

BERKNER HIGH SCHOOL RAM ORCHESTRA AND CHOIR
Winter Park, Colorado
April 11-15, 2019
INFORMATION PACKET

While on the trip, you may contact us at

Beaver Village Condos, 50 Village Drive, Winter Park, CO 80482 (970) 726-6200

Enclosed you will find a general outline of our trip to Winter Park. If you need any additional information, contact Mr. Needham at school, 469.593.7028 or craig.needham@risd.org. The group will be chaperoned at all times during the trip. Student security while on the trip is a major concern of the chaperones. Adults attending the trip are:

Mr. Needham
Mr. Council
Mr. Austin Gunter, BHS Principal
Mrs. Ally Folks
Mr. Bruce MacNeil

Mrs. Salazar
Mrs. Thornton
Ms. Villarreal
Mr. Johnston

In case of ***sudden illness or accident***, medical attention will be promptly obtained and parents will be immediately notified. Only a licensed NURSE or DOCTOR will administer treatment. Treatment will first be sought at the Medical Clinic at the base of Winter Park. Information from the Medical Release form will be used for treatment. If payment is required by the Clinic or Hospital, parents will be notified and required to provide payment at the time of service. You can then file with your insurance after we return home. As a part of the cost of the trip, students are also provided with supplemental insurance and you also have the option of filing with the supplemental company following our return.

Suggestions for clothing and packing are in this packet. Please help us keep luggage to a minimum. Take only what you know you will wear. Luggage is limited to one suitcase, 1 carry-on bag, one personal item (backpack or purse) and your instrument.

Prescription Medications: Please make sure that all meds are in the original bottle with the label attached. If you would like for chaperones to keep the meds and help the students administer them, please request this in writing. Please make sure that all current meds are on the medical release form.

Students who do not act in accordance with the regulations as stated for this trip will be subject to disciplinary action on the school level and sent home immediately. Any decisions necessary along these lines will be made by the orchestra director and school administration. If a student is sent home, he or she will bear the transportation cost and no refund for monies paid for the trip will be given. We plan to have a GREAT time and to conduct ourselves in a manner that will reflect well on our home, school, and community.

Winter Park Itinerary

Thursday, April 11

- 6:45 p.m. Orchestra Rehearsal in BHS Orchestra room
7:30 p.m. Choir Students arrive, orchestra rehearsal ends, all students take luggage to your bus (do not get on), and go hang out in the orchestra room. Cello/Bass take your instruments to get loaded on the bus.
8:00 p.m. Depart for Winter Park!!!

Friday, April 12

- Morning Breakfast in Colorado Springs, Colorado at IHOP. We should arrive around 8- 9 a.m. local time. After Breakfast, we load the buses and head for Winter Park! We are on Mountain Time now! Set you watches back one hour. ALL remaining times are local/Mountain time.
- Afternoon Arrival in Winter Park! We will grocery shop (\$), do our ski fitting, and check into the Condos. You will need to cook your own meal for dinner.
Beaver Village Condos
- 1:30 p.m. Ski fitting
7:00 p.m. Load the bus for our performances! Wear your uniform; bring your instrument and music!
**Performance at Middle Park High School,
795 North 2nd Street Granby, Colorado 80446:
7:30 p.m. – Warm-up
8:00 p.m. – Performance**
- 8:30 pm Return to condos. The pool closes at 9:30 p.m.
10:00 pm In your rooms. Chaperones will be coming around to do room meetings. Do not leave your rooms after this point.
11:00 pm Lights out! You have a big day of skiing and fun ahead, so get some sleep!

Saturday, April 13

- 6:00 a.m. Rise and Shine! Check the weather and eat a good breakfast!
7:15 a.m. Load the bus for a day of skiing! Bring all your equipment and arrive wearing your ski boots. There will not be an option on this day of using a locker for those taking lessons.
7:30 a.m. Meet Festival Staff for orientation meeting
8:00 a.m. Receive Lift tickets
8:30 am Ski lifts open! Lessons begin!

12:00 p.m. Check in with your chaperone. Lunch on your own at the mountain resort (\$12-15)
 3:30 p.m. **At 3:30 p.m., stop what you are doing and head toward the bus!**
 4:00 p.m. Meet at our buses to go back to the condos
 4:30 p.m. Dinner on your own in your condo
 6:45 p.m. Load buses for Street Dance and Awards Ceremony
 8:45 p.m. Load buses to return to condos
 10:00 p.m. In your rooms! Chaperone Meetings
 11:00 a.m. Lights out!

