

Landstown Marching Eagles Band Camp

Monday-Friday, August 9th – 20th - 8:00 am to 5:00 pm
Monday-Thursday, August 23rd – 26th – 8:00 am to 12:00 pm

- Wear athletic clothing and watch the weather:
- **Pack a Lunch** and Bring a Water Jug, Propel, PowerAde, Gatorade (Do Not Bring Soda) Also bring snacks since you **WILL NOT** be allowed to leave campus once practice begins.

WHAT TO BRING TO BAND CAMP:

- **2" THREE RING BINDER**
- **SHEET PROTECTORS-PACK OF 100**
- **SPIRAL INDEX CARDS, 50 CARDS FOR YOU DOT BOOK**
- **1-Gallon Water Cooler w/ Flip-up Spout with you name on it**
- 1 Pair of Athletic Sneakers
- Socks
- **White T-shirts**
- **Dark Shorts**
- 1 Baseball Cap
- **Sunscreen Lotion**
- Pencil
- **Sidewalk chalk**
- Instrument supplies (Reeds, Valve Oil, Cork grease, etc.)

**Band Parents and Students Meeting –
Thursday, August 5th – 6:30 pm in the
LHS Auditorium**

**Updated calendar can be found and printed at:
www.landstownhsband.org**

Band Camp Preparation

How to Prepare:

You are athletes in training, so you need to treat your body to proper nutrition, sleep, and hydration, especially during the intense training at band camp. If your body is starved of these important things, your performance will suffer and you may experience problems such as heat exhaustion, fainting, decreased concentration, and weakness.

Hydration: Start drinking fluids days before band camp (as well as competitions), especially in hot weather. Water, fruit juice, or Gatorade type drinks are good choices. Soda may contain sodium and does NOT do an effective job. During camp you will have frequent water breaks to replenish the fluid you will be losing. You must drink during these brief breaks.

Dehydration and Heat Exhaustion: These are serious conditions and may be prevented.

Dehydration means your body does not have the fluid it needs to maintain normal bodily functions. Early symptoms are dry mouth, headache, lightheadedness; thirst may or may not be present. **Heat Exhaustion** is also serious and means your body is overheating and cannot cool itself properly. Symptoms include increase in body temperature, absence of perspiration, nausea, fainting, weakness, and probably thirst. **These conditions can be very serious. Please seek immediate help from the medical staff if you are experiencing the above mentioned symptoms.**

Exercise: Marching while playing an instrument takes endurance. Your body needs to be in good cardiovascular shape. Get in condition NOW, prior to starting band camp, to maintain good performance. Walking, swimming, biking, and hiking are good ways to increase your heart rate. Before band camp, start getting conditioned to working out in the heat. Living in air-conditioned comfort all summer then stepping out into the July/August mid-day sun for band camp is a **tough** adjustment.

Diet: ***YOU MUST EAT BREAKFAST BEFORE COMING TO CAMP EACH MORNING.*** Your body will need the calories. Avoid salty foods. Eat a variety of foods.

Get your sleep!

It must be noted that when the band takes breaks for meals, it will be a time for resting and refueling. It will NOT be a time for horseplay.

Please prepare yourself physically and mentally for band camp. Everyone needs to be able to perform at his or her maximum level. Band Camp is the foundation of the marching season. So, please prepare by exercising, getting plenty of rest, eating well, and drinking plenty of water before and during band camp.

Medical: – Must have a completed, up-to-date medical form. If students use an inhaler, the student should carry his/her inhaler at all times – especially on the field. Please consider bringing a spare inhaler that can be given to the medical chaperone. Students, who have food or bee sting allergies, should also carry an epi-pen with them if it is warranted and provide a spare for the medical chaperone. ALL prescription medications must be properly labeled with name and dosage. No Student is allowed to give any other student over the counter medication.