

Band Camp Survival Guide

Atlantic Community High School

2014-2015 Season

Welcome to the Atlantic Community High School War Eagle Marching Band! We are looking forward to another amazing season, so to start off on the right foot (meaning, the left foot), here is everything you need to know to survive band camp. Follow this guide and you'll have no problem surviving band camp! See you there!

Contact Info

Website www.achsmusic.org
Band Phone (561) 243-1518
Email William.Bowman@palmbeachschools.org

People to Know

Principal	Dr. Anthony Lockhart
Band Director	William "Chris" Bowman

Student Leadership

Senior Drum Major	Megan Backus
Junior Drum Major	Kierstin McClintock
Band Captain	Tristan Giddings
Brass Captain	Nathan Rucker
Flute Section Leader	Sarah Knabe
Clarinet Section Leader	Kaylah Thomas
Saxophone Section Leader	Ryan Horoff
High Brass Section Leader	Katy Scott
Low Brass Section Leader	Michael Rowland
Drumline Captains	Shaaz Feldman Aolani Santiago
Guard Captains	Jenai Ferguson Gianna St. Martin Anna Dillon Emmerson Murphy
Quartermasters	Elisabeth Bonne-annee Jahlecia Gregory Nick Los
Librarians	Alexis Iaderose Tyler Stendara Syed Hossain Jason Richman
Historians	Caroline Deyoe Kayla Durandisse

Camp Dates

	Time	Who	Theme	Game	Notes
Monday, August 4 th	9:00am- 5:00pm	Leaders, Drumline, Front Ens, Color Guard	X	X	
Tuesday, August 5 th (Rookie Camp)	8:00am- 5:00pm	Rookies (new members), Leaders, Drumline, Front Ens, Color Guard	Section Pride	Do You Love Your Neighbor?	Plunger
Wednesday, August 6 th	8:00am- 5:00pm	Everyone	Crazy Hat and Mismatch Day	People to People	Paperwork Due
Thursday, August 7 th	8:00am- 5:00pm	Everyone	Crayola Day	Pillow Case	
Friday, August 8 th	8:00am- 5:00pm	Everyone	Zoo Day	Do You Love Your Neighbor?	Stands Tunes Day
Monday, August 11 th	8:00am- 5:00pm	Everyone	Act/Dress Like Another Section Day	Robots	
Tuesday, August 12 th	8:00am- 5:00pm	Everyone	Salad Dressing Day	Crab Soccer	
Wednesday, August 13 th	8:00am- 5:00pm	Everyone	Nerd Day	Minefield	
Thursday, August 14 th	8:00am- 5:00pm	Everyone	Twin Day	Ships and Sailors	
Friday, August 15 th	8:00am- 5:00pm	Everyone	Spirit Day	X	Friends & Family Show, Marching Band Dinner

Sample Daily Schedule

8am-12pm	Outside (Marching) <ul style="list-style-type: none">• Stretching• Basics• Drill
12pm-1pm	Lunch
1pm-4:30pm	Inside (Music Rehearsal) <ul style="list-style-type: none">• Sectionals• Large Ensembles
4:30pm-5:00pm	Game & Awards
5:00pm	Dismissal

What to Bring

Required Items

- **Water Jug-** Notice that this says water jug, not water bottle. We will be engaging in a lot of physical activities outside so it is crucial that you stay well hydrated and have plenty of water at all times. Therefore, please have a large water jug that you can easily identify as being your own with you at each rehearsal. Water breaks will be continuously provided during all outdoor rehearsals as according to state laws.
- **Comfortable Gym Clothes-** We strongly recommend that you wear light clothing that enables you to move.
 - **Shirt-** T-shirts are the best option. Athletic or Quick Dry-type shirts will also suffice.
 - **Shorts-** Always wear comfortable, breathable shorts to rehearsal. Never wear anything that is baggy or sags. Jeans or long pants are never allowed during rehearsal due to the Florida heat.
 - **Shoes-** Please wear closed-toe tennis shoes, walking or running shoes, sneakers that fit, or Dinkles/Bandos (Marching band shoes) when showing up to rehearsal. Nike, Adidas and other athletic sneakers are the best options. All other footwear such as sandals, flip flops, loose-fitting shoes (such as Vans or DC), or open-toed shoes of any sort is not permitted as it will impede upon your ability to march correctly.
- **Sunscreen-** We will be outside for several hours in the Florida sun each rehearsal. Therefore, sunscreen is a must. We suggest that you apply sunscreen before arriving as the first thing we do is go outside. However, we recommend that you also bring some sunscreen and keep it stored in your locker for if we decide to go out later on in the day. Also note that almost everyone will receive a 'band tan' of some sorts, so dress accordingly. This means that you should avoid certain accessories (such as watches) pieces of clothing (such as high socks) if you wish to avoid having a noticeable tan line in those places.
- **Instrument**
- **Instrument Necessities/Accessories** (reeds, valve oil, stick tape, etc)
- **Sheet Music** (show music, stands tunes, warm-ups, etc)
- **Drill** (You will get this at camp)
- **Dot Book/Coordinate Sheets**
- **Pencil-** Always have a pencil with you, even when we're outside!
- **Lunch and Extra Snacks**

