

High School Band Camp Thrival Guide

First things first, band camp isn't as spooky as it sounds! It's a high-energy, tune-filled adventure teeming with teamwork and laughter. We've assembled this guide full of essentials and handy tips to ensure you sail through band camp like a breeze. So, get ready to embark on a rewarding music journey with The Pride of Kathleen Band Program!

Pre-Band Camp Tactics

Think of band camp like a fun marathon of music - you'd never just dive into a marathon without a little prep, right? Here are a few tactics to set you up for band camp success:

- **Forms:** Make sure you visit the link below, find, print, and get notarized the all required forms.
<https://khsband.org/parents-students/#forms>
- **H2O is your hero:** Start making water your BFF right away - the more, the merrier! It will get you accustomed to staying hydrated, a key part of your camp days.
- **On your marks, get set, move:** Aim for a minimum of 30 minutes of exercise daily. Be it walking, jogging, biking, or a little at-home workout - the goal is to rev up your stamina for band camp's physical demands.
- **Feed the rhythm:** Your body needs the right fuel to keep up with the camp pace. Make sure you're eating wholesome, balanced meals daily for that essential nutritional punch. Remember - a well-fed musician is a joyful one!
- **Play your part:** Don't wait for camp to get in tune with your craft. If you're instrumentalist, brush up on your scales and pieces. If you're a percussionist, work on your rudiments and music. If you're a dancer or color guard member, keep up with your practice routines.

With these tactics, you'll be fully charged and ready to march (or sway, or step) into band camp with confidence!

The Essentials List

These are your band camp survival tools:

- **Proper footwear:** Sneakers and socks (no sandals, Crocs, flip flops, or anything else that's not fit for band field maneuvers)
- **Your musical gear:** Whether it's your instrument, flag, or dance shoes
- **Your music kit:** A 1" hardcover black 3-ring binder, at least 15 clear sheet protectors, a pencil, and your individual music sheets (relying on your mates is a no-go, always pack your own)
- **Water:** Did we mention hydration?

Additional Survival Gear

- Shades and/or a hat: For essential sun protection
- Sunscreen: To keep sunburn at bay
- A hearty breakfast before camp
- Personal water bottle (because, hydration!)
- Comfortable T-shirt and shorts of any color
- Any required medications (like insulin, inhaler, epipen, etc.)

Why the Essentials?

- **Footwear:** Safety first, and that starts with the right shoes for field rehearsals.
- **Sunscreen:** The summer sun can be fierce, and sunscreen is your armor against it.
- **Breakfast:** A good morning meal is key. Just go easy on the dairy - it can be a bit too much for the heat.
- **Water Bottle:** Remember your personal water bottle. Tip: Fill and freeze two bottles overnight. They'll melt just when you need them. And no, sodas or caffeinated drinks don't count.
- **Comfortable Clothes:** Band camp is all about movement, so dress for comfort. No jeans, spaghetti straps, crop tops, sports bras, or tight outfits.
- **Sunglasses/Hat:** Protect your eyes and head from excessive sun exposure. It makes a huge difference.

Band Camp Sneak Peek

Band camp can be intense, but it's also incredibly rewarding. Expect a suntan or two, expect new learnings, and yes, expect a dash of discipline. We'll be conditioning, rehearsing, and getting ready for a thrilling season. You'll come out of it feeling proud of the energy and dedication you've put into making The Pride of Kathleen Band a stellar band!

Ease Your Band Camp Experience

- **Show up:** Band camp is a must. Make sure you're there.
- **Punctuality matters:** Arriving on time is your job. If something unexpected pops up, let the Director know in advance.
- **Respect & Attitude:** Patience, respect, and positivity go a long way. Keep chatter and off-key language in check. Remember, a great vibe and teamwork make everything smoother.
- **Stay cool:** Both metaphorically and physically. Hydrate and don't stress if you can't perfect a drill on the first try. Keep at it!

Golden Rules - Key Things to Remember

- Respect is paramount - for everyone, from the director and instructors to the drum major, your peers, and volunteers. They're all here to guide and help you.
- Fuel up with a hearty, dairy-free breakfast every day.
- Hydrate with plenty of water or Gatorade, even if you're not thirsty.
- Plan your lunch - if lunch is provided, dig in or bring your own. But don't skip it!
- Dress aptly in shorts, a t-shirt, and tennis shoes.
- Don't forget your hat, sunscreen, and sunglasses.
- Bring your instrument/flag/dance shoes.
- Always pack your pencil, your music, and your music binder.

Lastly, remember, being part of the band means embodying **P.R.I.D.E - Perseverance, Respect, Integrity, Discipline, Excellence!** Let's make this band camp and the upcoming season one for the books!

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