

Band Camp Schedule 2017

Percussion - July 24th – July 28th

Monday	Tuesday	Wednesday	Thursday	Friday
		Percussion (9-4)	Percussion (9-4)	Percussion (9-4)

WEEK #1 - July 31st – August 4th (FULL BAND)

Monday	Tuesday	Wednesday	Thursday	Friday
Marching (9-12)	Marching (9-12)	Marching (9-12)	Marching (9-12)	Marching (9-1)
Lunch (12-1)	Lunch (12-1)	Lunch (12-1)	Lunch (12-1)	(Full Band)
Sectionals (1-5)	Sectionals (1-5)	Sectionals (1-5)	Sectionals (1-5)	
Color Guard (1-9)	Color Guard (1-9)	Color Guard (1-9)	Color Guard (1-9)	POOL PARTY 4-7!
				YMCA

WEEK #2 – August 7th – August 11th (FULL BAND)

Monday	Tuesday	Wednesday	Thursday	Friday
Marching (8-12)	Marching (8-12)	Marching (8-12)	Marching (8-12)	Marching (8-12)
Lunch (12-1)	Lunch (12-1)	Lunch (12-1)	Lunch (12-1)	Lunch (12-1)
Sectionals (1-5)	Sectionals (1-5)	Sectionals (1-5)	Sectionals (1-5)	Sectionals (1-5)
Supper (5-6)	Supper (5-6)	NO REHEARSAL	Supper (5-6)	
Ensemble (6-9)	Ensemble (6-9)		Ensemble (5-10)	

REHEARSAL – August 15th

TUESDAY

Rehearsal (5-9)

Clover HS Orientation/Registration
Registration is July 24-27 and does not interfere with camp!

1. All students are **required** to have their own personal insulated water jug for band camp! Please make sure your name is on it. (1/2-gallon min.) Plan now!
2. White T-Shirts are **MANDATORY** during all outside rehearsals. They can have writing/logos, but they must be 90% white. This will help you keep cooler and the staff to read forms better. **MANDATORY... means NOT OPTIONAL!**
3. A **Hat** (with brim), **sunscreen & tennis shoes w/socks** are **REQUIRED** whenever you are outside during band camp. Please plan to bring an extra pair of socks in case yours get wet. **REQUIRED... also means NOT OPTIONAL!**
4. All students are asked to bring **1 case (24) of soda** and 1 donation item **Pop-Tarts (12 ct box or larger), Nutri-Grain Bars, Granola Bars or Powdered Gatorade** with them by August 4th. This will help us provide drinks during the season when needed. Please write your name on your drinks! **(THIS IS AN UPDATE. IT'S FINE IF YOU'VE ALREADY BROUGHT WATER!)**
5. **Memorize your music.** 10th -12th graders should memorize the show music before you come to band camp. Rookies, do your best to do the same... we will help you when camp starts. Music & MP3's will be available for download on our CHARMS link. Mark anything you feel necessary on your music. Having your music memorized before coming to camp helps tremendously with learning drill!!

FRIDAY NIGHT SOCIAL & POOL PARTY!

On Friday afternoon August 4th we will conclude the first week of band camp with a Pool Party. This is a mandatory group activity! We will have food, games, etc. and it will be a great time to blow off steam and have some fun. (Bring your swimsuit!) Please plan to bring a 2-liter drink and some form of party type food (Chips, Candy, Cookies)! The Social will start at approximately **4:00pm** and run until **7:00pm**.

MANDATORY EVENT!

BAND CAMP CHECK LIST

- _____ Tennis shoes... no sandals allowed!
- _____ Socks ...mandatory!! (*Bring an extra pair!*)
- _____ Shorts (*no long pants!*)
- _____ T-shirts (white!)
- _____ Brimmed hat (*the bigger the better!*)
- _____ Sunscreen
- _____ Water jug. (*1/2 gallon or larger*)
- _____ Sunglasses (**HIGHLY RECOMMENDED!**)
- _____ INSTRUMENT!!
- _____ 1 case (24) of bottled water & sodas
- _____ MUSIC... MEMORIZED!
- _____ A GREAT ATTITUDE!!

