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The T-Shirt read “The football team will perform before and after the band”

Saturday, October 11, 2014

As my status says today, I spent hours last night sitting in a cold drizzling rain on hard bleachers to attend a high school football game. We have 3 grandchildren in the school's extremely successful marching band program (2 trumpets and 1 trombone). One grandson, a senior, was on the Homecoming Court so in spite of the weather, DH and I could not miss this one.

We enjoy all aspects of the game and have attended regularly for the last 5 years. Eighth graders can participate in the HS band program. Our grandsons aren't meant for football.

Last night we had a total educational experience.

Without the instant replay and professional commentary that I'm used to on TV, I would often miss the focus of each play and depended on the scoreboard and the PA system for the result. Last night we were sitting near some football parents who didn't miss anything. I followed the play action much better with their commentary behind me.

In front of us were cheerleader parents. They knew all the cheers and now I could even join in. Sometimes before I wasn't exactly sure what the girls were saying. That was fun!

The Halftime Show included the homecoming ceremony and the band performance. They always have an intricate storyline, props, flags and rifles along with the demanding marching and music. With so much going on and everyone in uniform I relied on my daughter to follow things and keep track of where OUR kids were on the field.

The “tongue in cheek” T shirt was worn obviously by a band parent. However, I was impressed that all 3 groups of students are athletes. Each group spends hours actively perfecting skills, plays or routines to do their best when the moment arises. Each group is participating in an activity that interests them and in which they have FUN.

As adults we often forget that activity is FUN or can be if we find the right fit for us.

So I urge all adults to find some sort of movement that you enjoy. Not many of us can catch a pass and run to the end zone, climb to the top of the pyramid or double time march down the field while playing a trumpet, but there's something out there for everyone at every age.

If you find the FUN in it, you're more likely to keep at it.
Good luck.

Edit: Almost forgot, the team won 45-16

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JEANKNEE

Made my way here via a link from Alicia363 and enjoyed your blog! Sounds like a wonderful night at the game.



We have nieces involved in cheerleading and marching band. Yes, they are athletes too and both find their activities fun. So much so that one niece continued with marching band as a university student.

I still remember my fitness buddy commenting last March about not having had this much fun since she was a kid. We were near completion of a 10 mile hike and were in the pouring rain and I was stomping through puddles.

Yes, finding an activity that is fun is so important. Sad to me that I lost sight of that for so long. Happy to have rediscovered the joy in movement.

Thanks again BrooklyBorn for a wonderful blog.

2428 days ago



STRONGDAWG

I got here through ALICIA363's blog and I'm glad I made it over to read your blog. You are so right, we need to have fun with our exercise. I know if I'm not having fun, I don't want to do it. So I bike with a group of friends. I have a running partner. I prefer group strength training. Yoga in a group is better than by myself. Even if we don't talk with each other, I have fun with others. You are spot on with this blog.



And I always thought the marching band didn't get enough credit for the physicality of what they do.

2428 days ago



MARYJEANSL

I always used to really enjoy going to high school football games, and I remember always sitting in the bleachers freezing - but I wouldn't have missed it for anything. Good times. Congrats to your grandchildren for all their successful endeavors!

2433 days ago



KANSASROSE67

Enjoyed your blog! We were also cold and wet at the football game Friday night as Juliana crowned the new Homecoming Queen. She was drum major for 4 years so it's still weird to watch the band march without her.

2433 days ago



CD4114015

GREAT blog and I agree with you on all of it! Have a great week!

2434 days ago



GINIEMIE

As a 4X band parent and a 1X band grandparent-the girls are too young yet-I can appreciate the shirt. I will Not sit and watch football on TV but I will cheer the HS team on before and after half time when I'm able to attend. Jacob, my dGS' school is too crowded for me to take Erik to watch a game and the half time, but Erik and I have attended special exhibitions.

So right, the football players, cheer leaders and our band kids are all out there moving and getting exercise participating where they feel most comfortable. One of my great nieces is in HS volleyball as her aunt was so many years ago-there are choices for all of us.

One of my dear friends who is diabetic and in poor physical shape was advised by her doctor to "JUST WALK".

I love it and she's trying.



2434 days ago

MISCHAKEO

Good advice. Find fun in movement! It sounds like a fun game.

2434 days ago



**SLENDERELLA61**

Enjoyed this blog immensely. Yes, they are all athletes. Movement is to be enjoyed. Great message, too. Supporting grandkids and family -- well, that's priceless!! Good for you. -Marsha

[v](#)**WATERMELLEN**

Great tee -- (tee hee!!). And love your support of your grandkids: awesome!!

[v](#)**BOOKAPHILE**

Love the pride expressed by that shirt worn by a band parent!
You're right about finding fun in an activity you enjoy.

[v](#)**KOHINOOR2**

I Agree Well Said! HUGS THANK YOU!

2435 days ago

[v](#)**DDOORN**

Amen to FUN!

It don't mean a thing if it ain't got that SWING! :-)

Don

2435 days ago

[v](#)**DOVESEYES**


Well Said! I Agree

2435 days ago

[v](#)**ONEKIDSMOM**

I Agree

So true about kids, activity, and fun. You might not think of cheerleading as being

athletic, but it definitely  is*! As for Marching Band... see if YOU can keep time and step and get into those formations with a bass drum strapped to your chest! (Can you tell I have nieces who have done each of these things?)

FUN is FUNdamental to fitness!

2435 days ago

[v](#)**CD13354694**

Well Said!

2435 days ago

[v](#)**BLAZINGSWORD**

Well Said!

Glad that you had a great time! And so true if you find something that you enjoy doing regarding being active, you are more likely to keep it up!

Comment edited on: 10/11/2014 3:39:57 PM

[v](#)**MILLEDGE2**

As a musician and (long ago) high. School band alum, I love this! Glad they won the game, too!

2435 days ago

[v](#)**SUBMOM2**

What a great t-shirt! Can you tell I'm a band parent?

[v](#)

Glad you were able to go to the game. How great that your grandkids are so involved at school.

And yes, it's important for us grown-ups to stay active, too!



2435 days ago



DR1939



2435 days ago

V

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