

PREPARING FOR MARCHING BAND REHEARSALS

Below you will find basic information regarding band rehearsals and items needed.

NOTES ABOUT MARCHING BAND REHEARSALS:

Marching band is considered a music-sport (we realize that sounds weird to most of you). Think of it like figure skating, but where the skaters also perform the music while doing their show, with 100 other skaters. Each band student will be moving their body in ways that may be uncomfortable to them if they sit on the couch all summer. Though we make every effort to ensure that all students are well taken care of during all Band Practices, please keep in mind that these rehearsals are outdoors, usually on a parking lot, in the summer, for long periods of time. **We promise that marching band will be the most rewarding experience that your student will have during his or her time in high school, but they should know that it may take a little work and sacrifice to achieve that reward, like all good things usually do.** Below you will find notes about how to prepare.

REQUIRED ITEMS TO BRING TO BAND CAMP:

1. Sunglasses
2. Lightly colored hat
3. Athletic clothing – lightweight, lightly colored, moisture wicking, etc. No sweatshirts/hoodies – it's hot!
4. Tennis Shoes (THAT FIT) – students will be moving quickly at times, while carrying heavy objects
5. Socks
6. Beach Towel (used to lay down on pavement)
7. Instrument & other assigned equipment
8. Pencil(s) for marking sheet music
9. Music Binder/Drill Sheets/Sheet Music/Marking Chalk (these will be given on the first day of band camp)
10. LARGE drinking thermos – required for all students (sharing will not be permitted)
 - a. **ONLY BRING WATER** – sugar drinks attract bees. Bee stings are deadly to some students.
 - b. Any thermos will do, but here is an example: [Click HERE for thermos link \(Coleman 1-gallon thermos\)](#)
11. Small, lightweight waist pack for runners/cyclers (aka fanny pack) – this will be used at EVERY practice.
 - a. Will be used to hold dots, drill sheets, sunscreen, oil/reeds, etc. while practicing on the field.
 - b. Any fanny pack will do, but here is an good example [Click HERE for fanny pack link \(ultra-slim body pack\)](#)

OPTIONAL ITEMS TO BRING TO BAND CAMP:

1. Sunscreen lotion – some will be provided; you may want your own.
2. Bug Spray – some will be provided; you may want your own.
3. Sandals or Flip Flops for indoor rehearsal – Tennis shoes are required for outdoor rehearsal.
4. Extra pair of socks/clothes in case we get rained on.

HOW TO TAKE CARE OF YOUR BODY DURING BAND CAMP:

1. Get plenty of sleep before and during the practice week. Many hours will be spent moving in an athletic capacity.
2. Eat healthy foods for breakfast and lunch before coming to camp. Pop-tarts and pizza are not good choices.
3. Drink lots of water each morning to ensure hydration in the heat.
4. Bring salty snacks to eat during the day to help with electrolyte imbalance.
5. Wear deodorant.
6. Apply sunscreen before each outdoor rehearsal.
7. Bathe every night and go to bed early for the next day.
8. Wear deodorant... again.

ARRIVAL AND DISMISSAL PROCEDURES

1. **ARRIVAL:** Students should be 30 minutes early to EVERY band event. There will be much for each student to prepare before practices begin. Students will park in the back of the school or in front of the BPAC. Parents will pick up and drop off their students in front of the BPAC or the Football field house (Junior Lot). Students and Parents should not park or drop off their student in the small lot behind the band room.
2. **DISMISSAL:** At dismissal, parents should allow an additional 15-30 minutes for students to receive announcements and to put away all items used in rehearsal. Parents may come early and watch the end of practice. They will perform a final run of the show during the last 15 minutes of each practice. Parents are encouraged to watch from the sidelines.