



West Potomac Wolverine Band

Marching Band Camp Checklist

Marching band camp, or just band camp for short, is a series of rehearsal days before the school year begins. Band camp is where we learn how to be a band and begin to learn the show drill, music, and choreography. It is a lot of work and a lot of hours, but it is also a lot of fun. This camp is crucial for building cohesion within the band, honing individual skills, and refining ensemble performance. It instills discipline, perseverance, and a strong work ethic among participants, fostering a sense of camaraderie and pride in their shared achievements.

Marching band drill and music is largely performed and practiced outside of the class. The entirety of what the students do for marching season is done during band camp or after school. The marching band camp rehearsals before the school year begins are critical to the success of the season. Each day of camp represents about one full week of rehearsal once the school year begins, so attendance is crucial. Please put the rehearsals on your calendar to avoid conflicts.

HOW DO I PREPARE FOR CAMP

- Prepare for the physical demands of marching and playing.** Marching band is an athletic activity with a lot of physical movement. Consider preparing for the physical demands of marching and playing with targeted workouts to build endurance, strength, and flexibility. Click [here](#) to access a 6-week strength and conditioning program, from Marching Health, geared toward marching performers. Marching Health also has companion [videos](#) to demonstrate the exercises. Additionally, access their [blog](#) for other helpful articles.
- Get plenty of rest.** Band camp can be strenuous, and it's easier if you are well rested. Get plenty of rest before and after band camp.
- Hydrate early.** Start hydrating in the days leading up to band camp. This helps you start balancing your water intake instead of drinking a large amount of water at once when rehearsal starts.
- Go outside.** Going outside for extended periods of time each day will help to acclimate to the heat.
- Practice.** Regularly practice your instrument to build endurance and proficiency.
- Prepare the night before.** Have everything you need for band camp the night before including water, sunglasses, hat, deodorant, etc. (see checklist on page 3)

WHAT TO DO DURING BAND CAMP

- Early is on time.** Always arrive 10-15 minutes early. Remember that you need time to gather your things and get to the practice area.
- Hydrate often!** Frequent breaks will be given, especially during hot weather. Make sure to stay hydrated and drink plenty of water during these breaks. **Avoid soda, high-caffeinated beverages, juice, milk, and dairy products.** These drinks will dehydrate you and milk products will curdle in your stomach and make you nauseous.
- Eat healthy.** Balance your meals and snacks with different nutrients, such as vitamins, protein, carbohydrates, and healthy fats. They'll provide you with long-term energy, and refresh your body for the next rehearsal period. Try to avoid junk food during these weeks – it will slow you down. **Please do not skip meals, you need that energy for the long days.**
- Stretch and dynamic warmups.** Marching band can be demanding during the summer, stretch or do dynamic warmups as you would in preparation for other strenuous activities.
- Wear sunscreen.** That sunburn won't feel good tomorrow. Remember to reapply every few hours.
- Lip Balm.** Sunburned lips are not fun to play an instrument with, especially for brass players.
- Get some rest.** Band camp can be strenuous, and it's easier if you're well rested.
- Overheating.** If you start to feel fatigued, dizzy or nauseous, you may be suffering from heat exhaustion. Tell a section leader, drum major, or staff member immediately. Get to some shade and get some water if you think this is happening to you.



BAND CAMP ATTITUDE

- Try your hardest.** Be prepared to focus and work hard during rehearsals.
- Learn the show.** Familiarize yourself with the music and drill movements provided by the band director. Practice as you would like to perform - learn your formations, music, rhythms, etc.
- Be respectful and courteous towards all staff.** Listen attentively to instructions from the band director and staff and always be respectful and courteous.
- Listen to section leaders.** Listen and learn from these upperclassmen. They are here to help the section perform at its best.
- Positive attitude and learning.** Maintain a positive attitude and be open to learning and improvement. If you're a newcomer, don't take it personally when an instructor gives advice, they are trying to help. If you're a returning member, help and support the newcomers. Support and encourage your fellow band members to foster a positive and collaborative atmosphere.
- Make friends and have fun.** Get to know your classmates, your section, whoever is sitting or standing next to you in formation.



