

2019 Old Bridge Marching Knights Band Camp

Carl Sandburg Middle School August 19th – 23rd

What they need:

- Binder with music
- Pencils
- Highlighters
- Bag that fits all rehearsal supplies
- Plastic Sheets for Coordinate Pages
- Shoe string or lanyard to tie coordinate sheets around waist or neck
- SUNSCREEN !!!!!
- Chap stick
- Hat or bandana (will need to wear this on field)
- They should wear very comfortable clothes that are easy to move in.
- Sneakers and socks and an extra pair in case they get wet
- Rain gear/ poncho (we will practice in the rain)
- INSULATED WATER JUG. We will fill up big jugs in case they run out of water. It is very important that they keep themselves hydrated which means drinking lots of water at night and in the morning
- Instrument/ Equipment
- Ace Bandage if needed
- Bug spray
- Extra deodorant
- Dinner. Bring your own if you did not reserve meals. They will only be given 45 minutes to eat. It is strongly suggested that they bring their food if they didn't do the pre order form.

Typical Rehearsal Day 1-9pm

DINNER WILL BE AT 4:45PM

1:00- 1:30pm Stretch/ Cardio

1:30- 2:15pm Marching Basics

2:00- 4:30pm Drill/ Sectionals

4:45-5:30pm Dinner

5:15- 8:45pm Sectionals/Ensemble

8:45pm 9:00pm Run through, Meeting and dismissal

YMCA Fairview Lake Camp August 26th - August 30th
1035 Fairview Lake Rd Newton, NJ 07860 (973) 383-9282

What they need:

- All items from previous week
- 2 ACE BANDAGES
- shorts/ workout pants (5 days) *** bring some extra clothes
- t-shirts/ tank tops (5 days)
- Bed clothes (4 nights)
- Sweatshirts/ long sleeve shirt/ wind breaker (it does get cold at night)
- Long pants for at night (It does get chilly)
- 2 pairs of sneakers
- Sandals/ flip flops (useful in shower)
- Plenty of socks
- Undergarments
- Hats/ bandanas
- Sunglasses
- Sleeping bag/ pillow or sheets and blanket
- Snacks (please make sure that they are in resealable containers; we are in the woods.)
- Toiletries Shampoo, soap, toothbrush/, toothpaste DEODERANT
- Towels
- Air freshner (Febreeze)
- Band aids
- Aloe or after-sun lotion

- Alarm clock
- FLASHLIGHT with batteries
- Foot powder
- Cell phone/ charger (please be aware that reception is not good in the woods) All luggage will be checked when they arrive on Monday. **** Beware of over packing. Remember you are away to work hard and probably sweat. Leave home your hair straighteners, excessive makeup, perfume and body spray, and best wardrobe! Bring only what you need. Any student with excessive luggage or oversized bags will be asked to have their parents take their luggage home for repacking. We do not have space for oversized suitcases.

ANY MEDICATION THAT WAS WRITTEN ON THE OVERNIGHT TRIP FORM MUST BE GIVEN TO THE NURSE THE DAY OF DEPARTURE. Please put medication in a ziplock bag with your son or daughter's name written on the front. No other medication will be permitted unless it was given a doctor's order on the overnight trip form.

FOLLOWING ITEMS ARE NOT PERMITTED

*AIR MATTRESS * HANGING LIGHTS *ANYTHING TO HANG ON WALLS OR WINDOWS *CANDLES

Typical Rehearsal Day

6:30AM Wake up and drink water

7-7:50AM Stretch/ cardio

8-9AM Breakfast

9-9:45PM Marching Basics

9:45-12:30 Drill

12:30-2PM Lunch/ downtime

2-5:30 Sectionals/ Drill

5:30-6:30Dinner

6:30- 8:00pm Drill/ Ensemble

7:30- 9:15 pm Music Ensemble in cafeteria

10:30PM Lights out