

## Marching Band Camp - Student Survival Guide

The concentrated time spent during the summer Band Camps are vital to the success of the season. Band Camps are when students learn the majority of their marching routines, show music, pep band tunes, and the Concord High School fight song. Whether it is your first or last Band Camp, the information here will help you arrive prepared.

### What Do I Wear?

Marching band is not an indoor activity and we do not control Mother Nature's thermostat. A typical NC summer is HOT & HUMID. Students must be prepared to be outside during high temps. Wear **light-colored loose clothing**. T-shirts and shorts are most recommended. And, Ladies, sports bras are underwear...not outerwear. **Only tennis shoes are allowed...no flip-flops!!** Socks are recommended to avoid blisters.

### What Do I Bring?

Your **instrument** and all the **supplies** (reeds, oils, etc.) needed to keep it working!  
Music & drill charts, dot books, or coordinate sheets  
A **pencil** (or several) for marking music and charts/dot books.  
Sweat-proof **Sunscreen**, Sunglasses & Hat  
**Water** Jug or "Camelback"  
Bug Spray  
Lip Balm, i.e. Chapstick or Carmex (not recommended for reed instrument players)  
A towel or sheet to place under instruments when left on the side of the field.

### What Should I Expect?

To work and work really hard.  
To get a suntan or sunburn, with tan lines from your shirt and socks.  
To be sore and tired...a lot.  
To learn more in the two weeks of band camp than you may have in the last year of school.  
That older members will help the younger ones learn.

### Tips for Success:

1. **Be on time.** If you are early, you are on time, if you are on time you are LATE. Being punctual is a critical life skill that high school students need to master. You are responsible for being on time, not because of traffic, your parents oversleeping, or car trouble. You take full responsibility. If a delay is unavoidable, call the band office BEFORE you are supposed to arrive and explain the trouble. Band Office Phone number 704-786-4161 x 538.
2. **Behave & be respectful.** You are a young adult. Do what is asked of you by the band director, staff, student leadership, and parents who are helping. The staff and student leadership are there for your benefit. If you work really hard they will notice – as well as the other members around you. Behaving also gets things done quicker, and rewards are longer breaks!
3. **Keep cool.** Physically and mentally, first make sure you are not overheating (water, water, water) but also keep a calm mind. So you can't hit the line the first time you try it? Keep trying and listen graciously to advice and you WILL eventually get it. We are here to help.
4. **Eat & Drink with health in mind.** Drink lots of **WATER**. Avoid sugar-loaded drinks and caffeine (they dehydrate you). **Water is best.** Sports drinks are ok *in addition* to water! Eat a healthy meal before you come to band camp. Avoid greasy foods and excessive candy or sweets. Pack snacks like fruit or an energy bar. Try to eat a banana every day as a good source of potassium.

Summer band camp is hard work, but seeing the results of your hard work will make you proud. Remember, excellence is not just for sometime, excellence is for all the time, and at Concord High School, Excellence is a Tradition!