Optional Items

- **Bug Spray**
- **Hat**
- **Sunglasses**
- **Chapstick**

- **Hair Ties**
- **Medication** (if applicable)
- **Hygiene Products** (deodorant, feminine hygiene products, etc)
- **Extra Clothes**- At least once during the season it will rain when we're outside and you will get wet.
- **Towel**

Do Not Bring

- **Money**
- **Electronics**
- **Unnecessary Valuables**
- **Anything you don't want to lose**

Cell phones are permitted, but they are not to be seen or heard!

Food

Breakfast

Please eat a healthy, filling breakfast before arriving at band camp each day. Even if you are not used to eating breakfast, you should begin now. Having food in your system will keep you energized throughout the morning as that is when we are outside doing physical activities. However, do not eat too much and avoid consuming junk food or excessive amounts of dairy products, especially milk. If you insist upon having cereal in the morning, please avoid having milk at all costs as it can cause you to throw up.

Lunch

Students will receive 45 minutes to 1 hour for lunch. However, lunch is not provided for you at band camp. Therefore, you should pack a healthy lunch with plenty of snacks. Bring extra snacks for if you get hungry later on in the day. We do have a refrigerator in the band room, but there is very limited space, so please try to pack food that does not require refrigeration. Additionally, no students are permitted to leave campus during lunch time. You may have a parent bring you food (ex. Chipotle) during lunch time, but you may not leave campus for any reason whatsoever.

Dinner

This year, the hours that we spend each day at band camp have been shortened. Therefore, we no longer have time allotted for dinner at band camp and you will have to eat dinner when you go home in the evening.

Tips for Success

Show Up:

Band camp is mandatory. You are required to attend for the entire duration if you wish to participate in the marching band. Arrange family vacations, doctor visits, and family time around the dates listed above. Complete any summer assignments before band camp starts. The two weeks of band camp are equivalent to about 10 weeks of regular rehearsals. If one person is missing, it hurts the entire band.

Be Early:

“To be early is to be on time, to be on time is to be late, to be late is unacceptable.”

We ask that you arrive at least 15 minutes early in order to use the restroom, apply sunscreen, fill your water jug, get your instrument and music out and head outside to the football field. The 8 o’clock start time means that we are already set up into a block outside and are beginning to stretch at 8, not that you are entering the band room at 8.

Come Prepared:

“If you fail to plan, plan to fail.”

Be Prepared to Work:

Expect to work, and work really hard. Expect a suntan or sunburn, with tan lines from your shirt and socks. Expect instructions from others, including your peers. Expect to be sore and tired. Expect to learn and absorb a ton of information. Expect the unexpected. There’s a reason for all of those ‘one time at band camp’ stories. Band camp is a great experience, so look forward to having a fantastic camp and a lot of fun.

Behave:

You are in high school. You are a young adult. Just get in line, stay in step or do whatever is asked of you. The staff and leadership are there for your benefit. If you work really hard, they will take note – as well as the other members around you. Behaving is expected of you and helps to get things done a lot more quickly. Nothing is worse than resetting over and over and over again because the band is not listening or following directions.

Keep Cool:

Keep cool both physically and mentally. First, make sure that you drink plenty of water and stay well hydrated. But, also make sure to keep a calm mind. So you can’t hit the line the first time you try it? Keep trying and listen graciously to advice and you will eventually get it. We are all here to help. By the way, did we mention water?

Respect Others:

Respect the director, staff, leadership, parent volunteers, and those around you. Always remember to say “Thank you!”

*Band camp is really hard work, but you will find it to be a very rewarding experience.
Seeing the results of that hard work is something you will be truly proud of.*