

Prepare for Band Camp 2024

Here are tips that will help you prepare for Band Camp 2024.

1. Practice, Practice, PRACTICE!!!

Practicing over the summer will help improve individual contribution to the music that we perform for the show. Certain music selections will be available during the summer so that you can already start practicing. Even when you don't have access to the music you can be working on long tones, scales, rhythmic exercises, and lots more. Even playing your instrument just for fun should be included (maybe your favorite pep tune or etude). We recommend that you play or practice at least 30 minutes to an hour a day. Standing while playing will be beneficial for all marching winds, especially brass (you must hold your instrument up A LOT!!!).

2. Be Active

It is very easy for us to just sit around because our brains and bodies are exhausted from school. However, we recommend that you have active fun. Active fun includes playing sports, going swimming, hiking, and anything that will get you moving. Non active fun, such as playing video games, watching movies/television, is recommended but you should consider keeping this minimal or lessen the amount. Try 1-2 hours of active fun and 30 minutes of non-active fun.

If you sit around and do nothing during the summer, you'll have negative energy and a negative attitude during outside and inside rehearsals. Avoid extreme heat!

3. Eat Healthy Make sure you are eating right!

Consider your intake of sugars, carbohydrates, fats, and other food that may be considered junk (notice how I didn't say don't eat junk food). I guarantee you, if you eat junk food all summer when you are out in the sun, you will get sick. Be conscious about what you are putting into your body. **Drink plenty of water and healthy liquids as well. Eating breakfast in the morning is a must because we are outside and active in the mornings. NO milk products! The heat and milk on your stomach is not a good combination!**

Band camp is not the worst thing in the world. The worst thing in the world is to come to band camp unprepared. The following guide should help you arrive at band camp prepared, and more importantly, survive.

1. What do I need to bring?
2. Why do I need all of these things?
3. What should I expect?
4. What can I do at camp to make it a better experience?
5. What are the main things to remember from these FAQ?

1. What do I need to bring?

Listed below are the mandatory items for band camp this year:

- Your Instrument (yes, there have been a few that have forgotten this before...)
- Music Binder/Drill sheets
- Large Water Bottle/Cooler (water is available at all rehearsals, but it is better to bring your own supply)
- Lunch/Supper (menus posted)
- Pencils/Highlighter (sharpened, with erasers)
- T-shirt (light colored, tank tops and sleeveless shirts are ok)
- Gym shorts, khaki shorts, leggings with a long shirt to cover back side
- Socks and Tennis Shoes (**NO SANDALS, FLIP-FLOPS**, or other shoes are not allowed to be worn during band camp. This applies to the front ensemble as well.)
- Sunglasses and Hat
- Sunscreen/Bug Repellent (lots)
- Blistex or Carmex

- Towel

2. Why do I need all these things?

Sunscreen/Bug Repellent: Sunburn is a given at band camp. Even if you never wear sunscreen, you need it at band camp because you will get tan, and possibly burnt. We are outside at the time where the bugs are active, please make sure you take measures to prevent itching, bites, stings, and severe reactions (allergies should be reported on the medical form).

Breakfast: We have seen far too many students get sick and have to sit out the first day of band camp because they did not eat breakfast. You **MUST** eat a good breakfast. (Donuts are not a good breakfast) It will sit like a lump in your stomach or make you feel sick while you are marching. **NO MILK!** In the heat it will not settle well on your stomach.

Water: This one is obvious. You will sweat a lot at band camp.

During breaks, you will need to fill up with water. Important note: Do not bring water bottles filled with carbonated sodas or sugar drinks (Kool-Aid, juicy juice), it will just make things worse. **ABSOLUTELY NO ENERGY DRINKS! Your heart rate will increase in the heat. Energy drinks will also increase your heart rate. The combination could result in cardiac arrest!!**

WATER IS BEST!!!

Clothes: Wear shorts every day to band camp. There's no big explanation. Be comfortable and take care of yourself! Socks and Tennis Shoes are to be worn at all times. You are not allowed to walk around in socks or barefoot. Students may be asked to wear certain items during camp for drill/unification purposes.

Blistex/Carmex/DCT: Brass players...are you listening? This will help keep your lips from cracking and drying out.

Sunglasses: These keep the UV light from your eyes and make the glare bearable, since you have to look up sometimes towards the sun.

