

HELIX INSTRUMENTAL MUSIC ASSOCIATION

P.O. Box 547, La Mesa, CA 91944 | email: info@helixinstrumental.org | <http://helixinstrumental.org>

We would like to take this opportunity to welcome our new members in addition to our returning veterans to the Helix Instrumental Music Family. Whether a student or a parent you will have many opportunities to get involved with families sharing common goals and interests. For both the student and the parent, lifelong friendships will develop. We are pleased that you have chosen to join the Helix Instrumental Music Program.

The Helix Instrumental Music Association would like to welcome each of you. The Helix Instrumental Music Association or HIMA as it is commonly called is a non-profit parent booster association that works with our Instrumental Music Directors, Mrs. Casey and Mr. Benge, to support the music program. Every parent is a member and needs to be dedicated to supporting the music program. Our Association can only be successful with the help of our students' families and friends!

We strongly encourage everyone to actively participate in our HIMA General Meetings as well as our sponsored Fundraisers. To provide our students participating in the 2019-20 Helix Instrumental Music Program the exciting opportunities of our past history, we NEED everyone to participate. Our HIMA General Meetings are typically held on the first Wednesday of each month at 7:30 pm in the Band Room. The first meeting of the school year will be held on Wednesday, August 7, 2019. These meetings are a great way to stay informed of the many activities, events and concerts coming your way!

Our volunteers are the heart of our organization and together we make it possible for our students to participate in this amazing program. We offer many opportunities to support our students. We thank you for lending your time and talents, as well as your financial backing, to our organization. Together we can continue to provide the highest quality program possible and give our kids and families a fantastic high school music experience!

We have an awesome team of HIMA Board Members who are happy to answer any questions you may have. Please feel free to contact any one of us with questions or concerns.

Once again, thank you for being a part of Helix Instrumental Music Program. May you all find it a rich and rewarding experience. To our old members, we say, "Thank you for returning your talents." and to new members, we say "Welcome".

Best,

Jean Baber
HIMA President

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Dear Families:

The Helix Instrumental Music Association (HIMA) would like to welcome you to the 2019–2020 school year! The Helix Instrumental Music Program is known for its quality program, but to maintain our standard of excellence, we must ask our families and community for financial support. **Annual operating costs for a program of our size and quality are estimated at approximately \$150,000.**

Because of state budget cuts, the school is unable to provide the necessary funds it takes to provide a quality music program. That's where HIMA comes in: we try to help secure the financial support that is needed to run our program.

This year, we anticipate the average cost for a student in Orchestra to be \$185–\$275.

These figures represent the difference between what the school provides and the actual costs to maintain and build our current program; we estimate a \$100,000 budget difference between HIMA and Helix Charter High School. There are many expenses that are not covered by Helix Charter High School, including instructors, clinicians, instrument maintenance and repairs, sheet music, event entry fees, hospitality, awards, and more. Without adequate donations and fundraising, we will not be able to provide the program that we offer today. To maintain our program, each family is asked to do what they are able to help meet our expenses and to participate in fundraising. This will ensure our students continue to fully experience the best program we as supporting families can offer.

We ask that each Orchestra member's family attempt to either donate or fundraise at least \$200. Participating in donation giving (money, food, your personal time, etc.) is strictly voluntary and is not required to participate in the music program but is very much needed and appreciated. If you choose to donate, please try to do so before December. Please also keep in mind that \$200 is only the beginning of covering expenses; we hope you will continue to help the program by participating in ongoing fundraisers throughout the entire school year.

A receipt of your participation in fundraisers (but not of your personal donations) can be provided to you upon your written request. State laws restrict us from tracking personal donations; however, because your personal donations may be tax deductible, please check with your tax preparer.

If you would like additional information regarding how you can best support your student through donations and fundraising, contact Jean Baber, president@helixinstrumental.org.

Thank you!
Helix Instrumental Music Association

Jean Baber, President | email: president@helixinstrumental.org

Helix Instrumental Music Association Tax ID #23-7255896

Helix Instrumental Music Association (HIMA) invites you to

Become a Volunteer!

The Helix Instrumental Music Program needs your help!

