

Band Camp Guide

Dear Students and Parents,

Band camp is not the worst thing in the world. It will be a time of learning, and many memories will be made. The worst thing in the world is to come to band camp unprepared. The following guide should help you arrive at band camp prepared, and more importantly, survive.

What do I need to bring?

Mandatory Items:

- **Your instrument** (yes, there have been a few that have forgotten this before...)
- **Dot book**—this is MANDATORY. Do not come to rehearsal without it.
- **Water cooler.** Water is provided in large coolers, but you will bring some sort of water bottle to put it in.
- **Snack/dinner** (this will be discussed further below)
- **Pencils/highlighter** (sharpened, with erasers)
- **Marching band rehearsal uniform.**
- **Socks and tennis shoes.** Your shoes must be comfortable enough to not hurt your feet after moving around for several hours. They **MUST** have arch support—this means **NO SANDALS, NO FLIP-FLOPS, NO SKATE BOARD SHOES, NO TOMS**, or other shoes inappropriate for marching on the field.
- **Sunglasses or hat**—you might have to look toward the sun while you're marching. Wear sunglasses or a hat so that you don't have to squint during rehearsal.
- **Sunscreen**—bring a lot, especially if you burn easily
- **Bug Spray** (optional, but it can be a life saver)
- **Chap stick** (optional)

Why do I need all of these things?

Sunscreen: You will be outside many hours during the day with minimal shade. You will burn very quickly if you are not wearing sunscreen.

Breakfast: We have seen far too many students throw up and have to sit out the first day of band camp because they did not eat breakfast. You must eat breakfast during camp. It will give you energy and strength for our morning rehearsals. **DO NOT DRINK MILK WITH BREAKFAST.**

Water bottle: PLEASE, bring a water bottle! You probably will sweat a lot at band camp. In fact, if you are not soaked by 4:00 pm each day, see a doctor soon because you're probably very sick. During breaks, you will need to drink lots of water and refill your bottle. If you do not bring your own, you will have to share with a friend—and your friends are going to be thirsty and hot, too. They may not want to share. Bring your own! Important note: Do not bring water bottles filled with carbonated sodas or sugar drinks (kool-aid, juicy juice), it will just make things worse. Water is best, but sports drinks are acceptable too. **PLEASE DO NOT DRINK CARBONATED SODAS OR SUGAR DRINKS DURING BAND CAMP. HYDRATION IS THE ONLY WAY TO GO. WATER, WATER, WATER.**

Marching Band rehearsal uniform: Please get with your officers about the marching band uniform.

T-shirts and shorts: Wear shorts every day to band camp. There's no big explanation. It's just going to be hot. You will regret it within the first ten minutes of rehearsal if you wear jeans or pants. Even though it will be hot, we still need to follow the school dress code. Boys must wear a shirt of some sort, and girls must be modest.

Chapstick: Only if you think you'll need it. Many brass players use it if they're going to be playing for several hours.

Sunglasses: These definitely keep the UV light from your eyes and make the glare bearable, since you have to look up all the time, and occasionally directly into the sun. If we are facing the sun, we will continue rehearsing. You will not be allowed to close your eyes, turn around, or step off the field. Sunglasses will help make this a lot more bearable. Keep in mind that every evening, you will be facing the sun on our practice field, and you might face the sun during morning stretches and basics.

Hat: It will keep the sun out of your eyes and face. A hat also helps to avoid “raccoon eyes.” No one wants raccoon eyes in their school pictures!

Snack: Snack is the relaxation time of the day. Bring a cooler with your favorite food or ask your parents to drop you off a snack or some other tasty food during the designated snack period. Make sure you pack a good healthy meal. It's always better to have too much food than to be hungry. Trust me, and you will be more hungry than usual after working and moving around so much during camp. A typical meal might include (1) a sub sandwich, (2) some fruit, (3) chips, (4) Gatorade or water, and (5) a small dessert. Do not drink a large amount of carbonated soda, eat greasy foods, or eat a lot of candy or sweets. Depending on the hours of the rehearsal day, make sure you have the appropriate meals planned, whether it be a just snack, just dinner, or both.

