

RED REGIMENT MARCHING BAND BAND CAMP INFORMATION



Parents & Members,

Please see the below information related to our upcoming band camp. This year's band camp will return to our standard design and is crucial in the development of our production and member training. The information listed is not meant to overwhelm, but simply inform you of the ins and outs of band camp.

Members, it is your expectation to know this information.

Band Camp Overview

Generally speaking, during a standard band camp members will participate in numerous rehearsal activities both inside and outside. These activities train the members in the development of the overall production. Abundant water breaks and mental decompression breaks are executed throughout the day. Additionally, each block allows for a natural 10 minute transition/break.

Detailed Daily Rehearsal Schedules

• Detailed rehearsal information is posted daily outside of the entrance to the band room.

Member Needs List/Attire/ Breakfast, Lunch and Dinner

Breakfast – It's the most important meal of the day. Eat one prior to camp! You need the energy for the day! It's also a great idea to drink a tall glass of water the night before at home.

- Members are required to have the following items at <u>every rehearsal block</u> each day.
 - Instrument/Equipment
 - Drill Lanyard with Drill
 - Music Binder
 - Water Jug
- Attire/Personal Needs:
 - Athletic clothing is required.
 - Wear athletic shoes. NO SANDELS/CROCS/FLIP FLOPS. NO EXCUSES !!
 - Baseball cap/Hat if desired
 - Sunglasses
 - o Sunscreen
 - Inhaler if needed. Keep it with you!
- Lunch and Dinner
 - \circ $\,$ Boosters have worked hard to provide lunch and dinner every day.
 - Some parents/legal guardian's drop off meals for those who have special needs that's ok use the bus loop for pickup.
 - Please, PLEASE just eat simple healthy meals! DO NOT SKIP ANY MEALS !!!

Camp Daily Schedule and Logistics

Band Room Opens 8:30 AM

- Band room is officially opened for members to access prior to the start of the day.
- Camp starts promptly at 9AM. Please arrive when you personally need to in order to start the day on time. Late students will have to run laps.

Outside

• Directors and instructors are in daily planning meetings and are not available for meetings.

Morning Block 9:00AM – 12:00PM

- <u>Cardio & Strength</u>
 <u>20 Minute Rehearsal Block</u>
 - Stretching, Body Warm Ups, Posture work, Aerobic exercises focused on the muscles utilized during a marching season.

<u>Fundamental Marching Block</u> 50 Minute Rehearsal Block Outside

- We are simply reviewing, learning, defining and refining the basic marching techniques.
- <u>Drill Setting</u>
 <u>110 Minute Rehearsal Block Outside</u>
 - During this time we will learn drill or add music to drill learned the previous block.

Lunch & Learn Group Activities. 90 Minute Lunch Break Various

- Students will have time to eat together and decompress.
- After eating, students will spend time in their sections participating in team building activities.

Afternoon Block 1:30PM – 5:00PM

Small Group Music Rehearsal	120 Minute Rehearsal Block	Inside

• Members will move to breakout sessions with their instrumental section to work strictly on the show music and technique. Each section has an instructor assigned to them.

Large Group Music Rehearsal 90 Minute Rehearsal Block Outside

• Members will come together as a full marching band to play the music together applying the work and skills acquired through the small group music rehearsals.

Evening Block 6:00 PM - 9:00PM

- <u>Cardio & Strength</u>
 <u>20 Minute Rehearsal Block</u>
 Outside
 - Stretching, Body Warm Ups, Posture work, Aerobic exercises focused on the muscles utilized during a marching season.
- <u>Fundamental Marching Block</u>
 <u>50 Minute Rehearsal Block</u>
 Outside
 - All members will report to the practice field to undergo basic fundamental marching skills without playing music. We are simply reviewing, learning, defining and refining the basic marching techniques.
- <u>Drill Setting/Instrument Technique</u>
 <u>110 Minute Rehearsal Block Outside</u>

The daily schedule is re-occurring and consistent in an effort to create strong positive habits that lead to success

Parent Pickup

9:15PM "Sidewalk Time"

This is the time when members are expected to be on the bus loop sidewalk for parent/legal guardian pickup. Or, if they drive, when they are leaving campus for the day.

- Please use the bus loop for member pickup
- Please do not park in the loop
- If you need to park, please park in either the teacher lot or the athletic lot.

First Aid/Medical

- Parent/chaperones will be present to handle any basic first aid needs or to remain with a member if they are not feeling well.
- Directors will call parents if there is a need for pickup.
- Members that take medication must follow Butts County Schools guidelines when on campus.
- Please refer to the BCSS parent/student handbook for further clarification.

Pre Band Camp Parent & Member Suggestions

We are only a few weeks out from the start of a great band camp on July 19th!

I hope you enjoy the last week of summer and the celebrations on the 4th! July 5th is a great time to begin these suggestions.

Members

- Members, Start waking up a little earlier than noon! ©
- Start getting outside and doing basic activities.
- Get outside & be Active. You don't need to run a 5k, but at least throw a frisbee, take a daily walk, etc
- Pull out that instrument/flag/sticks and pad and start re-familiarizing yourself with the music & exercises
- Refresh yourself on instrument carriage, basics skills and so forth
- Make sure your instrument is in working order. If you need assistance contact one of the directors.
- Stay up to date with communications.
- Ensure your work schedules do not interfere with band camp!
 - Communicate NOW with your managers!
- Ensure your other personal commitments/meetings do not interfere with rehearsals.
- Communicate any rehearsal issues directly to the music directors.

Parents

- Ensure all the forms/physicals/payments are up to date
- Ensure your child has proper clothing and personal needs prepared/purchased
- Keep your eyes on the communications that will continue to be sent weekly

Please continue to email and ask questions! The music directors and boosters are excited and want to help!

Thank you and have a great week! John Emerson