

# Band Camp Guide

Band camp is not the worst thing in the world. The worst thing in the world is to come to band camp unprepared. The following guide should help you arrive at band camp prepared, and more importantly, survive.

What do I need to bring?

Why do I need all of these things?

What should I expect?

What can I do at camp to make it a better experience?

What are the main things to remember from these FAQ?

## ***What do I need to bring?***

### **Mandatory Items:**

- Your Instrument (yes, there have been a few that have forgotten this before...)
- Water Bottle/Cooler (water is available in the band room, if you like to chew your water)
- Lunch (in a cooler, will discuss more below)
- Tshirt (light colored)
- Shorts (comfortable, athletic shorts are ok, long pants are generally too hot-JEANS ARE A NO GO)
- Socks and Tennis Shoes (NO SANDALS, FLIPFLOPS, or other shoes inappropriate for marching)
- Sunglasses and Hat
- Sunscreen (lots)
- Blistex or Carmex

### *Why do I need all of these things?*

**Sunscreen:** Sunburn is a given at band camp. Even if you never wear sunscreen, you need it at band camp because you will get tan, and possibly burnt.

**Breakfast:** We have seen far too many students throw up and have to sit out the first day of band camp because they did not eat breakfast. You must eat a good breakfast. (Donuts are not a good breakfast) It will not sit like a lump in your stomach or make you feel sick while you are marching.

**Water:** This one is obvious. You will sweat a lot at band camp. During breaks, you will need to fill up with water. Important note: Do not bring water bottles filled with carbonated sodas or sugar drinks (koolaid, juicy juice), it will just make things worse. Water is best.

**Clothes:** Wear shorts every day to band camp. There's no big explanation. Be comfortable and take care of yourself!

**Blistex/Carmex:** Brass players...are you listening?

**Sunglasses:**These definitely keep the UV light from your eyes and make the glare bearable, since you have to look up, sometimes into the sun.

**Hat:**It will keep the sun out of your eyes and face (Lets you avoid "Raccoon Eyes" from sunglasses, which look silly in your school pictures.)

**Lunch:**Lunch is the relaxation time of the day. Bring a cooler with your favorite food or ask your parents to drop you off a sub or some other tasty food during the designated lunch period. Make sure you pack a good healthy meal. It's always better to have more food than to be hungry, and trust me; you will be hungry after a block of work. A typical meal includes (1) a subway sandwich, (2) some fruit, (3) chips, (4) water, and (5) a small desert. Do not drink carbonated soda, eat greasy foods, or eat a lot of candy or sweets. Depending on the hours of the rehearsal day, make sure you have the appropriate meals planned, whether it is just lunch, just dinner, or both!

### ***What should I expect?***

**Band Camp Guide Expect to work hard. Expect to have fun. Expect a suntan or sunburn, with tan lines from your shirt and socks. Expect the unexpected every previous year's band camp holds several stories. Expect to learn the majority of this year's show and expect to be proud of the hard work you will put into making the AE Band one of the best bands around! There is nothing to fear about the camp experience. Returning members look forward to camp as one of the highlights of their summer. The staff and upperclassmen work hard to provide a nurturing environment for first time members of the marching band. I am excited about this year's marching season and I look forward to getting to know all our new members.**

### ***What can I do at camp to make it a better experience?***

**Show up:** There have been a few cases of people who completely messed up and didn't realize that there was a band camp, or that band camp was required. The 45 hours of rehearsals that take place during this week span will equate to 10 weeks of regular rehearsals. It is imperative that members attend ALL rehearsals with no interruptions. Difficulties with families, vacations, doctor visits, and jobs must be taken care of before the camp period as to not hinder the work that will take place. Should one member of this fine ensemble miss one hour of rehearsal, it means that we ALL must go back and the learn the same material again....a loss of one hour multiplied by 50 members equals 50 hours of lost rehearsal time. The staff and director want to put the best possible musical product on the field at every performance. Clearly, this is a monumental task in itself. It becomes next to impossible to achieve if members have to attend to other business during rehearsal time.

**Be on time:**You are responsible for being on time. You cannot blame this on traffic, on car trouble, or on your parents. You take full responsibility for it. The only exception is if you call BEFORE the time you are supposed to arrive and explain the situation (i.e. car trouble, parents overslept, etc). The band room phone number is 757-2023935. Mr. Smith email address is [tubadoctor95@gmail.com](mailto:tubadoctor95@gmail.com).

**Behave:** Just get in line, stay in step, do what is asked of you. Mr. Smith is here to provide a great musical experience and if you work hard he will take note as well as the other members around you.

Behaving also tends to get things done a lot quicker (nothing is worse than resetting over and over again because the band isn't behaving or listening to instructions!)

**Keep cool:** Both literally and physically. First make sure you are not overheating (the intent is not to make anyone sick), but also keep a calm mind. So you can't hit the line the first time you try it? As long as you keep on keepin' on, and listen graciously to advice, you WILL eventually get it. Our staff and upper classmen are here to help you, so let them.

### ***What are the main things to remember from this FAQ?***

Respect the directors, staff, and upper classmen. They have done this before and know what they're talking about.

Eat breakfast EVERY DAY.

Wear shorts and tennis shoes.

Bring your INSTRUMENT.

ALWAYS HAVE A PENCIL, and DRILL BOOK. Wear sunscreen and sunglasses.

Get to know people. Freshman, go out of your way to meet new people, it'll be worth it, I promise.