



Band Camp 2019

Monday, 7/29

9:00 am - 9:15 am
Everyone meet in band room

9:15 am - 12:00 noon
Winds & battery – practice field for fundamentals & drill; guard & front inside – fundamentals

12:00 noon - 1:15 pm
Lunch break

1:15 pm - 4:15 pm
Music, technique, and sectional rehearsal time for everyone

4:15 pm - 5:30 pm
Dinner break

5:30 pm - 8:00 pm
Full ensemble rehearsal, in blue & gold with all instruments and equipment

Tuesday, 7/30

9:00 am - 12:00 noon
Winds & battery – practice field for fundamentals & drill; guard & front inside – fundamentals

12:00 noon - 1:15 pm
Lunch break

1:15 pm - 4:15 pm
Music, technique, and sectional rehearsal time for everyone

4:15 pm - 5:30 pm
Dinner break

5:30 pm - 8:00 pm
Full ensemble rehearsal, in blue & gold with all instruments and equipment

Wednesday, 7/31

9:00 am - 12:00 noon
Winds & battery – practice field for fundamentals & drill; guard & front inside – fundamentals

12:00 noon - 1:15 pm
Lunch break

1:15 pm - 4:15 pm
Music, technique, and sectional rehearsal time for everyone

4:15 pm - 5:30 pm
Dinner break

5:30 pm - 8:00 pm
Full ensemble rehearsal, in blue & gold with all instruments and equipment

Thursday, 8/1

9:00 am - 12:00 noon
Winds & battery – practice field for fundamentals & drill; guard & front inside – fundamentals

12:00 noon - 1:15 pm
Lunch break

1:15 pm - 2:30 pm
Everyone in Band Room – fundraiser kickoff

2:30 pm - 4:15 pm
Music, technique, and sectional rehearsal time for everyone

4:15 pm - 5:30 pm
Lunch/Dinner Break

5:30 pm - 8:00 pm
Full ensemble rehearsal, in blue & gold with all instruments and equipment

Friday, 8/2

9:00 am - 12:00 noon
Winds & battery – practice field for fundamentals & drill; guard & front inside – fundamentals

12:00 noon - 1:15 pm
Lunch break

1:15 pm - 4:15 pm
Music, technique, and sectional rehearsal time for everyone

4:15 pm - 5:30 pm
Dinner break

5:30 pm - 8:00 pm
Full ensemble rehearsal, in blue & gold with all instruments and equipment

Saturday, 8/3

9:00 am - 10:45 am
Full ensemble rehearsal, in blue & gold with all instruments and equipment

10:45 am - 11:00 am
Break

11:00 am - 12:30 pm
Parent Information Meeting, Premiere Show, Cookout for ALL

On the back...how to get through the week the "Band of Gold Way"

Band Camp **SURVIVAL** Guide

Band camp is deliberately designed to be physically strenuous and mentally demanding. After the long, lazy, summer months, few of us are in good enough shape to perform a ten-minute field show at the standard of quality for which the Band of Gold is known. The camp is scheduled so that students will have little time to think about anything besides the band. They can devote their full energy and concentration to preparing themselves for the upcoming marching season. Muscles will be strengthened, musicianship skills refined, and endurance and stamina improved. If you are smart about it, band camp can be a rewarding, if strenuous, event. You will find that it can really get you in shape for the year, and the regular Tuesday and Thursday rehearsals will be a breeze. Good planning and common sense are critical! Take these suggestions seriously:

- MAKE SURE** you have taken care of all paperwork...most especially your **PHYSICAL** must be up to date and your **INSURANCE** purchased before you can be out on the practice field...don't miss out on learning your drill!!
- DON'T skip meals, especially breakfast.** Your body won't function without fuel, and you'll be much more active than usual. Don't worry if you seem to eat more than usual, especially if you're regularly a light eater. Focus on complex carbohydrates like pastas, breads, and grains. Avoid excessive sugar and caffeine--greaseburgers and soda are not the ticket! Breakfast is especially critical—without it you probably won't make it through the morning session—but go for things like fruit and bagels; avoid items that will just sit on your stomach, like syrup and milk.
- DRINK LOTS OF WATER!** Bring a cooler full of water (not Gatorade or other sport drinks--we'll provide all you need of that) to the field with you. Bring your own (put your NAME on it!!!), no sharing--drink all of it every day. Load up before going outside and before you feel thirsty—once you're thirsty, you're already in the early stages of dehydration. **DRINK A LOT ON THE SUNDAY BEFORE CAMP STARTS!**
- Wear good sneakers with thick socks. You can't march in flip-flops, nor with blisters.
- Bring a 1" binder with sheet protectors to keep your music, exercises, and drill charts in. Put your NAME on it!!!
- Have respect for the sun. Hats are a good idea, sunscreen a necessity. You will burn just as fast if it's cloudy. Get the highest SPF you can; you'll be outside a lot! Use fresh sunscreen (it doesn't have an unlimited shelf life!) and put it on 15 minutes **BEFORE** you go outside.
- Wear light-weight, loose clothing; light colors are cooler. You need to be able to move!
- Don't be a hero--if you start to feel faint or sick, fall out. Someone will assist you. Get back in as soon as you can, and figure out what you need to do so it doesn't happen again.
- If you need prescription medicine, make sure your parents both talk to Mr. Benoit and send in a note about it--when you need it, how much, what it's for, etc. We can't let you take anything without proper approval.
- Make sure you take care of all the nuts and bolts: physical, equipment, accessories, fees, order forms, insurance, binder, and so forth. Talk to the band director or other appropriate person before things become a problem. Know when things are due! With enough time, arrangements can always be made. ***Take care of your responsibilities!***
- And finally, have a good attitude. Understand that camp puts tremendous demands on everyone: students, staff, parent volunteers, and band director. We do it because we care. A lot of problems can occur if folks are inconsiderate towards each other. If you're nice to your fellow band members and the staff and parents who work so hard for you, there is no limit to the level we can attain as a band. When we all work together, we all achieve more! **TEAMWORK MAKES THE DREAM WORK.**