Volunteers are the heart of all of our activities! We need your help with set-up, clean-up, chaperoning, driving and towing vehicles, handy man and construction, fundraising, ticket sales, fitting and altering uniforms, serving food, organizing, planning, prepping, communicating, coordinating, greeting, encouraging, and just BEING THERE!

If you are able to volunteer your time or have a special talent you can share, provide your contact information below and check your areas of interest on the back.

YES, I want to be a Volunteer!!!

Student's Name: _____
Parent/Guardian's Name: _____
Home Phone: _____ Cell Phone: _____
E-mail Address _____

My student is in/is interested in (please check all that apply):

- | | | |
|--|--|---|
| <input type="checkbox"/> Marching Band | <input type="checkbox"/> Color Guard | <input type="checkbox"/> Pipe Band |
| <input type="checkbox"/> Orchestra | <input type="checkbox"/> Wind Symphony | <input type="checkbox"/> Concert/Symphonic Band |
| <input type="checkbox"/> Jazz Band | <input type="checkbox"/> Winter Drumline | |

Volunteering not only helps our music program, but also provides an opportunity for you to meet new people, understand and experience your student's activities, and stay involved through their high school years!

Helix Instrumental Music Program's Volunteer Opportunities

As volunteers are needed, you will be contacted to see if you are available. However, you never need an invitation—always feel free to **JUST SHOW UP!!**

- Carpooling**
- Business & Financial Services**
 - Book keeping
 - Legal/tax services
- Hospitality assistance** (Band Camp, competition weekends, special events)
 - Food preparation/service
 - Serving
 - Setup/cleanup
- Special events planning**
 - Wine/Beer Tasting (Aug/Sept)
 - Spaghetti Dinner (fall)
 - Ice Cream Social (spring)
 - Dinner Auction (April/May)
 - HIMA Awards Banquet (May)
 - Coordination
 - Setup/cleanup
 - Serve
- Home football games (fall Friday nights)**
 - Seat covers/water
 - HIMA booth sales
 - Chaperone
 - French braiding hair
 - Uniforms
 - Pit equipment support
 - Prop support
- Crafts/decorations** (special events)
- Phone calls** (ongoing)
- Transportation/logistics assistance**
 - Towing
 - Mechanical assistance
 - Electrical & Construction (ongoing)
 - equipment support
- Photography/video** (ongoing)
- Sewing/alterations**
- Concerts**
 - Ticket sales
 - Concessions
 - Ushers
 -
- Field show/parade assistance** (fall marching competition season)
 - French braiding hair
 - Uniforms
 - Prop support
- HIMA wear sales** (football games, special events)
- Fundraising activities** (ongoing)
 - Organizing
 - Take-home fundraisers
 - Corporate donations
 - Grant writing
 - Assist with item sorting
- Prop design/construction** (field show, concerts, special events)
- Other:** _____

I have no clue but I want to get involved!!!!

.....

Student's Name: _____
Parent/Guardian's Name: _____
Home Phone: _____ Cell Phone: _____
E-mail Address _____

My student is in/is interested in (please check all that apply):

- Marching Band
- Color Guard
- Pipe Band
- Orchestra
- Jazz Band
- Winter Drumline

Volunteering not only helps our music program, but also provides an opportunity for you to meet new people, understand and experience your student's activities, and stay involved through their high school years!



Helix Instrumental Music Association

Membership Drive Investing in Excellence

Your donations fund instrumental instruction, musical arrangements, coaching, uniforms, performance opportunities, and equipment for the more than 180 students who participate in the Helix Instrumental Music Association. Please become a HIMA member today!

\$20 Friend:

- HIMA window decal

\$60 Supporter:

- HIMA window decal
- HIMA t-shirt
(Circle size) S M L XL XXL

\$150 Donor:

- 2 HIMA window decals
- 2 HIMA t-shirts
(Circle size) S M L XL XXL
- Public thanks on HIMA website

\$250 Sponsor:

- 2 HIMA window decals
- 2 HIMA t-shirts
(Circle size) S M L XL XXL
- 1 Season football* pass OR
- Concert ticket package for 1**
 Football passes
 Concert tickets
- Public thanks on HIMA website

*Football pass valued at \$30

**Concert package includes one ticket to each of the fall concert, holiday concert, spring concert, Pops, and jazz band concert, valued at \$50

\$500 Directors' Circle Bronze:

