

## ♪ ♪ CGHSMA Mandatory Marching Band Camps August 2010 ♪ ♪

### Indoor Percussion Camp & Guard Camp August 9-14th Full Marching Band August 16-21st

**Remember arrive early, stay late.** Please arrive 1/2 hour early the first day of band camp with any outstanding documents and fees required for the camp. Your registration information will be confirmed in case anything has changed. Come dressed appropriately with water, snacks, lunch, hat, etc. Review the checklist to know what is needed. You may not run back home to get something you forgot!

- Thermal Jug with Water & Ice (2 Qt size or larger recommended)
- Sunscreen and Bug Spray ☀
- Baseball Cap suggested, sunglasses optional ☀
- Make arrangements to purchase Black Dinkles (Available at All County) if you need a new pair. You must have them for the Marching Band Photo taken the end of band camp /the first week of school. For Football Games you will need black socks and a pair of white & a pair of black gloves.
- Dot Book (Spiral 3 x 5 blank index card notebook) and Long Shoelace, Pencil with Eraser ✎
- Instrument, mouthpiece, extra reeds, valve oil, etc.
- White or light grey colored t-shirt (shirts must be worn)
- Black or navy blue shorts (no jeans or long pants)
- Metronome & Tuner (you can find a tuner with a built in metronome), a Lyre (available at All County)
- Running shoes or sneakers with some sort of arch support for running. No Converse, Flip flops, or over-sized shoes. You are on your feet for much of Band Camp.
- A bag (gym bag, backpack, small duffle, etc.) large enough to hold your possessions during the course of the day.
- Bring a Snack & Bag Lunch- You may purchase dinner through the band parents or bring your own dinner. Make sure you can keep going for a 10-12 hour day.
- Please make sure you have your inhaler if you are asthmatic, glucose tablets or insulin if diabetic, Epi-Pen if you have severe allergies to bug bites, etc. Be prepared.
- We suggest that you not eat dairy the morning of a practice and you should drink plenty of water starting the evening prior to a practice.
- A smile, an optimistic attitude and an open mind to learning.
- Know your music by heart- practice daily over the summer.

