

# PREPARING FOR BAND CAMP

Part of our job at band camp is to keep you healthy, especially since we'll be working for many long hours in the sun. To do that, we need you to bring certain materials to camp.

## BAND CAMP CHECKLIST

- Your instrument (and I *know* you already have a *pencil* in the case)
- Packed Lunch
- Sneakers (**NO** sandals)
- Water bottle or Camelback (preferably one you can hook around your waist or carry on your back)
- Sunblock
- Hat and sunglasses
- Highlighter

There are few things that you can do to help prepare yourself for camp ahead of time:

- *Practice your instrument!* The less time we need to spend on fundamentals (i.e. long tones and scales), the sooner we can get to the show music.
- *Get used to being outdoors.* For most of us, our bodies are nicely acclimated to air conditioning, so the more time you spend outside now, the more comfortable you'll be when we start working in the sun.
- *Make sure you have your rides worked out.* If you need assistance, please contact the band office and we can help you find others who live near your house.
- *Physically challenge yourself.* We'll be putting a lot of stress on your arms, legs and back- the better in shape you are, the easier of a time you'll have marching with a horn.

If you have any questions, please email me at [kschoelwer@mac.com](mailto:kschoelwer@mac.com) or call me in the band room at 898-4445, ext. 6. Get excited!

~Ms. Schoelwer