

Rehearsal

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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 & 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.