

# Spring & Summer Schedule/Camp Survival Guide

## Spring Training Camp

### Rehearsal Day (Jun. 30<sup>th</sup> – July 1st)

3:00 pm	Rehearsal Hall. All students sign in and get name tags.
3:05	Introductions and Information
3:30	Campus Tour by Section ( <b>June 30<sup>th</sup> only</b> )
3:50	On the Field
5:00	Dinner Break
6:00	Evening Rehearsal Block
8:00	Check in name tags. All dismissed

## Summer Rehearsals

### Wednesday Evenings (July 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>nd</sup>, 28<sup>th</sup>, August 4<sup>th</sup>, 11<sup>th</sup>)

Every Wednesday evening starting July 7<sup>th</sup>, everyone who is in town will get together for rehearsal from 3PM-6PM. Various social events will be planned for after rehearsals as well, so plan to stay if you can!

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### Essential Items Needed by ALL Students for Spring Training Camp:

- Your **own** daily water (bottle or thermos; soda will only make things worse for your body and instrument)
- **Tennis shoes** (no sandals or boots at rehearsal, they drastically reduce the productivity of you own time)
- A **HAT** (the sun will heat you up more quickly without a hat and reduce your enjoyment of rehearsal)
- Comfortable clothing for marching (shorts and a t-shirt recommended)
- Sunglasses
- **Sunscreen** (we will be in the sun quite a bit, and you will need to sunscreen up a couple of times daily)
- Snacks and Dinner or money for dinner
- **Note: Instruments and Flags will not be necessary for the first day, Jun. 30<sup>th</sup>**

### Essential Items Needed by **ALL** Instrumentalists for Fall Training Camp and Season:

- Your **own** flip folder (for music, available at music stores including Dietz Bros.)
- Your **own** lyre (you too brass players, you may need a new lyre screw also available at Dietz Bros.)

### **Students, please take care of yourselves during camp:**

- Get plenty of rest.
- Stay hydrated in rehearsals and in off-hours.
- Avoid caffeine.
- Use sunscreen.
- Eat lunch everyday, but avoid heavy foods on hot days.
- Talk to a section leader, drum major or staff member if you have questions or problems.
- **Alert an adult immediately and step off the field if you do not feel well.**

**Work hard in rehearsals and enjoy the break times.**