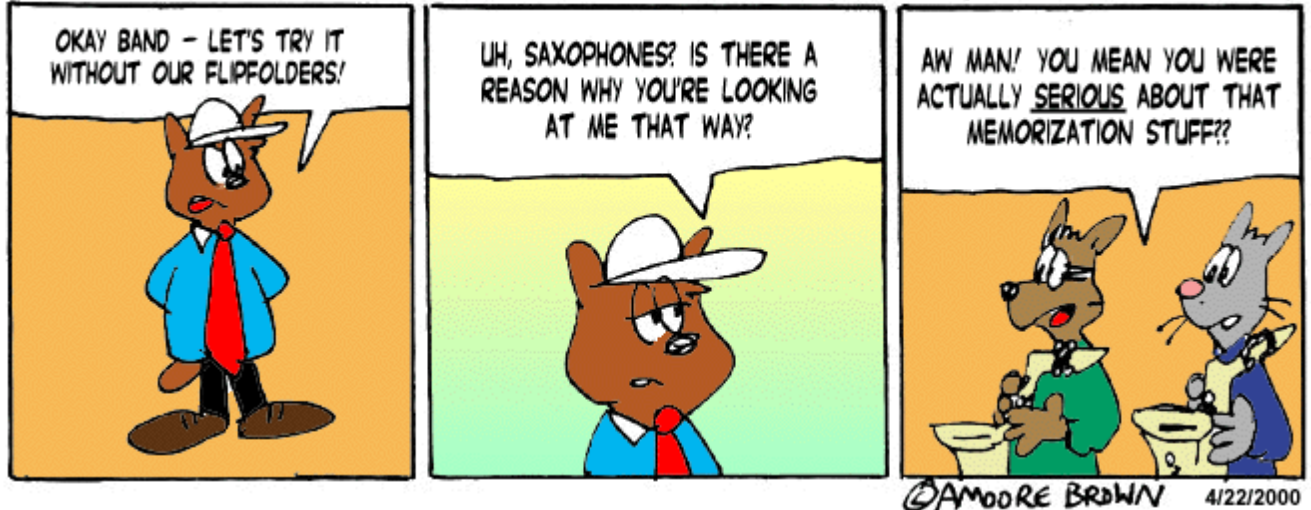


THE 2015 PRIDE OF PROVIDENCE MARCHING BAND

"GUIDE TO BAND CAMP SURVIVAL"

TALES FROM BAND CAMP

<http://www.dawgtoons.com/talesfrombandcamp>



Band camp is not the worst thing in the world. The worst thing in the world is to come to band camp unprepared. The following guide should help you arrive at band camp prepared to set the foundation for another great year full of many successes and terrific memories.

What to Bring

These items are essentials and are required for all students, unless noted otherwise.

- 1) Socks and running style tennis shoes. (No sandals, high-tops, flip-flops, skater shoes or other shoes not conducive to great marching technique and/or that will not protect your feet on the parking lot.)
- 2) Your Instrument in proper working condition and all necessary supplies (extra reeds, etc.). If it needs to go to the shop, please do so before camp and make sure it will be back before camp begins.
- 3) Water cooler – NOT a bottle – a large container/jug/cooler (ask your section leader if you are not sure what kind you need)
- 4) Water! – Drink plenty of water prior to camp as well as during the day at camp.

- 5) Beach towel to sit on during breaks
- 6) Hat or sunglasses – this is a requirement of all outside rehearsals at PHS
- 7) Sunscreen
- 8) To have eaten breakfast (avoid dairy products)
- 9) Dot Book - Spiral Bound Index Cards (no larger than 3"x5")
(This will be furthered explained at camp and will be due on August 4)
- 10) Band Binder: 1-inch 3 ring binder with sheet protectors.
- 11) Pencil
- 12) Breathing Device – ½" pvc ball valve (This can be obtained at Lowes or Home Depot. This is needed for all members of the hornline on August 4)



- 13) Shorts – Avoid long pants. Your body will appreciate the extra “air-conditioning” when we are outside.
- 14) Light Colored T-Shirt (no dark colors) – This is not just a suggestion. We are outside and rehearse on a black top. Dark shirt colors will absorb the heat next to your body and make you much hotter than you need to be.
- 15) Change of clothes in case we get caught in the rain
- 16) Lunch – Students are asked to stay on campus for lunch. There will be activities that take place during that time. Lunch will occur at 11:00am each day. Parents are welcome to bring their student food at that time.

Leave out any of the above and there is a strong possibility you will get sick at band camp. The truth is there is no excuse to get sick at band camp. Much sickness and/or not feeling well at band camp can be avoided just by taking care of the above items.

