

BAND CAMP SURVIVAL GUIDE

July is almost here and that means just one thing for members of the Dunbar Marching Band.....time to put in hours and hours of learning music, practicing basic marching fundamentals and learning a new drill in pursuit of another award winning season. Activities and rehearsals that occur during the two weeks of band camp and the one week of post-camp practices are designed to incorporate each and every member into building a team that will be needed to make this year's Paul Laurence Dunbar Marching Band the absolute best it can be.

Band camp IS hard work, but it's not the worst thing in the world. The worst thing is coming to band camp unprepared. The following guide should help you arrive at camp prepared and, more importantly, help you survive:

I. WHAT TO BRING—

The following are essential items you MUST have each day:

- 1) A **Positive Mental Attitude**
- 2) LARGE, LARGE water jug (you'll be able to refill it during the day)
- 3) Socks and tennis shoes (NO sandals or flip flops)
- 4) Your instrument and all necessary guard equipment
- 5) 1" Flexible binder filled with plastic page protectors and affixed with a 45" shoelace that will allow you to carry the book during practice PLUS a pencil
- 6) Lunch

Upperclassmen will tell you the following items are just as essential:

- 7) Eat breakfast
- 8) Sunglasses and hat
- 9) Sunscreen (SPF 30 or higher)
- 10) Clothes you can move in (jeans are not recommended and absolutely no midriff's are to be shown)
- 11) Knee pads
- 12) ChapStick
- 13) Extra reeds, slide grease, valve oil

II. WHY THE ESSENTIALS ARE ESSENTIAL—

- 1) PMA: The only way you'll make it through this is if you have a **Positive Mental Attitude!!** When you come to camp each day plan on working extremely hard, but plan on enjoying yourself while you do it!! Band camp is hard work, but you will find that there is something really cool about working hard, seeing the results of that hard work, and being really proud of what you and your peers have accomplished!!
- 2) Water: This is obvious!! You are going to sweat a lot at camp.....during the breaks drink your water, drink your water, drink your water. **YOU MUST STAY HYDRATED!!** Sports drinks are okay, but water is better.
- 3) Socks and tennis shoes: Socks will protect you against blisters and tennis shoes are the most appropriate and comfortable shoe for marching around the field.
- 4) Instrument and guard equipment: Again, obvious!! What are you here for??
- 5) Flexible binder: Will be used to hold your music and drill sheets.
- 6) Lunch: It's better to bring your lunch as opposed to going off campus for lunch. This time will allow you to cool down, relax, and probably more important, socialize a bit with friends.
- 7) Eating breakfast: It's important to eat breakfast because you'll need the fuel. I promise it will not sit like a lump in your stomach and make you sick while marching. You'll get sick if you don't eat.....too many freshman campers throw up and have to sit out the first day of camp because they did not eat breakfast. *Important Note: Be careful of milk products for breakfast your stomach may not be able to tolerate it while you're out in the sun.*
- 8) Sunglasses and hat: Sunglasses will definitely keep the UV rays from your eyes and make the glare bearable when you have to look up (sometimes into the sun). A hat will keep the sun out of your eyes and face thus preventing 'Rocky Raccoon' tan lines around your eyes.
- 9) Sunscreen: Sun poisoning, although rare at band camp; and sunburns are not fun. Yes, you will

get a 'band tan' even if you use sunscreen, but even if you never wear sunscreen, it's a must at band camp.

- 10) Comfortable clothes that FIT: Shorts are preferable.....it's going to be hot. Plus you're going to be marching, learning drills as well as dancing.....you need to be able to move. As stated above no midriff's are to be shown. Ladies: please show some decorum and keep your shorts at a respectable length. Guys: you cannot march if your baggies are falling down.
- 11) Knee pads: Buy them now, bring them with you every day. Some sets require you to kneel down to play. Practice field blacktop is hot, VERY HOT. Knee + hot blacktop = Blisters.
- 12) ChapStick: Brass players may find this helpful.
- 13) Extra reeds, grease, oil, etc.: These items are not furnished.....you're in high school now.....they are your responsibility.

III. WHAT YOU CAN DO—

There are several things you can do to make the band camp experience a little easier on yourself:

- ❖ Show up: Your attendance is crucial and required each day.
- ❖ Be on time: You are responsible for being on time.....plan on arriving at 8:45 am. Band camp and rehearsals begin at 9:00 am, so be on your field spot at that time. Late arrival will not be tolerated; if you're late, expect to be reprimanded. **TO BE EARLY IS TO BE ON TIME, TO BE ON TIME IS TO BE LATE, TO BE LATE IS TO BE IN TROUBLE!!**
- ❖ Behave: Get in line, stay in step, and do whatever is asked of you. The directors, as well as your peers, will take note if you're working hard. Things will get done a lot quicker if everyone is participating and doing what is asked of them. There is nothing worse than rerunning a drill set over and over because the band isn't behaving correctly.
- ❖ Respect: Listen to and respect your upperclassmen; they have done all of this before and know what they're talking about. If you give respect, you'll get respect!! Upperclassmen – remember you were once a freshman – don't abuse your authority.
- ❖ Keep cool: First, make sure you are not overheating.....drink your water, drink your water, drink your water. Second, stay calm, be cool!! Don't worry if you didn't get it the first time; it's ok, as long as you keep trying, work hard, and graciously accept any advice and/or constructive criticism given, you WILL eventually get it.

IV. FINAL NOTES—

- Drink your water, drink your water, drink your water;
- Respect the directors, the staff, and the upperclassmen;
- Eat breakfast everyday;
- Be on time and ready to work;
- Drink your water, drink your water, drink your water;
- Wear appropriate and respectable clothing, socks and tennis shoes;
- Wear a hat, sunglasses and sunscreen;
- Bring your instrument and necessary equipment;
- Drink your water, drink your water, drink your water;
- Always have your drill book and a pencil;
- Get to know the people in your new 'band family';
- Be positive, have fun, and finally;
- Drink your water, drink your water, drink your water.