

Coatesville Marching Red Raiders' Band Camp Survival Guide

Band Camp is one of the most productive parts of the schoolyear as a band program. It is important that you come prepared for band camp and come prepared to work. This information will help you be prepared and, therefore, successful.

MANDATORY ITEMS:

1. Completed Band Packet - The papers need to be completed and handed in to your section leaders. The emergency contact form must be in for band camp.
2. Water Jug – It is very important to stay hydrated! Bring a large (some bring an insulated gallon jug) container of water and/or multiple water bottles frozen the night before to provide cold water during the day as they thaw. During frequent breaks, you will need to drink plenty of water. Avoid CAFFEINE or sugar-loaded drinks. Water and Gatorade/Powerade are best. Soda and juice will dehydrate you. Avoid drinking milk or eating dairy products. The heat will cause it to curdle in your stomach and make you nauseous. Get an insulated jug for water. Don't forget to clean and dry it after each day's practice, so it doesn't gunk up inside.
3. Lunch – Lunch is the relaxation time of the day, it is not time to play sports or run around. Make sure to bring your lunch in a cooler. Avoid carbonated soda, dairy products, greasy foods, candy and sweets. **YOU MAY NOT LEAVE CAMPUS DURING LUNCH OR ORDER FOOD TO BE DELIVERED.**
4. Drill Book – Bring a three ring 1” binder (nothing smaller) to hold all of your warm-ups, music and drill papers. Lots of heavy-duty plastic page covers to hold all the papers you will be given during rehearsals. Also, attach a strap to the binder to hang over your shoulder to carry.
5. Highlighters and Mechanical Pencils – at least two highlighters of different colors. Use mechanical pencils as there are very few pencil sharpeners outside☺
6. Apparel – A light colored t-shirt, comfortable shorts and a hat are required. An extra t-shirt is always good to have. **NO JEANS OR LONG PANTS ARE ALLOWED DURING REHEARSAL.** It is a serious health risk due to the summer heat. Wear socks and comfortable sneakers. No sandals, flip-flops or high-top shoes will be allowed. All clothing should be school appropriate! It is August in PA... it WILL be hot.
7. Sunscreen/Bug Spray - (30 SPF or above) **Apply the sunscreen BEFORE you come in the morning and reapply throughout the day to prevent sunburn.**
8. Instrument/Equipment – Make sure you have all your instrument parts, such as neck straps, ligature and mouthpieces. Yes, there have been a few that have forgotten this before.
9. Miscellaneous Items – A blanket or towel to sit on when eating, a hand towel to wipe the sweat off, Chapstick/DCT (made by Blistex) (especially for brass players), deodorant, an asthma inhaler (if needed) and a book bag of some sort to keep things in. Sunglasses keep the UV light from your eyes and make the glare bearable, since you have to look up, sometimes into the sun. A hat will keep the sun out of your eyes and face (preventing “Rocky Raccoon” tan lines around your eyes, which look silly in your school pictures.)
10. Participating in marching band and color guard is a privilege (not an entitlement) and requires self discipline. It is not a singular endeavor and each member plays a very critical part of the performance. If one person does not take personal responsibility to take care of themselves as an athlete and performer and decompensates as a result; the entire team is affected. Take care of yourself! You are very important!

TIPS:

- Remember that everyone is at band camp to learn. If you're a newcomer, don't take it personally when an instructor gives advice. They're trying to help you be a better performer. If you're a returning member, help newcomers and be patient with them. You learned once, too.

- Be clean and use deodorant. You WILL perspire and you WILL need deodorant. Best to be proactive than to be told by new friends that you need a shower and deodorant/antiperspirant. Deodorant helps, and should travel with you somewhere that you can get to it when getting out of a sweaty uniform, later. Remember to take showers after every rehearsal!
- Eat healthy foods! Don't just eat a pop-tart for breakfast on your way out the door; marching is a very physical activity, especially if it's for the entire day. Also remember to eat a healthy lunch. Fried foods aren't good for you anyway, but if you eat unhealthy fast food, you will regret it after marching. The food you eat will be the fuel you will use for your practice and performance.

SPECIFIC ITEMS FOR YOUR SECTION:

Color Guard

- Must wear GREY shirts with black, dark blue or other dark-colored shorts
- White Out
- Pen/Pencil case
- A roll of white 3M electrical tape and a roll of black 3M electrical tape. Must be 3M (not negotiable☺)

Wind Players

- Woodwinds must have your own reeds
- Brass players will need your own valve/slide oil grease

Percussion

- Tape
- Drum sticks
- Metronome

What to Expect at Band Camp:

Expect to work, and work really hard. Expect a suntan or sunburn, with tan lines from your shirt and socks. Most of all, expect to learn the majority of this year's show, have some fun doing it, and expect to be proud of the hard work you put into making the Red Raider Marching Band ;one of the best bands around!

What to Do:

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

- ✓ **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. Early is on time, on time is late!!!
- ✓ **Behave:** Just get in line, stay in step, do whatever is asked of you. Mr. Hughes and the techs are not baby sitters. If you work hard they will notice as will your band mates. Also, behaving tends to get things done a lot quicker. There's nothing worse than re-running a drill set over and over again because the band isn't behaving correctly!
- ✓ **Take care of yourself:** Marching band and color guard are strenuous activities as equally rigorous as any team sport. Members must be physically able to fully participate in practice and performance activities in sometimes adverse weather conditions. Minor injuries can occur but can generally be avoided by proper hydration and nutrition as well as attention paid to immediate surrounding area and adherence to instructor direction. Bring any required ankle, knee or wrist braces or wraps. Make sure you bring any prescribed medication required during the day with you to camp. Our band booster medical volunteers provide minor first aid during band camp and are at the rehearsal field with us during the entirety of band camp. They can assist with storage of your EpiPens/prescribed medication as necessary.
- ✓ **Keep cool:** Both literally and figuratively. 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? You can't play your part perfectly? That's ok, as long as you keep trying your hardest and listen graciously for advice, you WILL eventually get it!

Final Notes - The Most Important Things To Remember:

- Respect the directors, staff, officers, & upperclassmen (they have done this before and know what they're talking about).
- Eat breakfast EVERY DAY!
- Drink plenty of water or Gatorade during every break (sodas are not allowed during rehearsals).
- Wear light colored shorts and good running sneakers.
- Wear a hat, sunscreen, and sunglasses.
- Bring your Instrument and materials each day.

Band camp is hard work, but you will find that working hard and then seeing the results of that hard work is something to really be proud of. Remember, excellence is not just for sometimes, excellence is for all of the time!

THE KIND OF PERSON YOU ARE IS MORE IMPORTANT THAN THE MUSICIAN YOU WILL BECOME.
INTEGRITY PLUS DISCIPLINE EQUALS SUCCESS!