Lunch: Please eat before camp starting each day. Please eat health and follow the drink guidelines.

Music Book: Your drill book is used to hold all of your warm-ups, music, and drill. Insert 40-50 clear page covers to hold all of the papers you will be given during rehearsals. Make sure you have pencils and a highlighter access able to make corrections in your music and to highlight your position on your drill.

Dot Book: Your dot book is a small notebook or index cards that have a spiral back, which contains all of your drill dots available for easy access on the field. Place a string through the corner of the page, and wear it on your body or horn.

What should I expect?

Expect to work, and work really hard. Expect a suntan or sunburn, with tan lines from your shirt and socks. Expect to get bossed around by others. Expect the unexpected – every previous year's band camp holds several stories. But, also expect to learn the majority of this year's show and expect to be proud of the hard work you will put into making the Fort Myers Greenwave Band one of the best bands around! There is nothing to fear about the camp experience. Returning members look forward to camp as one of the highlights of their summer. The staff and upperclassmen work hard to provide a nurturing environment for first time members of the marching band. I am excited about this year's marching season, and I look forward to getting to know all our new members.

What can I do at camp to make it a better experience?

Show up: There have been a few cases of people who completely messed up and didn't realize that there was a band camp, or that band camp was required. The 1000 hours of rehearsals that take place during this two-week span will equate to 12 weeks of regular rehearsals. It is imperative that members attend ALL rehearsals with no interruptions. Difficulties with families, vacations, doctor visits, and jobs must be eliminated during the camp period. Should one member of this fine ensemble miss one hour of rehearsal, it means that we ALL must go back and relearn the same material again....a loss of one hour multiplied by 60 members equals to 60 hours of lost rehearsal time. The staff and director want to put the best possible musical product on the field at every performance. This is a monumental task in itself. It becomes next to impossible to achieve with members having to attend to other business during rehearsal time. **If there is an emergency, and you have to miss a day of camp, please let Mr. Wilkerson or your Staff member know BEFORE REHEARSAL that you will not be there.**

Be on time: We will begin rehearsals as soon as they are supposed to start. We do not want to waste your time. Please arrive at the band hall at least ten minutes before rehearsal begins. *If you are early, you are on time.* If you arrive right when rehearsal starts, you are LATE. If you are LATE, you're a disgrace to the program. 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. The only exception is if you call the band room BEFORE the time you are supposed to arrive and explain the situation (i.e. car trouble, parents overslept, etc.). **The band room phone number is 239-334-2167 Ext 235.**

Behave: Please! We should not have to tell you how to follow the rules and directions. The instructors are not slave drivers, contrary to popular opinion, and if you work hard, they will take note—as well as the other members around you. Behaving also tends to get things done a lot quicker—nothing is worse than resetting over and over again because the band isn't behaving or listening to instructions! Treat every rehearsal as if someone that you highly respect is watching. If you wouldn't do it with them there, don't do it at rehearsal

Keep cool: Both literally and physically. Make sure you are not overheating—drink lots of water and wear appropriate clothing. This will help you avoid getting sick, and also keep a calm mind. If you can't get something right the first time, don't be dramatic or panic. As long as you keep trying, and listen graciously to advice, you **WILL** eventually get it. Our staff and officers are here to help you, so let them.

What are the main things to remember from this FAQ?

- Respect the directors, staff, officers & upperclassmen. They have done this before and know what they're talking about.
- Eat breakfast **EVERY DAY**.
- Wear shorts and tennis shoes.
- Bring your **INSTRUMENT, MUSIC, and your DOT BOOK. ALWAYS HAVE A PENCIL.**
- Wear sunscreen and sunglasses or a hat.
- Get to know people! Underclassmen, go out of your way to meet upperclassmen, it'll be worth it, I promise. And upperclassmen, underclassmen are people, too. Treat them like your little buddies. You will spend more time with your fellow band members than you do with anyone else during the school year. Don't be a loner!

Band camp is hard work, but you will find that there is something really cool about working hard, and then seeing the result of that hard work - and being really proud of it.

TRUST THE PROCESS!