

THE Marching Band Camp Survival Guide 2011

CAMP DATES

August 3-5
8am-5pm

August 5
Social Event 6pm

August 8-11
7:45am-6pm

August 12
7:45am-1pm
6pm Show



What is band camp?

Band camp takes place for two weeks each summer.

The first week is three days. In this drill camp, the marching band learns and reviews marching technique. Music is also rehearsed indoors.

The second week consists of five longer days; the last day is shortened, but marchers must come back in the evening to perform the show. The band reviews marching technique and sets drill on the field. Music is rehearsed indoors and played outside while marching.

By the end of band camp, most of the show can be played and marched on the field!



How can I prepare for drill and band camp?

- Exercise and stretch regularly outside- we will spend many hours in the heat, and marching takes a lot of physical strength.
- Practice and memorize your music- the sooner, the better. Band camp will require the memorization of your music.
- Review and practice the basic marching that is taught at mini-camps.
- Drill camp starts at 8am and band camp starts at 7:45am. If you normally wake up much later, consider waking up a little earlier each day.
- Drink plenty of fluids in the days leading up to camp.

What do I bring to camp?



- A water bottle and/or sports drink
- A healthy lunch
- Instrument/equipment and accessories
- Sunscreen
- Large hat with a brim
- Pencil with eraser
- Music
- Extra shoes to wear inside
- Dot book (when you receive it)
- Your brain, energy, and positive attitude
- Brass instruments- towel (as needed)
- Proper attire (see below)

Shirt Colors:

Wednesday— White

Thursday— Grey

Friday— Blue

Monday— Red

Tuesday— White

Wednesday— Grey

Thursday— Blue

Friday— Orange

What do I wear?

- Low-cut tennis shoes and socks
High-tops, sandals, boots, 'solid soled' shoes such as 'skater shoes' which do not allow foot flexibility won't be allowed on the practice field
- Shorts that allow movement
- T-shirt
Dri-fit or light-colored shirts that are designed for activity are best

Food

During camps you must eat breakfast and you'll want to stay away from food high in grease or dairy products. Avoid them at all costs!

Please eat early enough so that you will begin digesting before practice begins. At least an hour is a good rule of thumb.

Bananas or other fruits are highly recommended.

Bojangles' is great, but the absolute worst thing you can do in preparation for rehearsal is to show up with a greasy biscuit five minutes before it starts. Don't let food prohibit your success!



During Camp...

You will be learning a lot of new things, so it is important to stay positive, optimistic, and flexible.

Please be respectful to the staff, drum majors, captains, section leaders, and parent volunteers. They are there to help you succeed! Be supportive of your fellow marchers, too.



Rehearsal Concepts

Ask any relevant question any time you have one.

Put “you” first in times where you feel the need to correct someone else. Leave it to the person who has that job (staff, captains). Focus on making yourself better instead.

The more energy you contribute to the overall process, the farther the group will go. Don’t drain the hard work of your peers!

Your health is vital in making camp productive. Drink plenty of water all the time. Drink water during every break. Sports drinks are recommended.

Detailed rehearsal information will be explained during camp.

After Camp Each Day...

The band will be *dismissed* at approximately the time listed for each day of camp. Do not expect to leave right at the end time.

At home, you should look over your music, review drill sets with your music, or practice marching as needed. Spending a few minutes at home could save frustration during rehearsal.

Eat a healthy, substantial dinner and keep drinking fluids.

Get extra sleep!



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Arriving on Time

Drill camp starts at 8am, and band camp begins at 7:45am. Attendance is taken at these times. That means you must be in your seat, water bottle filled, wearing appropriate clothing, and ready to begin the rehearsal.

Walking in the door at 8am is not acceptable, so plan to arrive about fifteen minutes early.

Start the season off right- get to camp on time!

After Camp Ends...

Congratulations!

Continue to practice the music and drill movements at home. Keep exercising regularly.

Keep updated by email & www.ohspantherband.com.

Remember rehearsals on 8/18 and 8/23 at 6-8pm.
The first football game is August 19th.

Enjoy the rest of your summer!