Why The Essentials are Essential

Sunscreen: sun poisoning, although rare at camp, is not fun. Sunburn, guaranteed from camp, is not exactly pleasant either. Yes, you will get a "band tan" even if you use sunscreen, but believe me, even if you never wear sunscreen, YOU NEED IT at band camp.

Breakfast: We have seen far too many freshmen 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, even if you do not normally eat breakfast. It will not sit like a lump in your stomach or make you feel sick while you are marching. Do not over eat in your attempt to satisfy the requirement. Also, please avoid dairy products.

Water: This one is obvious. You probably will sweat a lot at band camp. During breaks, you will need to fill up with water. This is important not only during camp hours but prior to and after as well. *Important note:* Do not bring water bottles filled with carbonated sodas it will just make things worse. Water is best, but sports drinks are acceptable too. However, the sugar in sports drinks is not good for you either. Did I mention bring water?

Shorts: Wear shorts every day to band camp. - no big explanation - it's gonna be hot. Also, you will want something that you can move in easily.

Light colored t-shirt: Dark colors absorb and retain the heat. As a result your body will not cool down as easily and you will feel more tired and unable to achieve at your highest level. Whites, light grays, yellows, etc. work best.

DCT or Chapstick: Only if you think you'll need it - many brass players use this especially. Some students like DCT (made by Blistex) better.

Sunglasses: These definitely keep the UV light from your eyes and make the glare bearable, since you have to look up, sometimes into the sun.

Hat (or some other appropriate head covering): It will keep the sun out of your eyes and face (preventing "Rocky Raccoon" tan lines around your eyes, which look silly in your school pictures.)

***All students must wear either a hat with a visor or sunglasses at all outside rehearsals.

Lunch: In order to be as efficient as possible, increase social bonding and as a safety precaution, students will not be allowed to go off campus for lunch again this year. Please be sure to pack a lunch or have someone bring you one each day. Lunch will be from 11am-noon each day. (Note: The band parents provide dinner on the days that we are in camp for an evening session.)

What to Expect at Band Camp

Expect to work, and work really hard. Expect a suntan, with tan lines from your shirt and socks. Wear them with pride as a sign of your hard work and dedication. Expect to be challenged to try new things and be pushed to be your better than you thought you could be. Most of all, expect to learn a large part of this year's show, have fun doing it, have terrific bonding times with your band family and expect to be proud of the hard work you will put into making the Pride of Providence Marching Band one of the best in NC and maintain the high standards associated with it!

What to Do

There are several things you can do to make band camp a little easier on yourself.

Be on time: 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. All marching band rehearsals will begin in the band room unless otherwise notified.

Providence Standard Time

If you are early, you are on time.

If you are on time, you are late.

If you are late, you are in trouble.

Behave: Just get in line, stay in step, do whatever is asked of you. Mr. Potter and the staff are not slave drivers. If you work hard they will take note - as well as the other members around you. Also, behaving tends to get things done a lot quicker (nothing worse than rerunning a drill set over and over again because the band isn't behaving correctly!)

Keep cool: Both literally and physically. First make sure you are not overheating (the intent is not to make anyone sick), but also keep a calm mind. So you can't hit the line the first time you try it? You can't sightread your part perfectly? That's ok, as long as you keep trying your hardest and listen graciously to advice, you **WILL** eventually get those tough parts, drill maneuvers or choreography.

Final Notes – the Most Important Things To Remember

- ❑ Respect the directors, staff (they have done this before and know what they're talking about).
- ❑ Respect yourself and the other members of the ensemble. If we work together we can accomplish some amazing things.
- ❑ Eat breakfast EVERY DAY.
- ❑ Drink plenty of water or Gatorade during every break (sodas are not allowed during rehearsals).
- ❑ Wear shorts, a light t-shirt and running style tennis shoes.
- ❑ Wear sunscreen, and a hat or sunglasses.
- ❑ Bring your instrument, breathing device, dot book, and band binder.
- ❑ Bring a great attitude and your best effort to every segment of every rehearsal

Band camp is hard work, but you will find that working hard and then seeing the results of that hard work is something to be really proud of. Remember, excellence is the standard, not the goal!!!

Three Goals

- 1) Perform as well as you can.
- 2) Perform better than you did the last time.
- 3) HAVE FUN!!

TALES FROM BAND CAMP PRESENTS...

***YOU KNOW YOU'RE A
BAND NERD WHEN...***

**...YOU KNOW HOW MANY DAYS ARE LEFT
UNTIL BAND CAMP STARTS!**



***SUBMITTED BY HANA MARCEAU OF THE
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