CHECK LIST FOR BAND CAMP

- ½ GALLON OR LARGER “INSULATED” WATER JUG (LBELED WITH YOUR NAME)
- HAT FOR CAMP (WIDE BRIM PREFERRED)
- WHITE T-SHIRTS (NO DARK COLORS ALLOWED... DOES NOT HAVE TO BE PLAIN!)
**Ladies, sports bras are allowed as long as you are also wearing a shirt/tank over top.*
- SHORTS (NO DAISY DUKES ALLOWED)
- SUN GLASSES
- SUNSCREEN (NOT OPTIONAL... ESPECIALLY FOR THE FAIR SKINNED)
- TENNIS SHOES W/SOCKS (I RECOMMEND A CHANGE OF SOCKS AFTER THE MORNING PRACTICE)
- 1 CASE (24 CANS or(2) 12 PACKS) OF COKE/PEPSI PRODUCT
(LBELED) FOR USE DURING THE SEASON. Please try to avoid “off-brand” products if possible.

ATTENTION ALL BAND MEMBERS!!!

**PLEASE BRING AT LEAST 1 OF THE FOLLOWING ITEMS
TO BAND CAMP BY THURSDAY, AUGUST 3RD**

Pop-Tarts (12 ct box or larger)

Nutri-Grain Bars

Granola Bars

Powdered Gatorade

*You can bring more if you'd like, but we'd like to “stock the shelves”
with these very useful/needed items!*

How to enjoy band camp in comfort

Proper care starts way before band camp begins..

Starting **today** you can begin conditioning yourself to be in the best possible shape for a week of band camp and into the marching season. The steps are simple:

- **Get outside:** Acclimate your body to the summer heat. Get out of the air conditioning. Play an easy game of driveway basketball, hang out at the park and play frisbee, whatever you enjoy doing, just get outside and get used to the summertime temperatures.
- **Hydrate:** Proper hydration doesn't just start the day of, or the day before camp. It is a cumulative process. **Dehydration starts days and weeks before extended exposure to the outdoor temperatures.** Band camp with all the physical activity and long periods outside just speed up the process that has already been established. **Drink lots of water now.** Seriously... start after you finish reading this!
- **Establish healthy eating habits:** Like hydration, proper nutrition is a process. Give your body the proper fuel for the activity at hand.

BAND CAMP WEEKS, You Must....

- **EAT BREAKFAST EVERY DAY:** We hit the ground working at 8-9am. You **MUST** have the proper fuel in you body right from the start. During band camp is **NOT** the time to skip breakfast or be on a diet.
- **BRING SUNGLASSES:** Nothing gives you a headache faster than squinting into the sun.
- **WEAR HATS or VISORS:** A sunburned face and nose are **NOT** fun. Having sunglasses and hats provide shade, protect your skin and make it easier to see directors, drum majors and your music.
- **SUNSCREEN EVERYWHERE EXPOSED:** Even if you typically "don't burn" trust us.... you **WILL** want to wear sunscreen. Make sure you apply liberally before camp, and bring sunscreen with you to reapply as needed. Especially vulnerable are the back of your neck, top of the ears, shoulders, arms, sock lines, calves... you get the hint...
- **WEAR SUPPORTIVE SHOES:** You'll need good fitting athletic shoes. If you've got new shoes, break them in **BEFORE** camp. **NO sandals, flip-flops or fashion shoes.** Your feet will be getting a serious work out. Take care of them from the start.
- **HAVE DRY SOCKS:** Bring extra socks. If you are blister prone, buy sanitary socks at a sporting goods shop to wear **UNDER** your regular socks. Use Dr. Scholl's Moleskin on blister prone areas **BEFORE** putting any socks on.
- **APPROPRIATE SHIRTS:** Dri-Wear, sweat wicking t-shirts are brilliant, consider wearing them vs. cotton t-shirts. Cotton t-shirts can get heavy with sweat and result in chafing. Shirts should be tasteful. Coverage is key.
- **SHORTS:** Must be of appropriate length. **NO** short shorts. Breezy athletic shorts work best and are most comfortable. **GOLDBOND IS YOUR FRIEND!!**
- **IF YOU HAVE MEDICATIONS:** Prescriptions and OTC meds must be in the original containers. Some medications may have adverse reactions to prolonged exposure to the sun. Consult your doctor / pharmacist for precautions. **If you use/require an Inhaler for asthma, please have it on you at ALL TIMES!**
- **ANKLES/KNEES:** If you have an ankle or knee that you have injured before that requires/required a brace, then please be sure to wear your brace! Don't wait until it starts to hurt to think about wearing your brace!
- **ALL MEDICAL AND EMERGENCY CONTACT FORMS MUST BE TURNED IN PRIOR TO CAMP.** Forms can be dropped off in the black box inside the band room or can be mailed to the following address:

**CLOVER HIGH SCHOOL BAND
1625 HWY 55 EAST
CLOVER, SC 29710**