

HOW TO SURVIVE BAND CAMP

ONE

ARRIVE PREPARED

Bring your instrument, your Field Show music, and a pencil to mark down movements. In addition, you should also bring sunscreen, water, hat, etc. Note: You will be fed lunch and snacks while at Band Camp (courtesy of the Band Boosters), so you do not need to pack a lunch/snacks on either day.



TWO

PROTECT YOURSELF FROM THE SUN

This means wearing sunscreen/a hat, and drinking lots of water. Sunscreen should be reapplied MULTIPLE times throughout the day, without forgetting places like backs of hands, ears, etc. Members get periodic breaks during the day, which is a good time to reapply sunscreen. Hats are most effective if they have a wide brim.



THREE

HYDRATE

This means drinking water and juices, NOT pop, caffeine, or energy drinks. We recommend water most of the time, and sports drinks to replace minerals lost from sweating. Bring a water bottle and drink from it often!



FOUR

APPROPRIATE FOOTWEAR

Running shoes/closed toe shoes that can be marched in are appropriate, but flip-flops and open toed shoes are not. You will be moving a lot, and your shoes should be able to accommodate that.

FIVE

LEARN & KNOW YOUR SPOT

It is very important that each individual band member learns and remembers their positions/ spots/cues. Because we have so many band members, staff and Section Leaders cannot be responsible for reminding you of where to go. Please do your best to remember your individual spots and cues.



SIX

FUEL YOURSELF

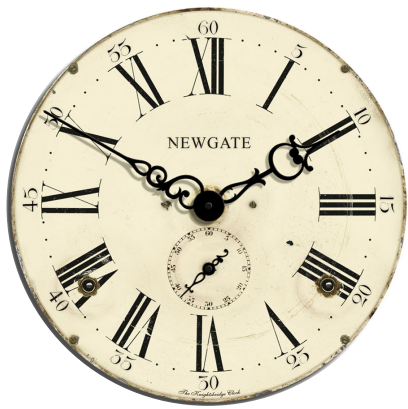
Eat enough of the right foods in order to properly energize yourself. Junk food and candy will not give you enough nutrition. Instead, try carbohydrates, protein, fruits, and veggies. ALWAYS eat breakfast - ALWAYS! You will be provided snacks and lunch throughout the day, so be sure to fuel yourself properly during your breaks.



SEVEN

DO YOUR BEST

Be positive, work hard, and do your best! You get the most from Band Camp when you practice like you perform!



EIGHT

BE ON TIME

Being on time means arriving 10-15 minutes early, that way you have time to prepare for the day. When instructors give you breaks, you are to follow the time frames given - don't be tardy! Punctuality shows that you respect other peoples' time.

NINE

GET LOTS OF REST

Get a good night's sleep before each day of Band Camp, because the days are long and require a lot of physical exertion. You can't practice like you perform if you aren't getting enough rest! Note: While it is called "Band Camp" - we do NOT sleep over at the Music Centre overnight!



TEN

BE PATIENT

Band camp can be frustrating and long if you haven't done it before. There is a lot to coordinate, so be patient when you are required to wait for further instruction.



ELEVEN

DO NOT DRINK/EAT DAIRY

It will make you sick if it is hot outside. So, avoid yogurt, milk, cheese, and other dairy products the day before Band Camp, as well as on the day(s) of.



TWELVE

ASK QUESTIONS

Band Camp is very different from normal band practices and can be confusing the first time, so don't be afraid to ask your Section Leaders questions to feel better prepared. No question is a bad question!

