



The Wheeling Park High School

**"GUIDE TO BAND CAMP SURVIVAL"**

Band camp is not the worst thing in the world. The worst thing in the world is to come to band camp unprepared. The following guide should help you arrive at band camp prepared, and more importantly, do well!

**I. What To Bring**

- 1) You must be wearing socks and tennis shoes (NO SANDALS, FLIP-FLOPS, or OTHER SHOES INAPPROPRIATE FOR MARCHING AROUND A FOOTBALL FIELD!)
  - 2) **\*\*Your instrument\*\*** (Yes, there have been a few that have forgotten this before...)
  - 3) A small note pad that you can put a string thru and wear around your neck or keep on you... & A PENCIL (you will need this all of the time). You will be asked, regularly, to mark your music.
  - 4) Other necessary items: A hat or some other head covering, Sunscreen, breakfast, a LARGE water bottle that you may refill at school, wear deodorant and bring deodorant.
- Leave out any of the above and there is a strong possibility you will get sick at band camp.** The truth is, there is no excuse to get sick at band camp (unless you really are sick). Much sickness at camp can be avoided just by taking care of the above items.
- 5) You will need a lyre (holds music) and a flip folder (music goes in) for your first day of band camp. Check with CA House (740) 695-5929 before you make the trip. This *will be needed*. Yes, we will still memorize the show music ... BUT we have start somewhere, right?

Now, on to the less essential but still important checklist:

- \*Shorts
- \*DCT / Chapstick
- \*Sunglasses
- \*Lunch or money for lunch

## II. Why The Essentials Are Essential

**Sunscreen:** sun poisoning, although rare at camp, is not fun. Sunburn, guaranteed from camp, is not exactly pleasant either. Yes, you will get a "band tan" even if you use sunscreen, but believe me, even if you never wear sunscreen, YOU NEED IT at band camp.

**Breakfast:** There have been far too many freshmen throw up and have to sit out the first day of band camp because they did not eat breakfast. You must eat breakfast during camp. It will not sit like a lump in your stomach or make you feel sick while you are marching. Don't overdo it with dairy before going outside. While it *is* a good pre-exercise energy source AND a great recovery aid, too much spells trouble for some.

**Water:** This one is obvious. You probably will sweat a lot at band camp. During breaks, you will need to fill up with water. *Important note:* Do not bring water bottles filled with carbonated sodas, it will just make things worse. If you play a brass or woodwind instrument, please DO NOT drink anything but water. Otherwise, you will sugar coat the inside of your instrument and destroy the pads ☹.

**Shorts:** Wear shorts every day to band camp. - no big explanation - it's gonna be hot. Ladies- tank tops and camisoles are ok for marching (but not school) but please avoid the short shorts, halter tops, etc.

**DCT or Chapstick:** Only if you think you'll need it - many brass player use this especially. I like DCT (made by Blistex) better.

**Sunglasses:** These definitely keep the UV light from your eyes and make the glare bearable, since you have to look up, sometimes into the sun. (It is acceptable to close your eyes at attention if you are standing still, facing into the sun, but that's impractical if you are moving) .

**Hat** (or some other appropriate head covering): It will keep the sun out of your eyes and face (preventing "Rocky Raccoon" tan lines around your eyes, which look silly in your school pictures).

**Lunch:** Unless you are scheduled to leave the hill in parent approved transportation, you must bring and/or purchase lunch at Wheeling Park High School for the afternoon session. Let me rephrase- unless you are due to leave in the afternoon with parent approved transportation (ie. they know what's going on!), we will stay at WPHS for lunch. We will end right around 4 PM.

**WE WILL SELL CATERED DINNERS FROM THE ALPHA ALONG WITH WATER FOR \$5 A PERSON EACH 8 HOUR DAY OF BAND CAMP... or BRING YOUR OWN....**

### III. What To Expect At Band Camp

Expect to **work**, and **work really hard**. Expect a suntan or sunburn, with tan lines from your shirt and socks. Expect to get "directed around" ALOT. Expect the unexpected - every previous year's band camp holds several stories. Find an upperclassman for details. Most of all, expect to learn the majority of this year's show, have some fun doing it, and expect to be proud of the hard work you will put into making the WPHS what it is! Even freshmen have worked years to get to this point! Make NO mistake, Ohio County Schools has one of the finest band programs in the state and surrounding areas.

### IV. What To Do

There are several things you can do to make band camp a little easier on yourself.

**Show up:** There have been a few cases of people who completely messed up and didn't realize that there was a band camp, or that band camp was required.

**Be on time:** You are responsible for being on time. You cannot blame this on traffic, on car trouble, or on your parents. You take full responsibility for it. The only exception is if you call the school BEFORE the time you are supposed to arrive and explain the situation (ie car trouble, parents overslept, etc). **Early is on time; on time is late!!!**

**Behave:** Just get in line, stay in step, do whatever is asked of you. Hard work is rewarded! Also, behaving tends to get things done a lot quicker (nothing worse than rerunning a drill set over and over again because the focus is gone).

**Keep cool:** Both literally and physically. First make sure you are not overheating (the intent is not to make anyone sick), but also keep a calm mind. So you can't hit the line the first time you try it? You can't sightread your part perfectly? That's ok, as long as you keep trying your hardest and listen graciously to advice, you WILL eventually get it.

### V. Final Notes - The Most Important Things To Remember

- Respect the directors, staff, and upperclassmen (they have done this before and know what they're talking about).
- Eat breakfast EVERY DAY.
- Drink plenty of water during every break (sodas are not allowed).
- Wear shorts and tennis shoes.
- Wear a hat, sunscreen, and sunglasses.
- Bring your instrument.
- Always have a pencil and your note pad and your lanyard with coordinate sheet (you will get this at camp).
- Get to know the people in your Band family - freshmen, go out of your way to meet upperclassmen (it will be worth it) and upperclassmen, please remember that freshmen are our future.
- Medical form/Info form (check website) are due the first day of camp.

Stay tuned to the WPHS Band website:

<http://wphs.ohio.k12.wv.us/podcast/wparts/>

### **BAND CAMP AT WPHS**

Freshmen and Section Leaders:	26, 27, 28 July	5-9 pm
All band personnel:	31 July, 1-4 Aug	5-9 pm
Kennywood Parade:	<b>*6 Aug</b>	<b>9a-10p</b>
All band personnel:	<b>*7-11 Aug</b>	<b>1 – 9 pm</b>