- 2 HIMA window decals
- 2 HIMA t-shirts
(Circle size) S M L XL XXL
- 2 Season football* passes OR
- Concert ticket package for 2**
 Football passes
 Concert tickets
- Public thanks on HIMA website

\$1000 Directors' Circle Silver:

- 2 HIMA window decals
- 2 HIMA t-shirts
(Circle size) S M L XL XXL
- 2 Season football* passes AND
- Concert ticket package for 2**
- Public thanks on HIMA website

\$2000 Directors' Circle Gold:

- 2 HIMA window decals
- 2 HIMA t-shirts
(Circle size) S M L XL XXL
- 2 Season football* passes AND
- Concert ticket package for 2**
- Dinner at Pops Concert for 2
- Public thanks on HIMA website

Name: _____ Student name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ E-mail: _____

Name for public recognition: _____

- I wish to remain anonymous I do not wish to receive donor benefits

Please return this form on Paperwork Day with check payable to HIMA
OR mail to Helix Instrumental Music, P. O. 547, La Mesa CA 91944
Thank you for supporting the Helix Instrumental Music Program!
All donations are tax deductible • Tax ID# 23-7255896

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HELIX MUSIC PROGRAM 2019–2020 CONTACT INFORMATION

Director:

Rachel Casey

E-mail: casey@helixcharter.net

Co-Director:

Michael Bengé

E-mail: benge@helixcharter.net

HIMA President:

Jean Baber

E-mail: president@helixinstrumental.org

HIMA Booster club

E-mail: info@helixinstrumental.org

Social Media:

Helix Instrumental Music <http://helixinstrumental.org>

Facebook <http://facebook.com/helixinstrumental>

Twitter <http://twitter.com/HLXInstrumental>

Instagram <http://instagram.com/helixinstrumental>

The Helix Instrumental Music website is the informational hub for the music program, including a continuously updated calendar. If there is a conflict with the website calendar and other information, use the information on the website calendar. The website is also where you will find the Student Handbook. The Handbook is required reading for you and your student prior to the start of school. It is best to read it before Band Camp begins.

Most information will come from HIMA's Booster Club e-mail account. Students will also receive information at school, but it often disappears in the black hole they call a backpack and you will never see it, so please sign up to receive information directly from HIMA! E-mail info@helixinstrumental.org to be added to the list of contacts.

Jean Baber, President | email: president@helixinstrumental.org

Helix Instrumental Music Association Tax ID #23-7255896

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Helix Instrumental Music Program Student/Family Contact Information School year: 2019–2020

Information provided on this form will be used to facilitate open lines of communication among the Helix Instrumental Music Association (HIMA) Board, the students, and their families. Please help us by filling this form out as completely as possible.

PLEASE CHECK ALL THAT APPLY

- Marching Band Color Guard Pipe Band Concert/Symphonic Band
 Wind Symphony Orchestra Jazz Band Winter Drumline

Student Name		Instrument	Grade
Home Address		City	Zip
Mailing Address (if different from above)		Home Phone	Cell Phone
Student E-mail			
Father/Male Guardian Name			E-mail
Home Address	City	Zip	Home phone
Cell phone		Other Contact	
Mother/Female Guardian Name			E-mail
Home Address	City	Zip	Home phone
Cell phone		Other contact	

Helix Charter High School
REQUEST FOR STUDENT VOLUNTARY PARTICIPATION
ONE-DAY OR SEASONAL ACTIVITY

_____ wishes to participate in
(Students Name)
_____ Helix Instrumental Music Program Activities (shows, concerts, field trips, etc.) _____

on _____ from _____ am/pm to _____ am/pm or during
(Date)
_____ Music Performance Season _____ from July 23, 2019 to July 1, 2020 _____
(Date) (Date)

Transportation will be by _____ District vehicles, charter buses, or parents carpooling _____
(District vehicle, charter bus, private car driven by school employee, or parents)

It is necessary that the parents specifically request that their child be included in this activity. This activity is voluntary. The school will furnish supervision for this event, but parents should understand that supervision would end at the time stated above. The school will take every precaution to assure the welfare and safety of your son/daughter participating in this activity. However, it is important that you understand that the school cannot assume financial or legal liability in case of injury or accident. .