BAND CAMP CHECKLIST

- Appropriate clothing.** Dress appropriately for the weather, it will be hot. Wear light-colored clothing that breathes well and is appropriate for outdoor activities. Moisture wicking is great! Avoid long pants and dark colors.
- Comfortable, athletic shoes.** You will be on your feet for long periods of time. Wearing athletic shoes with laces and good support will be more comfortable and protect your feet from blisters. Do not wear flip-flops, crocs, sandals, boat shoes, or other “light” footwear.
- Sunglasses.** Sunglasses will help protect your eyes from UV rays and block annoying glare.
- Hat.** A hat will help block sun and glare from your eyes.
- Reusable water bottle.** Preferable an insulated water bottle. There will be jugs of water for students to refill their water bottles. Please put their name on the water bottle.
- Sunscreen.** SPF 30 or more. Reapply throughout the day.
- Instrument.** If your instrument does not stay at the school, remember to bring it each day.
- Music.** If you printed it off beforehand.
- Hearing Protection.** Marching band is loud and you need to protect your hearing. Consider bringing and wearing “musician” ear plugs. School provides them for battery members.
- Lunch and snacks.** There will be no additional snacks provided during the day, so please ensure your student arrives with a hearty lunch and plenty of healthy snacks.
- Cell phone or dot book.** The cell phone is used for learning drill. If the student does not have a cell phone, they will use a dot book for drill.
- Deodorant.** The students will get hot and stinky, deodorant helps, and should be available in their instrument case or bag if they need a quick refresh.
- Good attitude and excitement.** Marching season is a blast, bring those good vibes and excitement to camp!



WHERE IS BAND CAMP?

- Drop off.** Students should be dropped off on the back of Springbank Arts Center, at door 7. Please park in a parking spot and let your student(s) get their instrument and bag out of the vehicle. This prevents a backlog of vehicles winding around the school.



Springbank Arts
Center

X - Door 7

Practice Area

TENTATIVE BAND CAMP SCHEDULE

Three Weeks Before School Starts				
<u>Monday, 7/29</u>	<u>Tuesday, 7/30</u>	<u>Wednesday, 7/31</u>	<u>Thursday, 8/1</u>	<u>Friday, 8/2</u>
<u>Leadership only</u> 9:00 a.m. to 12:00 p.m.	<u>Everyone reports</u> 8:00 a.m. to 6:00 p.m.	8:00 a.m. to 6:00 p.m.	8:00 a.m. to 6:00 p.m.	8:00 a.m. to 6:00 p.m.
Two Weeks Before School Starts				
<u>Monday, 8/5</u>	<u>Tuesday, 8/6</u>	<u>Wednesday, 8/7</u>	<u>Thursday, 8/8</u>	<u>Friday, 8/9</u>
8:00 a.m. to 6:00 p.m.	8:00 a.m. to 6:00 p.m.	8:00 a.m. to 6:00 p.m.	8:00 a.m. to 6:00 p.m.	8:00 a.m. to 6:00 p.m.
One Week Before School Starts				
<u>Monday, 8/12</u>	<u>Tuesday, 8/13</u>	<u>Wednesday, 8/14</u>	<u>Thursday, 8/15*</u>	<u>Friday, 8/16</u>
2:00 p.m. to 7:00 p.m.	2:00 p.m. to 7:00 p.m.	2:00 p.m. to 7:00 p.m.	2:00 p.m. to 7:00 p.m.	<u>Parent Preview</u> 2:00 p.m. to 7:00 p.m.

*West Potomac Orientation, 8:00 a.m. to 12:00 p.m.

TENTATIVE MARCHING BAND REHEARSAL SCHEDULE DURING SCHOOL*

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	3:30 p.m. to 6:00 p.m.	6:00 p.m. to 9:00 p.m.	3:30 p.m. to 6:00 p.m.	Game Days when applicable, with short rehearsal beforehand

*Rehearsals may shift or cancel due to other school-related activities

MARCHING BAND ACTIVITY SCHEDULE

<u>Date and Time</u>	<u>Activity</u>	<u>Location</u>
Thursday, 8/29, 7:00 p.m.	Football game vs. Mount Vernon	West Potomac HS
Saturday, 9/14, TBD*	Tag Day	West Potomac HS
Saturday, 9/21, TBD	Competition	Woodgrove HS
Friday, 9/27, 7:00 p.m.	Football game vs. Robinson	West Potomac HS
Saturday, 10/5, TBD	Competition	South County HS
Thursday, 10/10, 7:00 p.m.	Football game vs. Oakton	West Potomac HS
Saturday, 10/19, TBD	Competition	Oakton HS
Friday, 10/25, 7:00 p.m.	Football game vs. Alexandria City	West Potomac HS
Saturday, 10/26, TBD	Competition and possibly Assessment	Freedom HS (Loudon)
Saturday, 11/2, TBD	Competition (State Championship)	Liberty University
Friday, 11/8, 7:00 p.m.	Football game vs. South County	West Potomac HS

*Tentative