

# 2019 SDHS BANDCAMP HELPFUL TIPS AND CHECKLIST

## Camp Schedule

### Week 1

Monday/Wednesday (Short Days)

Tuesday/Thursday (Long Days)

#### Short Days (9am-5pm)

**9:00-noon** Outside

Marching rehearsal

**Noon-1:00** Lunch

Stadium concession stand

No one leaves campus

**1:00-5:00** Inside

Sectionals/ Full band rehearsal

### Week 2

Monday/Tuesday (Long Days)

Wednesday (Short Day)

Thursday (Media Day/Parent Preview)

#### Long Days 9am-9pm

**9:00-Noon** Outside

Marching rehearsal

**Noon-1:00** Lunch

Stadium concession stand

No one leaves campus

**1:00-4:00** Inside

Sectionals/Full band rehearsal

**4:00-6:00** dinner break

Everyone leaves campus

**6:00-9:00** Outside

Marching rehearsal

1. Get outside this summer! We are an outdoor activity! Our camp takes place during the hottest part of the summer. We follow TSSAA heat guidelines for outdoor activities.
  2. Practice your instrument standing up.
  3. Start moving! We are a physical activity. Students will run and do strength training exercises to learn how to control breathing and build endurance.
  4. Learn to eat breakfast. Avoid dairy and greasy food during Bandcamp. Eat foods rich in protein and carbohydrates. In addition to this, learn to drink water. Eating breakfast and staying hydrated will make for a pleasant and successful camp experience.
  5. Be on time, prepared and ready to go for each rehearsal.
  6. Take care of yourself. Rest, healthy eating habits, and personal hygiene will help the day go smoothly.
- Your Instrument. Make sure it is in good working condition. Have plenty of reeds and other supplies that you need for your particular instrument.
  - Three ring binder with clear pocket page protectors. Also have a shoelace, ribbon or string long enough to make a strap to be able to carry your binder across your shoulders while on the field.
  - Pencil
  - Water jug. Water only. No sports drinks, energy drinks or anything that contains sugar!
  - Sunscreen, hat, sunglasses, bug spray
  - Athletic shoes and socks. No sandals or flip flops! Converse are discouraged as they have no arch support. **NO CHACOS OR TEVAS!** Lightweight, comfortable clothing. Shorts are a must! Athletic shorts and sports bras are recommended. Tank tops are allowed. Everyone must wear a shirt. No jeans!
  - Money for lunch or bring your lunch each day.