

## Reill Ledbet er

How hard is it physically to be in the marching band

It's a lot harder than people would think. During our summer band week, like right now, we're out here from 8:00 in the morning until 4:00 pm at night with only like an hour to an hour and a half lunch breaks and we're doing physical activities for like three to three and a half hours at a time. It's a lot of physical activity moving forward and backward and you use a lot of muscles in your upper body to keep yourself upright and it's a lot harder than people would think.

What do you do to stay fit?

Me personally, I like to run and do workouts outside of band. But every rehearsal that we do during the semester is a workout in itself. We're catching up like a lot of people catch up to steps a day out here, even more so, especially those that go march and Drum Corps and stuff, they're hitting like 10,000 and 12,000 steps every day.

Can you talk about the environmental factor?

I'm from Lubbock, so I'm really used to this dry heat. But a lot of people obviously coming to college are not from this area and so they're having to adjust to the dry heat. The UV index gets it feels a lot higher here and the sun beating down on you gets really tough. We actually have a first aid station like right inside the School of Music, the doors when you first go in. We've got fans set up and we've got aloe for everybody. We've got like Pedialyte and different kinds of waters and everything that we can use to keep people safe and hydrated. Because it's tough. It's tough out here so.