

Pace High School Band Camp Survival Guide

Welcome to the Pride of the Red, White and Blue!

You will have a lot of fun, learn so many new things during your time with the band, and make life-long friendships here!

The items listed below will be needed for all of the band camps, rehearsals, and performances moving forward throughout the year. Please help us by setting your student up for band success! Using the guidelines below, you will not only help your student avoid any injuries, but provide them a good foundation for their time in the band program!

Rehearsal Clothing/Needs

All students are expected to remain in school dress code at all times. This is an athletic activity & students need to be able to stretch, move, & run!

- White or Light Colored t-shirts
- Athletic shorts - No Jeans!
 - Long pants are not advised during the summer, but are acceptable during the cooler months. Jeans are never ok to wear to rehearsal.
- Socks & Athletic shoes
 - No flip flops, sandals, slides, or slip-on shoes.
 - Flat shoes like Vans and Converse are discouraged as they do not provide proper support for your feet.
 - Do not wear brand new shoes on the first day of camp. They need to be worn prior to camps so you do not get blisters from new shoes.
- Weather Protection
 - Hats, Visors, Sunglasses, Bandanas, Neck Gators & Cooling Towels are all acceptable for sun wear.
 - Sunscreen (at least 30 SPF) & Bug Spray
 - Having a sunburn is not an acceptable excuse for an absence! Students are expected to properly prepare themselves for outdoor rehearsals.
 - If you have a serious sunburn from an earlier day of band camp, cover that burn up with clothing, even if that means wearing a long sleeved shirt or long pants. Look for athletic clothing that's long, white, and breathable.
- Hygiene
 - Feel free to bring baby wipes to clean off sunscreen and dirt as needed.
 - Deodorant - Your friends and section-mates will thank you. 😊
 - Students may also bring a towel to sit on during morning stretches and water breaks to keep dirt off of themselves.
- Rehearsal Needs - Required at every rehearsal & football games
 - Water Jug
 - 1/2 or 1 gallon is ideal to keep the need to refill water jugs down
 - **Please be sure any water bottles have a wide-mouth lid for easy & fast refills.**
 - Please be sure to put the student's name clearly in permanent marker on the water jug prior to arriving at camp.
 - Jugs should be filled prior to coming to camp & only with water. No gatorade/powerade/kool-aid!
 - Students are not allowed to share water. Sharing water = sharing germs/illnesses.
 - **NO WATER = NO REHEARSAL**

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- 3-ring notebook with plastic page savers
- Pencils & highlighters
- Your instrument/equipment
 - School-owned instruments will be distributed during camps
 - It is the student's responsibility to maintain their instrument & equipment in good-working order with the necessary accessories

Food!

- Eat breakfast before coming to camp each day
 - Rule #1 - Avoid dairy!
 - Eat something light and healthy (bananas, peanut butter toast, bagel, etc.)
 - Think of something that will give you energy throughout the entire rehearsal.
- Students will have a lunch break each day and have the opportunity to have snacks at appropriate times.
 - Band Boosters provide lunch during **full day** camp only.
 - Students will need to bring their lunch in a personal cooler/lunch box with their name on it.
 - Please be careful of what is packed for lunch.
 - It is not advised for students to have fast food or soda as we will be outside for several hours before and after lunch.
 - Students are encouraged to have sports drinks during lunch break & after rehearsal to replenish electrolytes that may be lost while working hard.
- **Band camp is not the time to start a new diet!**
 - All students need to have good energy for the rehearsals and that starts with providing your body with good food!
 - Some good energy-boosting foods for lunchtime are fruits, especially bananas and blueberries; carbs, preferably in the form of whole grains; a small amount of fat, like peanut butter, paired with a sandwich or celery; almonds and walnuts; raw veggies; and sandwiches with protein like turkey, ham, or egg.
 - Try to avoid eating foods that are high in sugar so you won't crash after a rush of energy.

Take care of yourself!

- You will need to sleep every night. Taking time to rest is just as important as taking time to practice. You will definitely be tired and your body will need time to recuperate.
- Band camp can have a reputation for injuries, fainting, etc.
 - This **ONLY** happens when you don't listen to your body.
 - Plus, these things are usually due to the heat from being outside, not the physical demands of learning to march.
- Remember that the number one concern is your health, and if you're feeling unwell don't be afraid to tell a staff member.
- There's a flip side to this coin, and that's *don't give up too easily*.
 - After the slightest amount of exhaustion or pain, it's easy to say, "Ok, I'm done now". But it's important to power through so you can build up your stamina and prepare for the 7+ minute shows you'll be marching in a month's time.
 - Any seasoned band member will tell you that a positive attitude on the field makes a world of a difference in your band camp experience.

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- It's almost impossible to stress how important it is to adequately prepare yourself for band camp.
 - If you've been sitting around all summer and expect to shift effortlessly into band camp mode, you're wrong.
 - Take a walk outside, play with your younger siblings, or do some push-ups before you go to bed.

Water!

- Drink plenty of water leading up to band camp so that you are hydrated *before* camp starts.
 - It may be a little gross, but the color of your urine is a big indicator of your hydration.
 - You should aim for clear or lemonade yellow. The darker your urine, the more dehydrated you are & the more dangerous it is for you to be rehearsing!
 - Remember that you can get water from foods as well (cucumber, grapes, etc.) and there are many water additives that can help with hydration if you find yourself in this situation.

A few things to remember -

While all this information might sound intimidating, as mentioned earlier, the most common reason people have bad experiences with band camp is that they didn't listen to the advice of others, their bodies or adequately prepare. Be smart and take these tips into serious consideration. Remember, you're not the only one who has gone through band camp and you certainly won't be the last! If you have any questions, talk to your fellow band members. Band camp is not just a time to learn marching and music; it's a time to get to know your fellow band members and bond with them. Everyone is in it together to succeed & have a great time!