

# KHS Band Camp Preparation Guide

Prepare for Band Camp **BEFORE** Band Camp. Hydrate with an abundance of water daily, get at least 30 minutes of exercise a day and eat a healthy hearty meals daily. These tips will help prepare each student for a successful band camp and season. Hard work will show the true excellence of The Pride of Kathleen Band Program.

## What to Bring

- **WATER!!!!!!!!!!!!!!**
- Socks and tennis shoes (NO Sandals, Crocs, Flip Flops, OR other inappropriate shoes)
- Your instrument, flag, and/or dance shoes
- A Black 1" hardcover 3 ring binder with at least 15 clear sheet protectors, a pencil, and YOUR OWN MUSIC

## Other essential items that will help you survive band camp are:

- A Hat/Sunglasses
- Sunscreen
- To have already eaten breakfast & lunch
- Water Jug

Please ensure to bring **ALL** of the above items to ensure the safety and productivity of each student. Also bring **ALL** necessary medications that are needed (insulin, inhaler, epipen, etc).

## Why are the Essentials Essential?

- **Sneakers & Socks:** Proper footwear is **REQUIRED** to be worn during band camp and throughout the entire season for all members, including Auxiliary. This ensures the safety of students during the entire duration of the camp.
- **Sunscreen:** Due to hot temperatures, we want to ensure every student is prepared to avoid sunburns during band camp. **YOU NEED IT** for band camp.
- **Eat Breakfast & Lunch:** You must eat breakfast and lunch **BEFORE** band camp. **DO NOT EAT/DRINK ANY DAIRY PRODUCTS BEFORE OR DURING BAND CAMP, YOU WILL GET SICK!!!**
- **Water Jug:** It is encouraged to bring your own individual water bottle/jug. Students should bring at least 4 water bottles. **Important note: DO NOT** bring water bottles filled with carbonated sodas or caffeinated drinks.
- **Appropriate T-shirt and Shorts:** Students are to wear appropriate T-shirts and shorts for band camp, everyday to band camp, as it will be hot. **NO** JEANS, SPAGHETTI STRAPS, CROP TOPS, EXPOSED UNDERGARMENTS OR TIGHT FITTING CLOTHING ALLOWED!!!!!!!!!!
- **Sunglasses/Hat (appropriate head covering):** These protect eyes and skin from excessive sun exposure and make the glare bearable, since the students will be outside throughout band camp.

## What to Expect at Band Camp

Expect to **work** and **work really hard**. Expect a suntan or sunburn. Expect to learn the expectations of the band program. Expect to be directed and corrected by the band director. Expect to do some conditioning to build your endurance to have the ability to execute the entire show. Most of all, expect to prepare for an amazing season while having some fun doing it. Expect to be proud of the hard work and PRIDE you will put into making the Pride of Kathleen Band a Superior Band.

## What to Do

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

- **Show up:** For some reason, some don't realize that there is band camp, well yes there is Band Camp and Band Camp is **MANDATORY** for ALL KHS Band Members, including Auxiliary.
- **Be on time:** **YOU** are responsible for being on time. Not your parents or your peers but **YOU**. The only exception is if you call Mr. Miller **BEFORE** the time you are supposed to arrive and explain the situation (ie. Car trouble, emergency, etc.)

**TO BE EARLY IS TO BE ON TIME, TO BE ON TIME IS TO BE LATE, TO BE LATE IS UNACCEPTABLE!!**

- **Have Manners/ Respect:** There will be a lot happening throughout this entire week, please be patient and be respectful to everyone. When directions are given, please do what is asked and move with a sense of urgency without any excessive talking or foul language. Showing respect and moving with a sense of urgency helps get things done a lot quicker. Also, having a positive attitude and showing enthusiasm, makes camp that much more fun and memorable.
- **Keep cool:** Both literally and physically. First, make sure you are not overheating. Drink WATER!!!! And so you make a mistake the first time you try it? That's okay, as long as you keep trying your hardest, you will eventually get it.

## Final Notes – The Most Important Things to Remember

- Respect the director, instructors, parents, volunteers, and peers
- Eat breakfast & lunch **EVERY DAY BEFORE** band camp (NO DAIRY)
- Drink plenty of water or Gatorade everyday
- Wear appropriate shorts, a t-shirt and sneakers
- Bring your instrument/flag/dance shoes
- Always have a **YOUR OWN** music, materials, and equipment to be successful
- Have Fun!!!

**P.R.I.D.E**

**Perseverance Respect Integrity Discipline Excellence**