

NHS Band Camp Survival Guide

What To Bring - There are four ESSENTIALS that you must have!

1. Hat
2. Tennis Shoes w/socks (No Sandals, Flip-Flops, or other shoes inappropriate for marching)
3. Your Instrument, Music, and a Pencil (Yes, there have been a few that have forgotten this before...)
4. Water cooler - NOT a bottle – a large container/jug/cooler!

Mr. Yost, Mr. McGuire, and the NHS Band Program require the above things. However, many upperclassmen will tell you that the following are just as essential:

1. Sunscreen
2. To have eaten breakfast
3. Water!
4. Drill/Dot Book (receive at band camp)
5. Beach towel to sit on during breaks outside (especially if you have a grass allergy).
6. Wear Shorts and Light-Colored Clothing
7. DCT/Chap stick
8. Sun glasses

Lunch during Pre-Camp

Lunch: Student should bring their own bagged lunch during the first week of camp or make plans to eat lunch off campus. The band boosters will provide lunch each day during the second week of camp. You are not allowed to leave the NHS campus for lunch or dinner during the second week of camp - no exceptions!

What to Do:

BE ON TIME! Early is on time, on time is late!!!

Behave: Just get in line, stay in step, do whatever is asked of you. Also, behaving tends to get things done a lot quicker.

Take care of yourself: Make sure you take/bring any necessary medication with you to camp. Our band booster medical volunteers provide first aid during band camp and are at the rehearsal field with us during the entirety of band camp. They assist with a wide range of aid and can even store your epipens/controlled medication as applicable. Our first aid team also provides over-the-counter medication for students in need, providing their medical permission form is on file with the band office.

Final Notes - The Most Important Things To Remember:

Respect the directors, staff, officers, and fellow band members.

Eat breakfast EVERY DAY!

Drink plenty of water or Gatorade during every break (sodas are not allowed during rehearsals).

Wear shorts and tennis shoes.

Wear a hat, sunscreen, and sunglasses.

Bring your Instrument and materials each day.

Band camp is hard work, but you will find that working hard and then seeing the results of that hard work is something to really be proud of. Remember, excellence is not just for sometimes, excellence is for all of the time!

THE KIND OF PERSON YOU ARE IS MORE IMPORTANT THAN THE MUSICIAN YOU WILL BECOME.

INTEGRITY PLUS DISCIPLINE EQUALS SUCCESS!