If you wish your son/daughter to participate in the above-described activity, please complete the request for participation form below, and return it to the school immediately.

_____ Helix Instrumental Music Program _____
(Activity, Sponsor) (Principal)

(Tear on dotted line and return lower portion)

PARENT REQUEST FOR STUDENT PARTICIPATION

I, the undersigned, request that my son/daughter _____ be
(Students Name)
permitted to participate in Helix Instrumental Music Program Activities (shows, concerts, field trips, etc.)
on _____ from _____ am/pm to _____ am/pm or during
(Date)
_____ Music Performance Season _____ from July 23, 2019 to July 1, 2020 _____
(Date) (Date)

*California law (Education Code 35330) provides that any person making a field trip or excursion waives all claims against the school district and the State of California for injury, accident, illness, or death occurring during or by reason of the field trip or excursion. **ACCORDINGLY, //WE HEREBY WAIVE ALL CLAIMS WHICH //WE MIGHT HAVE AGAINST THE (Entity) OR THE STATE OF CALIFORNIA, their officers, agents, and employees for injury, accident, illness, or death occurring during or by reason of the above described activity.***

In the event of an accident, or sudden illness, the school district has my permission to render whatever emergency medical treatment may be deemed necessary for the above named student.

Date signed

Signature of Parent or Guardian

Date signed

Signature of Student (if over 18 years of age)

Student: _____

Helix Charter High School
Business and Noninstructional Operations
Transportation for School-Related Trips
School Driver Registration Form

Driver (check one): () Employee () Parent/Guardian () Volunteer

Name: _____ Date of Birth: _____

Address: _____

Driver's License Number: _____ Expiration Date: _____

Phone: _____ Email: _____

Vehicle Information

Name and Address of Owner: _____

Year and Model: _____

License Plate Number: _____

Registration Expiration: _____

Seating Capacity (not including driver): ____

Insurance Information

Insurance Company: _____ Policy Number: _____

Insurance Company Telephone Number: _____

Insurance Expiration Date: _____

Driver Statement:

I certify that I have not been convicted of reckless driving or driving under the influence of drugs or alcohol within the past five years and that the information given above is true and correct. I understand that if an accident occurs, my insurance coverage shall bear primary responsibility for any losses or claims for damages.

I certify that I will ensure that all children will be restrained using the appropriate passenger restraint systems.

Name

Date

Helix Charter High School Highlanders Medical Form and Waiver

Student _____ Date of Birth _____ Age _____ Sex _____

Home Address _____ City _____ Zip _____

Parent/Guardian _____ Home Phone _____ Cell Phone _____

Work Phone _____ E-mail _____

If person named above is not available in case of an emergency, notify:

Name _____ Relationship _____ Phone _____

Name _____ Relationship _____ Phone _____

Name of physician _____ Med I.D. # _____ Phone _____

Personal health/Accident insurance carrier _____ Policy # _____

Check here if none of the following apply (). Does the student have or is subject to (check if yes): () Asthma
() Fainting spells () Convulsions () Allergies [Any] () Diabetes () Heart trouble () Bleeding disorder
Is there any other condition that may require special care, medication, or diet? Explain _____

My student has difficulty with (check if yes): () Eyes, ears, nose, throat () Digestion () Lungs () Sleepwalking
Any condition now requiring regular medication? () No () Yes. Name of medication _____

Any restrictions of activity for medical reasons? Explain _____

Date of last tetanus shot _____ Has student ever had an operation? () No () Yes
Ever had anesthesia? () No () Yes Was there adverse reaction to anesthesia? () No () Yes
If yes, explain _____

Parent Authorization

This health history is correct as far as I know. The student herein described has permission to take part in any of the Music Program-sponsored activities and any trip for these activities. I hereby agree, intending to be legally bound, for myself and the above-named student, to indemnify and hold harmless the Grossmont Union High School District, Helix Charter High School, and their officials in the event of injury to person or property in connection to or with participation in the field trips, including any such injury, loss, or damage resulting from Helix Charter High School's or Grossmont Union District's alleged or actual negligent act or omission, regardless of whether such act or omission is passive. In the event my student becomes ill or is injured in this school-sponsored activity, the school representative is authorized and has my consent to any x-ray, examination, anesthetic, medical or surgical diagnosis or treatment, and hospital care that is deemed advisable by and rendered under the supervision of a physician licensed under the Medicine Practice Act. This provides authority pursuant to Section 25.8 of the California Civil Code. However, the doctor named above should be called if possible in the case of an injury or injuries to this student.

