



BAND CAMP SURVIVAL GUIDE

Band camp is almost here and that means just one thing for members of the Dunbar Marching Band.....time to put in hours of learning music, marching fundamentals, and drill sets. The goal is to make this year's Paul Laurence Dunbar Marching Band the absolute best it can be!

The following guide should help you arrive at camp prepared and, more importantly, keep you healthy and at your best:

I. WHAT TO BRING—

The following are essential items you **MUST** have each day:

- 1) A **Positive Mental Attitude**
- 2) **LARGE** water jug (you'll be able to refill it during the day)
- 3) Socks and tennis shoes (**NO** sandals or flip flops)
- 4) Your instrument or guard equipment
- 5) 1" Flexible binder filled with plastic page protectors and affixed with a 45" shoelace that will allow you to carry the book during practice **PLUS** a pencil
- 6) Lunch
- 7) Eat breakfast (*Avoid milk products for breakfast, your stomach may not be able to tolerate it while in the sun.*)
- 8) Sunglasses and hat
- 9) Sunscreen (SPF 30 or higher)
- 10) Clothes you can move in, and that will keep you comfortable in the heat of the day. (Jeans are not recommended)
- 11) Extra reeds, slide grease, valve oil

II. WHAT YOU CAN DO—

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

Show up: Your attendance is crucial and required each day.

Be on time: You are responsible for being on time.....plan on at least 20 minutes early. Band camp and rehearsals begin on time, so be in your spot at that time.

Behave: Get in line, stay in step, and do whatever is asked of you. Things will get done quicker if everyone is participating and doing what is asked of them.

Respect: If you give respect, you'll get respect!!

Keep cool: First, make sure you are not overheating.....drink your water, drink your water, drink your water. Second, don't worry if you didn't get it the first time; it's ok, as long as you keep trying. If you work hard, and graciously accept any advice and/or constructive criticism given, you **WILL** eventually get it.

III. FINAL NOTES—

- Drink your water, drink your water, drink your water;
- Respect the directors, the staff, the upperclassmen, and the parent volunteers;
- Eat breakfast every day;
- Be on time and ready to work;
- Wear appropriate and respectable clothing, socks and tennis shoes;
- Wear a hat, sunglasses and sunscreen;
- Bring your instrument and necessary equipment;
- Always have your drill book and a pencil;
- Get to know the people in your new 'band family';
- Be positive and have fun!