



## Band Camp Checklist

TL Hanna High School Marching Band 2019

### Required Materials:

- \_\_\_ Instrument in good working order (including reeds, straps, sticks, etc.)
- \_\_\_ Athletic or Tennis shoes and socks (DO NOT WEAR SANDALS OR FLIP-FLOPS)
- \_\_\_ Light colored clothes, shorts, and athletic wear for rehearsal. DO NOT WEAR JEANS TO REHEARSALS
- \_\_\_ Large water bottle with your name clearly labeled. Camel-backs, gallon sized water coolers, etc. are great options.
- \_\_\_ At least 2 pencils
- \_\_\_ Combination (or key) lock for assigned locker\*

\*NOTE: locks will not be provided for each individual student. Students will provide their own lock for assigned locker. Lockers are not meant for school books or other items, they are a courtesy to you for your instrument. No illegal or inappropriate items will be kept in assigned lockers. Lockers will be kept clean and orderly at all times. If you break any locker rules, your lock will be cut at your personal expense.

- \_\_\_ Sun Screen

### Suggested Materials

- \_\_\_ Change of clothes
- \_\_\_ Change of socks
- \_\_\_ Deodorant
- \_\_\_ Hat
- \_\_\_ Sunglasses
- \_\_\_ Small hand towel
- \_\_\_ Gold Bond or other Medicated Powder

## What else?

1. Pack ahead of time – Prepare all essentials you need to bring for the week, then buy and pack several days before the start of the week.
2. “Early” means “on time” – Arriving early to events prevents you from rushing your commute, and give you time to prepare by yourself. Warm up and stretch on your own when you arrive. Drink water, or eat a small snack. Remember.... To be early is to be on time, and to be on time is to be late!
3. Beat the Heat. – Get in the habit of constantly hydrating throughout the day before the week starts. This helps you start balancing your water intake instead of drinking a large amount of water at once when rehearsal starts. Also, remember to apply sunscreen both before and during rehearsal to prevent burns from the morning to late afternoon heat. Hats, visors, and sunglasses will also maximize protection.
4. Food should be hearty and nutritious. – Food is just as important as water! More water breaks will be given than meal and snack breaks, so once you’re allowed to eat, take advantage of that time and eat something filling. From breakfast through diner, balance your meal with different nutrients, such as vitamins, protein, carbohydrates, and good fats. They’ll provide you with long-term energy, and refresh your body for the next rehearsal period. **YOU MUST EAT BREAKFAST BEFORE YOU COME TO CAMP EVERY DAY.**
5. Be courteous to the leadership and chaperones. – Mind your rehearsal manners. Just like classrooms having rules, your conduct in rehearsal should be focused and professional. Listen to anything your directors, instructors, section leaders, and chaperones ask from you. Your section leaders were given the responsibility of handling a section because the directors trust the skills and efforts they’ve put forth in years prior.
6. Make new friends! – Band camp is usually the marching band’s first time for all the sections to be together at once. When time permits, such as during meal breaks, get to know other band members outside of your section. Introduce yourself, and make new friends! You are all about to endure a five-month marching season, share the field, and work together as an ensemble to produce fantastic music and visuals. Get to know who you’ll be sharing these moments with. They will become your family!
7. Have fun! – Marching band is one of the coolest activities in the entire world! If you come prepared and focused, you will have the time of your life. Band is hard work, but it is also a ton of fun! You and your band family will make wonderful memories that will last a life time!

Have a great rest of your summer and we will see you very soon!

Musically yours,

A.J. Pace

Director of Bands

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TL Hanna High School