

NHS Band Camp Survival Guide

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, and more importantly, survive.

What To Bring - There are five ESSENTIALS that you must have!

- a. Hat
- b. Tennis Shoes w/socks (No Sandals, Flip-Flops, or other shoes inappropriate for marching)
- c. Your Instrument, Music, and a Pencil (Yes, there have been a few that have forgotten this before...)
- d. Water cooler - NOT a bottle – a large container/jug/cooler!

Mr. Yost, Mr. Tinker, and the NHS Band Program require the above things. However, many upperclassmen will tell you that the following are just as essential:

- 1. Sunscreen
- 2. To have eaten breakfast
- 3. Water!
- 4. Drill/Dot Book (receive at band camp)
- 5. Beach towel to sit on during breaks outside (especially if you have a grass allergy).

Leave out any of the above and there is a strong possibility you might get sick at band camp. The truth is there is no excuse to get sick at band camp. Much sickness at camp can be avoided just by taking care of the above items. Now, on to the less essential but still important checklist:

- 1. Wear Shorts and Light Colored Clothing! It is August in the South... it WILL be hot.
- 2. DCT/Chap stick
- 3. Sun glasses

Why The Essentials are Essential:

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

Breakfast: We have seen far too many members become ill 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 not sit like a lump in your stomach or make you feel sick while you are marching.

Water: This one is obvious. You probably will sweat a lot at band camp. If you are not soaked by 10AM each morning, see a doctor soon, because you are very sick. During break, you will need to fill up with water. Important: Do not bring water bottles filled with carbonated sodas - it will just make things worse. Water is best, but sports drinks are acceptable too. Did I mention bring water? You should bring a full water jug that is large enough for you to drink from for an entire day at band camp. You should also have this full water cooler at all rehearsals during the school year. Many members like to use a wearable Camelbak or equivalent to stay hydrated during rehearsals.

Shorts and Light Colored Clothing: Wear shorts and light colored clothing every day to band camp - no big explanation - it WILL be hot.

DCT or Chap stick: Only if you think you'll need it - many brass players use this especially. I 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: 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.)

Lunch: Student should bring their own bagged lunch during the first week of camp, make plans to eat lunch off campus, or take part in the district's free lunch program in the cafeteria (RSVP required via CHARMS). The band boosters will provide lunch each day during the second week of camp. You are not allowed to leave the NHS campus for lunch or dinner during the second week of camp - no exceptions!

What to Expect at Band Camp:

Expect to work, and work really hard. Expect a suntan or sunburn, with tan lines from your shirt and socks. Most of all, expect to learn the majority of this year's show, have some fun doing it, and expect to be proud of the hard work you will put into making the NHS Purple Regiment one of the best bands around!

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. Early is on time, on time is late!!!

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

Take care of yourself: Make sure you take/bring any necessary medication with you to camp. Our band booster medical volunteers provide first aid during band camp and are at the rehearsal field with us during the entirety of band camp. They assist with a wide range of aid and can even store your epipens/controlled medication as applicable. Our first aid team also provides over-the-counter medication for students in need, providing their 2015 medical permission form is on file with the band office.

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 play your part perfectly? That's ok, as long as you keep trying your hardest and listen graciously for advice, you WILL eventually get it!

Final Notes - The Most Important Things To Remember:

Respect the directors, staff, officers, & upperclassmen (They have done this before and know what they're talking about).

Eat breakfast EVERY DAY!

Drink plenty of water or Gatorade during every break (sodas are not allowed during rehearsals).

Wear shorts and tennis shoes.

Wear a hat, sunscreen, and sunglasses.

Bring your Instrument and materials each day.

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

THE KIND OF PERSON YOU ARE IS MORE IMPORTANT THAN THE MUSICIAN YOU WILL BECOME.

INTEGRITY PLUS DISCIPLINE EQUALS SUCCESS!