## Sickles High School Bands sicklesbands.com



## **SUMMER BAND CAMP TIPS 101**

While much of band camp will be spent inside with air conditioning working on new music, fundamentals, and choreography (for Sensations), we do spend a good portion of camp outside. As you are aware, Florida Summers can get HOT, so it's important to plan ahead. Some items you may want to bring include sun tan lotion, sunglasses, and a hat. Be sure to hydrate yourself the night before and during the day. It is recommended you bring your own water thermos. The officers and staff work hard to provide a nurturing environment for new members of the marching band. You can look forward to a great productive camp that will give you a tremendous sense of accomplishment and pride.

Attendance at all band camp dates/times is expected. Please make every effort to arrange vacations, doctor's visits, jobs, family time, etc. at a time other than band camp. IT is important that we accomplish as much as possible during band camp so we can be on track as we head into the school year.

One of the most important skills needed to be a successful high school student is punctuality. This is particularly important for all band activities. If something should cause you to run late, call your section leader ASAP BEFORE you are supposed to arrive so that the officers, staff, and director know where you are.

Perhaps most important of all is to come to camp with a positive attitude ready to try new things!!! Being a part of a high school marching band is one of the most positive experiences you can have – be prepared to work hard, be productive, and to have a great time getting better!

<ul> <li>WHAT TO BRING TO BAND CAMP</li> <li>Instrument/equipment</li> <li>Music</li> <li>Pencil</li> <li>2-quart water cooler</li> <li>Bag Lunch for the first week.</li> </ul>	WHAT TO WEAR FOR BAND CAMP IN HOT JULY/AUGUST  Close-toed Sneakers Shorts (Remember we live in Florida) T-shirt Sunscreen Hat & sunglass
<ul> <li>IMPORTANT ADVICE</li> <li>Be sure to get plenty of sleep to avoid fatigue</li> <li>Eat breakfast!</li> </ul>	HYDRATE, HYDRATE with water!