



Band Camp Essentials

If you're new to band camp, the first thing you need to know is that it is a lot of fun! There are certain things that you can do to ensure that you have a great time at band camp and learn lots of great things about music and marching. This is a guide to help you gather what you need to be successful at band camp!

Sample Daily Schedule (may vary)

8am-11:30am – Mostly outside, rotating inside for one hour of sectionals

11:30am-1:00pm – Lunch and section time (shade/AC)

1:00-2:00pm – Inside for Brass/WW time

2:00-4:30pm – Depending on goal for the day, this time may be spent outside.

Musical Essentials

Be sure to have everything you need to use your instrument:

Woodwinds: Instrument, reeds, neck strap

Brass: Instrument, mouthpiece, valve oil, slide grease

Percussion: Sticks and/or mallets

(If you need to rent an instrument from the band such as a sousaphone or bass clarinet for marching season, there is a section dedicated to you below!)

Physical Essentials

Lets face it, August in Florida is HOT!!! You must be prepared physically for outdoor activity in the sun. Follow the guidelines below to help you have a great band camp.

Style and Dress

What you wear to band camp can make life easy or hard for you. You will be outside doing physical activity in the hot August sun; wearing appropriate clothing is essential:

- Light colored tee-shirt. Dark colors absorb the sun's rays and trap the heat right next to your body, sapping energy and causing you to sweat more than necessary, which dehydrates you.

- Athletic shorts. Heavy fabric shorts or pants are heavy, and will trap heat. Jeans will cause you great discomfort in marching, and again, they're heavy.
- Tennis shoes (with socks). Marching technique is easiest in these types of shoes. Sandals, skating shoes, stiff-soled shoes, slides, etc. are terribly difficult to march on, and are not safe. *Barefoot marching is prohibited.*
- Hat. Pick your favorite ball team, clothing line, or whatever, and buy a hat. Keeping the off your face and/or neck is priceless.
- Sunglasses. Great for shielding your eyes from the sun and being able to see the drum major.

Hydration and Nutrition:

In the morning before coming to camp:

- Drink a tall glass of water when you wake up
- Eat breakfast! Give your body fuel to consume in the morning hours before lunch. Going without breakfast is *not* macho! (Avoid fatty foods...)

During band camp:

- Drink **water**/sports drink (Gatorade or Powerade) at every available opportunity. Camel Baks are great since they can be worn on the field and give a constant supply of liquids.
- Eat lunch! Bring your own or buy from us. If a situation arises and you can't eat lunch (forgot it at home, don't have money) TALK to the parents serving food. They will help you! Not eating is not an option!

In the evening after band camp:

- Drink a tall glass of water right when you get home, and another with dinner, and another before you go to bed.
- Eat dinner! Scarf up some protein and carbs to give your body the fuel it needs for another great day at camp.
- Go to sleep! Your body needs rest to repair itself.

Nutrition No-Nos:

Avoid the following if you want to feel good at band camp:

- Sodas
- Energy drinks

Sunblock

Everyone wants a tan but NO ONE wants skin cancer. Grab some SPF 30 and apply it in the morning before going out, and again before we go out in the afternoon. Tee-shirt and sock tan lines are badges of honor.

Renting an Instrument from West Orange

If you (or your child) must rent an instrument from West Orange for marching season and wasn't assigned one during the Mini-Camp in June, one will be assigned to them on their first day of band camp. The following instruments are available to those kids who play them:

- Mellophone (horn players)
- Baritone
- Sousaphone
- Bass Clarinet (limited)
- Baritone Saxophone (limited)