Hat: It will keep the sun out of your eyes and face (Lets you avoid "Raccoon Eyes" from sunglasses, which look silly in your school pictures).

Lunch: Lunch is the relaxation time of the day. We are working on having lunch and/or supper provided for the week. More details on the menu will be provided as we confirm. If you do not eat what is provided, you will be responsible for

providing your own meals. Bring a cooler with your favorite food or ask your parents to drop you off a sub or some other tasty food during the designated lunch period. Make sure you pack a good healthy meal. It's always better to have more food than to be hungry and trust me; you will be hungry after a block of work. A typical meal includes (1) a sandwich, (2) some fruit, (3) chips, (4) water, and (5) a small desert. Avoid carbonated soda, greasy foods, or eating a lot of candy or sweets. Depending on the hours of the rehearsal day, make sure you have the appropriate meals planned, whether it is just lunch, just dinner, or both! **Music Binder/Drill Sheets:** Your binder is used to hold all your warm-ups, music, and drill. Insert 40-50 clear page covers to hold all the papers you will be given during rehearsals. Make sure you have pencils and a highlighter accessible to make corrections in your music and to highlight your position on your drill.

Towel: This is to lay your instrument on when it is not in use during rehearsal. This will prevent it from being dirty, wet, and being exposed to other materials that could damage the instrument.

3. What should I expect?

Expect to work hard. Expect to have fun. Expect a suntan or sunburn, with tan lines from your shirt and socks. Expect to take directions and advice from people your own age. Expect the unexpected - every previous year's band camp holds several stories and activities. Expect to learn the majority of this year's show and expect to be proud of the hard work you will put into making the Pirate Pride one of the best bands around! There is nothing to fear about the camp experience. Returning members look forward to camp as one of the highlights of their summer. The staff and upper-classmen work hard to provide a nurturing environment for new members of the marching band. I am excited about this year's marching season and I look forward to getting to know all our new members better.

4. What can I do at camp to make it a better experience?

Show Up: There have been a few cases of people who completely messed up and didn't realize that there was a band camp, or that band camp was required. The hours of rehearsals that take place during this week will give us an upper hand during the season. **It is imperative that members attend ALL rehearsals with no interruptions. Difficulties with families, vacations, doctor visits, and jobs should**

be avoided during the camp period. If this cannot be avoided, please talk with the director. Should one member of this fine ensemble miss one hour of rehearsal, it means we ALL must go back and learn the same material again.... a loss of one hour multiplied by 60 members equals 60 hours of lost rehearsal time. The staff and director want to put the best possible musical product on the field at every performance. Clearly, this is a monumental task. It becomes next to impossible to achieve if members must attend to other business during rehearsal time. **Be on time:** If you are early, you are on time. If you are on time, you are LATE. If you are LATE, then you're running laps. (Wow! That's harsh) You are responsible for being on time. You cannot blame this on traffic, on car trouble, or on your parents. You take full responsibility for it. The only exception is if you CALL BEFORE the time you are supposed to arrive and explain the situation (i.e. car trouble, parents overslept, etc.).

Behave: Do whatever is asked of you. The instructors are here because you desire to work hard and get better. I trust the instructors and you are to treat them with respect. When you work hard, they will take note - as well as the other members around you. Behaving also tends to get things done a lot quicker (nothing is worse than resetting repeatedly because the band isn't behaving or listening to instructions!)

Keep cool: Both mentally and physically. First make sure you are not overheating (the intent is not to make anyone sick), but also keep a calm mind. So, you can't hit the line the first time you try it? If you give 100% each time, and listen graciously to advice, you WILL eventually get it. Our staff and upper classmen are here to help you, so let them.

5. What are the main things to remember from this FAQ?

- Respect the directors, staff, upperclassmen and fellow new members. They have done this before and know what they're talking about.
- Eat breakfast EVERY DAY.
- Water, Water, WATER, WATER! Hydration is key!
- Wear shorts and tennis shoes.
- Bring your INSTRUMENT & TOWEL. ALWAYS HAVE A PENCIL, and MUSIC BINDER.
- Wear sunscreen and sunglasses.

- Get to know people. Go out of your way to meet upperclassmen, it'll be worth it, I promise. And upperclassmen, new members are people too, treat them as such. **Band camp is hard work, but you will find that there is something fun about working hard and seeing the result of that hard work - and being very proud of your accomplishments.**