Sunday, April 14

7:00 a.m. Rise and shine! Eat a good breakfast!
 9:00 am We will use the shuttle buses today to get to the ski resort and back. Use the Yellow line.
 9-4 p.m Hit the slopes! Lifts open. Lunch on your own at the resort (\$12-15) or shuttle back to the condos.
4:00 pm Meet the buses to return all ski equipment by 4:00 p.m. to Ski Broker
4:30 pm Back to the condos. Clean up and prepare to check out of condos.
 6:00 p.m. Condo checkout. Once you have been cleared, take your luggage to your bus, get on and wait.
 6:30 p.m. Depart for a group dinner.
 8:00 p.m. Head home!

Monday, April 15

Morning Meal in Wichita Falls (\$8-10)
 Early Afternoon Home Sweet Home!

Winter Park Information

Condo Amenities –

Each Condo has wifi, tv/DVD player, clock radio, kitchens, and hair dryers in the bathrooms. Kitchens are fully equipped and include blender, coffee maker, dishwasher, refrigerator, microwave, ice maker, and oven. Beaver Village at has a heated indoor pool and hot tubs. Each room is a two bedroom, two bath, with a pullout couch and a full kitchen.

Food – Students will be responsible for all of their meals on this trip with the exception of breakfast on Friday. When we arrive in Winter Park, will make a trip to the grocery store where students can purchase food. Students also have the option of eating out at various local restaurants on the mountain during our ski time. Food at any of the restaurants on the mountain will be expensive. The condos are not within walking distance of the ski resort and students will need to plan to eat lunch at the ski resort on ski days. On our travel days, we will stop in Colorado Springs to eat as a group on the way up and at Wichita Falls on the way back.

Meal Planning:

Eating Out - \$60-75 recommended

Saturday - lunch

Sunday – Lunch and Dinner

Monday – Brunch

Cooking - \$30 recommended

Friday - dinner

Saturday – Breakfast, dinner

Sunday – Breakfast

Recommendations: I recommend that students bring a minimum of \$30 for groceries and another \$60-75 for meal money for our travel days. Eating at restaurants or on the mountain will be more expensive.

SUGGESTIONS FOR MEALS

1. Kitchens are fully equipped with utensils, pots, pans, silverware, dishes, etc.
2. We will stop at a supermarket for shopping. Get with your roommates, plan your meals and make your lists.

Shopping/Restaurants – At the mountain resort, there are shopping opportunities and restaurants (including a Starbucks). Don't expect anything to be cheap! For those that ski and for those that don't, most students will want to spend some time walking around the shopping areas at the base of the mountain. BYOM (Bring Your Own Money)

Luggage – Students will be allowed to bring one suitcase, one hanging bag, a personal item (purse, backpack, etc.) and their instrument. If students have their own ski equipment, they will be allowed to bring that as well. Space is at a premium, so if you can share a hanging bag, please do so.

What to wear – Even though it is mid-April, it will still get plenty cold in the mountains! Temperatures have been ranging from the mid-teens at night to the upper 40's during the day. For those that ski/snowboard, the important thing is to stay dry and comfortable. The start of a day could be cloudy, cold, and windy, and then by lunch the sun could appear and the temperature can rise to 50. Also factor in that you are doing a strenuous physical activity that will heat up your body. I have skied in shorts on one day and in arctic gear the next! We will have a weather report for you each morning. When choosing ski clothes you will need to consider the following:

If you stay dry and comfortable, you will have a great skiing experience.

Do not forget about your concert attire!

Lift tickets – Lift tickets are **VERY** important. You will receive your lift ticket for both days of skiing on Saturday morning. Attach the lift ticket to your clothing with the provided plastic tie. This lift ticket is to be used for both days of skiing so do NOT lose this ticket. If you will permanently attach the ticket to an item of clothing you will use for both days, you won't lose the ticket.

