad, Baklava, salad bar, pears and fruit salad</i>
6:00 PM	Rehearsal + Fast Fuel #2
10:00 PM	Snack <i>Staff Showers: During rehearsal blocks &amp; after lights out E Showers: 10pm-10:45pm D Showers: 10pm-11:05pm C Showers: 10:45pm-11:10pm B/A Showers: 11:10pm-11:30pm</i>
11:30 PM	Lights Out

*This is a tentative schedule and subject to change.*