Signature of Parent/Guardian _____

Relationship _____ Dated _____

Photo Policy and Waiver: Please be advised that all participants involved with Helix Instrumental Music Association (HIMA) are subject to being photographed and/or videotaped. Such images and/or voice may be used by HIMA for the purposes of marketing to include, but not limited to, the HIMA website, social media accounts, promotional videos, and print materials and without obligation to provide compensation to those photographed. By checking yes, I give my permission to release HIMA from any liability resulting from or connected with the publication of such. This permission covers all written, video, social media, and electronic publishing media and is a non-vesting agreement with no statute of limitations insofar as the length of time my image and/or voice may be used for the aforementioned purposes.

Signature _____ Date _____

Parent/Guardian's name if participant is under 18 years old _____

Signature of Parent/Guardian _____

HELIX CHARTER HIGH SCHOOL INSTRUMENTAL MUSIC PROGRAM

Permission to Give Over-the-Counter Medications

If it should become necessary, I hereby give permission to the first-aider(s)/safety chair to administer the following nonprescription medications to _____.

Acetaminophen/Tylenol Yes _____ No _____ Other: _____

Tums Yes _____ No _____ Other: _____

Naproxen/Aleve Yes _____ No _____ Other: _____

Benadryl
or
Chlorinephrine

for allergies Yes _____ No _____ Other: _____

Ibuprofen Yes _____ No _____ Other: _____

Neosporin or
Mycitracin
for abrasions Yes _____ No _____ Other: _____

Other (please list) Yes _____ No _____ Other: _____

My student will bring the following medications:	
Medication:	Instructions for use:

Signature _____ Date _____
Parent/Guardian

Marching Shoes

All band members are required to purchase their own marching shoes. Marching shoes are worn at every parade, field show, and marching band performance. Male students can also use these shoes for concert dress. The shoe that the Helix Instrumental Music Program uses is the black leather **SUPER DRILLMASTER, model #02-500**, made specifically for marching. These shoes can be purchased online at www.americanband.com for \$34.95 plus tax and shipping. **Please order as soon as possible because band members will be required to wear them on uniform fitting day, July 27, 2019.**

Uniform Undershirt, Shorts, and Socks

All band members are required to wear a black fitted t-shirt and shorts under their uniforms at all times. Compression-style clothing works well for this and shirts and shorts in both women's and men's styles with a Helix logo can be ordered at Paperwork Day. Students must also wear mid-calf-length all-black socks (no ankle socks). Please have students wear their shorts, t-shirts, socks, and shoes to uniform fitting day to facilitate trying on multiple uniform pieces in a public area.

Marching Gloves

All band members must purchase black gloves to wear during performances. These gloves often need to be replaced more than once, so we recommend buying 2 or more pairs. Black gloves will be available for purchase at Paperwork Day. Use the following guidelines depending on what instrument your student plays:

- ~All gloves must be BLACK
- ~Woodwind players must wear fingerless cotton gloves
- ~Brass players must wear Velcro closure: Sure grip gloves
- ~Upper battery/drums need Under Armour 6" wrist bands
- ~Pit members do not need gloves

Please bring gloves to uniform fitting day to be put with your student's uniform.

If you have questions, please contact Marsi Friend, uniforms@helixinstrumental.org.

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2019 Season Kickoff Celebration!

Date: Saturday, August 3, 2019

Time: Immediately following the barbecue

ALL INSTRUMENTAL MUSIC STUDENTS: BAND, ORCHESTRA, COLOR GUARD, AND BAGPIPES

Join your friends to celebrate the start of the upcoming season! We'll be serving up lots of food and fun!

- ♪ Play a game of basketball or dodge ball in the gym (bring your basketball or other sporting equipment)
- ♪ Bring your gaming equipment for the Helix Gamers area
- ♪ Watch movies, play cards, dance, or just hang out!
- ♪ Warm up and chat by the fire pits
- ♪ Lots of yummy food and beverages all night!

REMEMBER—Only students who have returned their Student/Family Contact Information form and Medical Form and Waiver will be allowed to participate.

