

# **Band Camp FAQ**

## **What is Band Camp?**

Band Camp is similar to “Spring Training” for marching band. Marching Band is a time intensive activity and takes many hours of hard work to successfully produce an entertaining, high quality, and competitive show. The on-field production is built during Band Camp and it is essential that all students are present for these important rehearsals. The following are just a few of the things that happen at Band Camp:

1. Learn/review marching fundamentals
2. Learn show music
3. Learn drill for the show
4. Learn school songs and music to perform at football games
5. Marching Band uniform distribution
6. Purchase Marching Band shoes and gloves
7. Character, teamwork, and leadership building

## **Why is attendance at Band Camp required?**

By nature, Marching Band is an extremely demanding and complex activity that requires a high level of mental focus and physical endurance in order to perform at a high level. The first public performance for the Pride of Paulding is at the first football game which takes place the third week of school. We cannot wait until school begins to begin learning our show due to the amount of time that is needed in order to put on a successful first performance. We will assign drill spots and begin learning the drill for the production during camp. We will not have time to go back and review for those who are absent and will fill all holes of absent students. Therefore, attendance for all members is mandatory.

## **How do I prepare for Band Camp?**

Competitive Marching Band is a sport, and marching band members are athletes. You need to treat your body properly so that you can perform at your best. Proper nutrition, sleep, and hydration are essential at all times, *especially* during Band Camp. Because we perform and rehearse outdoors, you need to be mentally and physically prepared to rehearse outside in the elements (heat, cold, rain) for extended periods of time. Begin spending time outdoors to get used to the summer heat in the weeks leading up to Pre-Camp and Band Camp.

## **What foods and beverages should I avoid?**

Always eat a full breakfast in the morning and bring a good lunch. You will need to consume more calories than you expend. Also, begin drinking fluids in the weeks leading up to Band Camp. Water and other sports drinks are your best option to replenish the fluids that you will lose in rehearsal and performance. Consuming soda and other

carbonated beverages is not allowed at any band activity as they may lead to dehydration and heat exhaustion.

### **What is Dehydration and Heat Exhaustion and how can I prevent them?**

Dehydration means your body does not have the fluid it needs to maintain normal bodily functions. Early symptoms include dry mouth, headache, lightheadedness, and thirst.

Heat Exhaustion is a serious condition and occurs when your body is overheated and cannot cool itself down properly. Symptoms include an increase in body temperature, absence of perspiration, nausea, vomiting, fainting, weakness, and thirst.

All band staff members and parent volunteers will be monitoring the health of students at all times; especially for symptoms of dehydration and heat exhaustion. If a staff member or chaperone concerned about your health asks you to leave the field for any reason, you must comply. All band directors and staff will adhere to the Paulding County School District policies for outdoor events during extreme heat and humidity to ensure that students are provided with ample breaks to rehydrate and cool down. **It is the student's responsibility to make sure that they are taking care of their bodies and notifying staff members if they feel ill.**

### **What should I do if I have additional medical issues?**

All Band Members must have a completed, up to date medical form and emergency contact information on file with the Paulding County High School Band staff. If students use an inhaler, the student should carry it at all times - especially on the field. Please consider bringing a spare inhaler to keep in your instrument case. Students who have a food, ant, or bee sting allergy should have an epi-pen if it is warranted.