Altitude sickness/Injuries

If injuries or sickness do occur, Winter Park has medical facilities that will be able to deal with them. Chaperones will be stationed at the infirmary at the base of the mountain. Symptoms can, either alone, or in combination, indicate altitude sickness. Altitude sickness doesn't discriminate- it can affect anyone regardless of age, sex or physical conditioning. In fact, some of the best and most well-conditioned athletes can suffer altitude sickness. Altitude sickness can even occur despite a history of not being susceptible.

Some sources recommend the following to minimize the effects of altitude sickness:

- **Stay well hydrated by substantially increasing your water intake**
- **Get adequate rest and take it easy on your first day in the higher altitude**
- **Eat a balanced diet with plenty of carbohydrates (avoid fats and sugars) and decrease salt intake**
- **Eliminate caffeine intake (caffeine is a diuretic and will dehydrate)**
- **Take over the counter products for altitude sickness (use your own discretion with these)**

Our best recommendation for preventing or remedying altitude sickness is to stay hydrated with water (more than normal) while en route and during your stay. Everyone should drink water instead of soft drinks. If traveling by bus, have water available the entire trip to increase hydration before your arrival to Winter Park. If at any time on the trip, a person experiences any of the above listed symptoms- choose any medical remedies you wish, but consider having the person drink water as a solution. Based on our long experience with groups in Winter Park (and even our own staff) – we have been around the emergency room several times for the treatment of this sickness.

Inevitably- dehydration is the cause. High altitudes can accentuate previous or existing health conditions. Persons with respiratory or vascular illnesses should consult with a medical doctor prior to Altitude Sickness.

Occasionally a student or adult may experience discomfort or sickness due to the higher altitude during their trip to Winter Park. Gaining elevation too high and too fast is reportedly the major cause of altitude sickness or "Acute Mountain Sickness". Some reports indicate that oxygen levels contribute to the sickness. Higher altitudes have thinner air with less oxygen available. Altitude sickness occurs most commonly at elevations greater than 8,000 feet above sea level. The Winter Park Resort Base is around 9,000 feet and the ski resort summit is above 12,000 feet. Dehydration and physical exertion are major contributing factors toward the sickness. The most common signs of this sickness are a feeling of dizziness or lightheadedness, headache, fatigue, insomnia, unusual drowsiness, shortness of breath, nausea, vomiting, persistent rapid pulse, and/or loss of appetite. These determine whether travel to Winter Park is safe for them. If **ANY** serious medical symptoms occur with any group member (including but limited to persistent cough, fever, pale or discolored skin, gradual loss of consciousness, and/or bronchitis like symptoms) – please seek immediate emergency medical care by calling **911**. Do not ignore!

Clothing to bring for Skiing, Snowboarding or Non-Ski Activities

1. Undergarments



Warm Socks

+



Long Underwear Bottom(s)

+



Long Underwear Top(s)

Or



Long Underwear Onesie

2. Lower Outer Shell



Scotch Guarded Denim Jeans w/
large bell to fit OVER ski boot

Or



Water Resistant Athletic Pants
w/ large bell to fit OVER ski boot

Or



Ski Pants

3. Upper Outer Shell



Wool or Fleece Water Resistant
Sweater

+



Scotch Guarded or Water
Resistant Jacket (for warmer days)

Or



Water Resistant Warm Heavy
Coat (for colder days)

4. Hands and Eye Protection



Insulated Gloves

Or



Insulated Mittens

+



Sunglasses (w/UV protection)

Or



Goggles

5. Face, Ears and Head Protection



Face Mask or Face Scarf

+



Helmet (provided with ski/board rentals)

Or



Warm Hat (while not skiing)

*Don't forget to bring your own (high spf) Sunblock and Lip Balm!



Unit 1

Nathan Keonine
Yang Vo
Nicolas Lawrence
Gabriel LaVasseur
Stewart McClelland
Cameron Aikman

Unit 2

Aaron Luke
Michael Schryver
Thien Mai
Sean Sun
Ivan Martinez
Albert Pham

Unit 3

Rudy Valdez
Daniel Bae
Devin Vay
Frederick Ray
Scott Cantello

Unit 4

James Sullivan
Daniel Gomez
David Walker
Diego Guerra Alarcon
Drake Cortez
Steven Mayogi

Unit 5

Sydney Needham
Elizabeth MacNeil
Mimi To
Sofia Young
Tiara Anderson
Hannah Pinkham