Students will be issued a wristband at check-in and informed of the rules and boundaries. Students must stay within the boundaries and follow these rules or their parents will be contacted to pick them up.

HIMA is not responsible for any lost, damaged, or stolen items students bring to the sleepover.

Parents, we are looking for volunteers and chaperones! This is a great opportunity to get to know the students and parents of HIMA. Please contact Jean Baber at president@helixinstrumental.org if you are available to help!

The band camp celebration ends at midnight! Please be at Helix at or before midnight to pick up your student. ALL STUDENTS WILL BE RELEASED TOGETHER ONCE THE AREA HAS BEEN CLEANED UP.

Jean Baber, President | email: president@helixinstrumental.org

Helix Instrumental Music Association Tax ID #23-7255896

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Band Camp Showcase and Barbecue! **ALL INSTRUMENTAL STUDENTS & FAMILIES WELCOME!**

Date: Saturday, August 3, 2019

Time: 5:00 pm

Place: Helix Charter High School Football Stadium

Bring the family for a fun afternoon of music and food and see firsthand the hard work and dedication of our talented young musicians as the Marching Band and Guard, under the direction of Mrs. Casey and Mr. Benge, perform a special presentation highlighting their accomplishments from Band Camp!

Following the Showcase, please join us for our Band Camp Barbecue! We'll be serving hamburgers and hot dogs, along with all the condiments and toppings. This is a great opportunity to get to know the students, staff, and parents in our amazing program.

As is the tradition with our Band Camp Barbecue, the Helix Instrumental Music Association (HIMA) asks that students donate the following items:

- **Seniors:** Sturdy paper plates or bowls, napkins or paper towels, plastic forks or spoons, or plastic cups (1 or 2 large-count packages of your choice from the list)
- **Juniors:** Cookies or desserts (minimum 2–3 dozen—store-bought only)
- **Sophomores:** Soda (three or four 2-liter bottles)
- **Freshmen:** Potato chips, pretzels, or corn chips (minimum 2 large bags)

**PLEASE BRING ALL NONPERISHABLE ITEMS TO BAND CAMP
ON THURSDAY, August 1**

BRING ANY PERISHABLE ITEMS FRIDAY MORNING, August 2

If you have questions or would like to help with serving or clean-up, please contact Kristy Cole, hospitality@helixinstrumental.org

Don't miss this first glimpse of what our amazing students will accomplish this year! Come get to know us and become a part of this fantastic program!

Jean Baber, President | email: president@helixinstrumental.org

Helix Instrumental Music Association Tax ID #23-7255896

Formal Wear

All students participating in our program this year should have the appropriate attire to display an unsurpassable degree of excellence for all of our concerts and festivals. Below is the information for the concert dress requirements. If you have any questions, please contact Marsi Friend at uniforms@helixinstrumental.org.

Men's Tuxedo Orders:

- During the month of September, we will schedule fitting appointments with Friar Tux in La Mesa. Information will be sent out with exact dates and times.
- Tux package will include shirt, jacket, pants, bowtie, and cummerbund. Last year's price was \$116.75 plus tax. All payments will be made to Friar Tux at the time of your fitting appointment.
- Friar Tux will contact you to pick up your own order as soon as it is ready.
- Additional separate pieces are available to order.
- Friar Tux shop is located at 5255 Jackson Dr., La Mesa, CA 91942
- Questions can be answered by calling Friar Tux at 619-463-9988.

Women's Concert Dress:

A black formal dress, black nylons, and black closed-toed dress shoes (flats or a comfortable heel) are required. The dress must be full-ankle length with sleeves covering the shoulders and upper arms and a modest neckline. If you need to order a new dress, the approved style is the full length **Alixandra-black, model #D735**, from Formalwear Outlet, which can be ordered at <http://www.formalwear-outlet.com/d735.html>. The best advice we can give about sizing is to use the sizing your student most closely wears in ladies pants. You are responsible for any altering or exchanging of sizes. This dress is available in youth and adult tall sizes, although pricing may vary accordingly. All orders must be placed by October 1 to receive in time for our first concert and accommodate any backorders, so please order promptly. The price is approximately \$70.00 plus tax and shipping. If you have a concert-approved dress from last year, you do not need to order a new one.