

BAND CAMP

July 12th-16th

July 19th-23rd

Unless discussed with the directors, ALL color guard and marchers are REQUIRED to be at practice for these two weeks. Lots of instruction will be given and they will continue to learn fundamentals, marching techniques, music and routines that will become part of this year's halftime and competitive show.

IF YOUR CHILD HAS TO BE ABSENT ON ANY DAY, YOU MUST HAVE A CONVERSATION WITH MR. DAVENPORT SOONER THAN LATER.

- Practice will begin every day promptly at 9:00am and end at 5:00pm. Please make plans to have your child picked up on time. The kids will need to bring lunch, a beverage and a snack every day. Anyone can bring lunch in to their child if needed HOWEVER, the kids CANNOT leave campus to go and get lunch.
- Please make sure your child has a good pair of support tennis shoes to practice in. You should not be able to fold the shoe in half. If you can, this is not enough support for all of the hours they will be on their feet. *It's always best to spend a little more for a good shoe and have their feet supported. If you're lucky, their feet won't grow much more and they can use for more than one year.*
- All kids are required to have a water jug, like the one in the handbook. Names need to be written on the jug in marker for quick identification. Please make sure they arrive for practice with the jug already filled up every day.
- It is always a great idea to stay away from carbonated sodas, cheese products and milk before and during practice. Cheese and milk especially, can make for a bad situation when the

kids get heated up on the field making them nauseous or even vomit.

- Please also make sure your child has a good breakfast before practice each day. They need food to provide the fuel and energy. This is another reason why kids get sick on field and feel like passing out. The temps are going to get hot, so they need to be prepared each day.
- **PLEASE, PLEASE, PLEASE have the kids start drinking water now and start walking some each day. Practice can be brutal to those who don't stay hydrated and who do no exercising at all.**
- There will be a parent preview on the last day of camp, June 26th. Time and more information about this will be forthcoming.

Susan Barrett
President Band Boosters

Ryan Davenport
Director of Bands