



DGN | BAND



Band Camp Survival Guide

How to Succeed in Band Camp

1.WHAT IS BAND CAMP?

- Band camp is a series of all-day rehearsals for the marching band to begin learning all of the materials for the season. This includes music, drill, and other important aspects of our performance!
 - *Pro Tip #1: If you come to band camp with your halftime music memorized, your life will be so much easier!!*
 - *Pro Tip #2: Eat a good breakfast every morning. Your body will need the energy!*
 - *Pro Tip #3: Drink water!*
- Your attendance at these rehearsals is *critical and necessary* to our success. You must be there!
 - If you are going to be absent you **must** let Mr. Smith and your section captain know right away
- [Trojan Marching Band Music](#)

2. WHEN SHOULD I GET THERE?

- Band Camp is hosted on campus at DGN!
- ***“On time” is late! Be early to rehearsals!***
 - Rehearsal ***begins*** at 8:00 AM every morning. You should ***arrive*** at the school at 7:45 AM so you can get your equipment ready for rehearsal to begin on time.
 - Plan to arrive to ALL rehearsals 15 minutes early.
 - “There is no such thing as on time. You’re either early or late.” - Sam Wilson

3. WHAT DO I NEED TO WEAR?

- All band members should wear the following items:
 - Hat or visor or bandana (Guard)
 - Light-colored shirt

- Athletic Shorts
- Running/Athletic Shoes (NO flip-flops, sandals, or Converse!)
- Items you may want to wear as well:
 - Sunglasses
 - Bandana to cover lips while not using instruments (especially brass players!)

4. WHAT SHOULD I BRING?

- All band members should bring the following items:
 - 1-Gallon Water Jug (drink two of these a day!)
 - Sunscreen (Minimum SPF 30)
 - Functioning Pencil
 - Instrument/Equipment ☺
 - **A GREAT ATTITUDE**
- Items you may want to bring as well:
 - Lip balm with SPF
 - Sunglasses
 - Deodorant
 - Valve Oil
 - Cork Grease
 - Extra Reeds
 - Rubber Bands (for flip folder)
 - Lanyard (to carry flip folder with you on the field when not using instrument)

5. WHAT SHOULD I DO?

- Drink water. Drink more water. Drink water right now.
 - We will be sweating in the sun. You will need to stay hydrated. Drink more water!
- Apply (and re-apply!) sunscreen!

- It's best to apply sunscreen 15 minutes before going outside. You can apply sunscreen while you're outside, but for the best protection, apply inside first!
- Show up **15 minutes early.**
 - "On time" is late. Plan to be early!
- Eat Breakfast, Lunch, and Dinner
 - Your body will be burning a lot of calories throughout the day. You even burn calories just standing in the sun! Your body needs the fuel. Carbohydrates, proteins, and fruits will keep you energized! Stay away from heavy, greasy foods.
- Rule #1: Always contribute! Put forth your best effort!
 - **Mr. Smith's Life Rule:** Work Hard. Have Fun.
 - Marching Band is a team sport. If you are always trying your best, the group will succeed!
- Maintain your instrument and equipment
 - Make sure your pads, keys, valves, are all functioning!
 - Have extra sticks with you! (Drumline)
 - Bring your electrical tape! (Guard)
- Meet your new band family!
 - There are a lot of people you haven't met yet and all of them can't wait to meet you!
 - Everyone has a place in the DGN Band Family - you'll find a new great friend in no time at all.
 - *You'll already have your lunch table figured out for the first day of school!*
- Ask for help! Listen to your staff, section captains, and upperclassmen!
 - If you aren't feeling well, you need to get a staff member immediately. We don't know how you are feeling if you don't tell us.
 - If you are struggling, talk to your section captain, an upperclassmen, or a staff member! We all want to see you

succeed and will help you in any way we can!

- Participate in the Spirit Nights!
 - One of the coolest traditions in the TMB is our spirit night participation. Don't miss out on the fun!

6. WHAT SHOULD I KNOW?

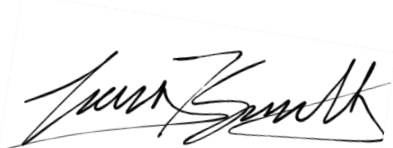
- **Your music! Your routine!**
 - By the end of band camp, we will have our halftime show music memorized. If you show up to band camp with your music/routine already memorized, band camp gets *much easier!*
 - [Trojan Marching Band Music](#)
- Know the difference between “being tired” and potentially dangerous conditions!
 - *Dehydration (Source: Mayo Clinic)*
 - Extreme thirst
 - Less frequent urination
 - Dark-colored urine
 - Dizziness
 - *Heat Exhaustion (Source: Mayo Clinic)*
 - Faintness or dizziness
 - Nausea or vomiting
 - Heavy sweating with cold, clammy skin
 - Weak, rapid pulse
 - Pale or flushed face
 - Muscle Cramps
 - **Please speak up if you feel you may be experiencing these symptoms.**
- Drink more water from your **1-gallon water jug.**

From the Desk of Mr. Smith...

Band Camp is one of the most memorable parts of the entire school year. It is also incredibly overwhelming, especially for someone who may be learning the ropes for the very first time! Remember that the only thing anyone wants is to see you do your best and succeed! It's unlikely that you will figure it all out on the first day, but as long as you work hard, put in a great effort, and be patient, by the end of the week, you will see your incredible growth and feel great pride in yourself. Marching Band is one of my favorite things in the whole world and I can't wait to share this experience with you!

Minds on ice.
Hearts on fire.
Eyes with pride.

Jessen T. Smith



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District 99 is committed to providing high-quality educational opportunities for all students in a caring, equitable and inclusive environment.