Unit 6

Shelbi Oliver
Alyssa Boisvert
Sydney Banks
Genavieve Martinez
Mia D'Amelio
Lillian Lutz

Unit 7

Ariel Martinez
Olivia Perez
Jessica Pena
Theresa Dabaghi
Keelee Anderson
Johanna Befekadu

Unit 8

Jenny Duong
Meron Ewnetou
Minzie Choe
Nataiya Ellis
Lauren Nolan
Julia Vo

Unit 9

Hailey Beedle
Areli Gutierrez
Melanie Ortiz
Abby Gonzales
Alezey De La Cruz
Cindy Chen

Unit 10

Ariana Twiss
Grace Allen
Kassie Medina
Megan Jones
Molly Carlson

Unit 14

Jacob Gonzales
Brandon Pech
J.R. Brown
Joseph Brownlee

Trip Rules

The same rules that apply for the school also apply for this trip. We represent the school, the community, music department, and each family. **Violation of any school rule or trip rule will result in the loss of privileges on the trip. Severe infractions will result in the student's parent being called and notified that the student is being sent home at their expense.**

1. Be certain that you understand the itinerary and follow it at all times. Late arrival for bus departure could result in confinement to room or a chaperone designated area.
2. The chaperones are here to aid, assist and if necessary, discipline you. Treat them with respect, obedience, and courtesy. Any action to the contrary will be dealt with in a serious manner.
3. When the bus makes a stop, do not get off of the bus until instructed.
4. Stay with the group whenever we leave the resort. Do not leave the resort property unless we are leaving for a group function.
5. Nightly room check times are noted on the itinerary. **Do not leave your room for any reason after this time.** "Lights out" is also noted. We will tape room doors.
6. **There will be other guests in the condo. The noise level must be at a minimum.**
7. Always board your own bus and be seated for roll check. Do not change buses. There is a "headphones only" policy on the bus.
8. **Boys and Girls may not visit each other's rooms.** Anyone caught violating this rule will be sent home at their expense.
9. Any damage to rooms or property will be paid for by the person or persons involved.
10. Do not leave money or valuables in rooms or put them in a safe hiding place.
11. Smoking is not allowed on the trip, including E cigarettes or vaping.
12. Refrain from "overt-public-display-of-affection."
13. Drinking or possession of any alcoholic beverage or illegal drug will constitute a most severe breach of discipline. The maximum penalty will result, and you will immediately be sent home.
14. Anyone out of their room after curfew for ANY reason **will not participate** in the next day's fun activities. Think before you decide to give up fun activities with your friends. **You most likely will get sent home for this offense!!!**
15. The directors reserve the right to inspect the student's rooms and luggage without warning if they deem it necessary, and may charge the chaperones to assist.
16. No visitors will be allowed that are not a part of our group. Do not associate with people that are not a part of our group. No visits to relatives etc. will be allowed unless the director has given permission prior to departure.
17. Do NOT take the shuttle buses at Winter Park without permission from a director.
18. You may not incur any charges to your room.

In real life, people are many times "Guilty by Association" – While on this trip, you are under the direct supervision of the directors and designated chaperones. ALL INFRACTIONS OF RULES WILL BE REPORTED DIRECTLY TO A DIRECTOR as the school representatives. If you are aware of narcotics, alcohol, etc. and do not report it, those in the room shared with the guilty person risk being sent home also. Do not place yourself in a position to conceal or endorse illegal activity. All such activities hurt everyone, including your families back home. Don't ruin the trip for others or yourself.

We hope that you perform well, represent BHS and your family in an outstanding manner, and have a great time on our trip!

Winter Park Agreement

RETURN THIS FORM BEFORE LEAVING ON THE TRIP

WE HAVE READ THE RULES AND REGULATIONS PERTAINING TO THIS TRIP.

WE ALSO UNDERSTAND THAT ALL SCHOOL RULES & REGULATIONS WILL BE IN EFFECT THROUGHOUT
THE ENTIRE TRIP,

WE ALSO UNDERSTAND THAT FAILURE TO ABIDE BY THESE RULES MAY RESULT IN A STUDENT BEING
SENT HOME AT THE EXPENSE OF HIS/HER PARENTS.

_____ PRINT STUDENT NAME

_____ STUDENT SIGNATURE

_____ PARENT SIGNATURE