



VETERANSBAND.ORG

VETERANS HIGH SCHOOL INSTRUMENTAL MUSIC DEPARTMENT

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BAND CAMP SURVIVAL GUIDE:

WHAT TO WEAR

T-shirts: Light colored tank tops (NO SPAGHETTI STRAPS) and sleeveless shirts are highly recommended. An extra t-shirt is good to have in case of rain.

Shorts: Comfortable, breathable athletic shorts are highly recommended. Please, no jeans or long pants during rehearsals. It is a serious health risk if you wear long pants due to the summer heat.

Socks and comfortable sneakers: No sandals, flip flops or other shoes not deemed appropriate for athletic activity will be allowed.

Clothing: Be comfortable, it will be hot, wear shorts and you may want to bring a clean shirt to change into. Sudden thunderstorms are not uncommon. Comfy shoes are a must, no flip-flops or sandals.

WHAT TO BRING

Water jug / Camel Back: It very important to stay hydrated, there is no drinking fountain on the field! The band will sell blue jugs for \$7
MUST have blue water jug
(personalized add \$1)

Sunglasses and Hat: It will keep the sun out of your eyes.

Sunscreen: Use sweat proof SPF 30 (minimum).

Bug spray: HIGHLY recommended especially during seasons with lots of mosquitoes and gnats.

Chap stick: You will be playing *A LOT*. That combined with sun can make your lips very chapped. Only if you think you need it – may be helpful for brass players.

Dot Books (spiral bound index book):
Shoe string or something to connect



WHAT TO BRING

Pencils/ highlighter: (sharpened with erasers)

Folder and/or Binder with page protectors : For music and drill sheets

Your instrument: (yes, students have actually forgotten their instruments)

Anything that makes your instrument work:

extra reeds (synthetic reeds, recommended) valve oil, etc.

Every student should own their own Personal Mouthpiece & ligatures regardless of instrument

Recommended Woodwind Mouthpieces

Clarinet: D'Addario Reserve X5 or Vandoren M30

Bass Clarinet: Vandoren B45

Alto Sax: Selmer Paris S80 C* or Vandoren AL3

Tenor Sax: Vandoren TL4

Bari Sax: Yamaha 5C or Vandoren BL3

Recommended High School Brass Mouthpieces

Trumpet: Bach 3C

French Horn: Holton Farkas MC

Trombone: Bach 6.5 AL or Bach 5G (large bore)

Euphonium: Schilke 51D (large bore)

Tuba: Conn Helleberg

WHAT TO EAT / DRINK

WATER, WATER, WATER: You must stay hydrated, you will sweat a lot during Band Camp, we are outside, and we live in Georgia. NO CAFFEINE or carbonated beverages with caffeine, avoid sugar loaded drinks (Monsters, sodas, Red Bull, etc) - it dehydrates you. Water is best; Gatorade or other sports drinks are ok in addition to water! Did we mention water?

Food: Please eat a healthy meal before you come to band camp. Marching Band is a physical activity and your body needs fuel to perform at the necessary level. Avoid all caffeine, greasy foods, carbonated drinks with caffeine, excessive candy or sweets, and dairy foods. Pack some quick snacks like a piece of fruit, or an energy bar (not chocolate). The band booster parents provide lunch each day of band camp. Students may not leave campus for lunch. Eat a banana every day as a good source of potassium (helps avoid muscle cramps!).

TIPS FOR SUCCESS

- Expect to **work** and work **really hard**.
- Expect a suntan or sunburn, with tan lines from your shirt and socks.
- Expect to get bossed around by others.
- Expect to be sore and tired.
- Expect to learn more in the one week of band camp than you have in the last year of middle school.
- Expect the unexpected, just ask some of the returning band members to tell their “band camp” stories.

There is nothing to fear about the band camp experience, after it is over, you will look forward to returning next year.

The staff and leadership team work hard to provide a nurturing environment for the first time members of the marching band.

We look forward to a good camp, and a lot of fun.

Show up: Band camp is mandatory. You must attend ALL rehearsals with no interruptions. The one weeks of band camp is like 5 weeks of regular rehearsals. We will learn our music and get a large chunk of our drill on the field. If one person is missing, the entire band needs to review what was missed when you come back; it slows everyone down.

Be on Time: If you are early, you are on time; if you are on time you are LATE. If you are LATE, that is unacceptable. You are responsible for being on time, not because of traffic, your parents oversleeping, or car trouble. You take full responsibility. The exception is if you call your section leader BEFORE you are supposed to arrive and explain the trouble.

Behave: You are a young adult. Just get in line, stay in step or do whatever is asked of you. The staff and leadership are there for your benefit. If you work really hard they will take note – as well as the other members around you. Behaving is expected of you and helps to get things done a lot more quickly. Nothing is worse than resetting over and over and over again because the band is not listening or following directions.

Keep cool: Physically and mentally, first make sure you are not overheating (water, water, water) but also keep a calm mind. So you can't hit the line the first time you try it? Keep trying and listen graciously to advice and you WILL eventually get it. We are here to help.

Respect: Respect the director, staff, leadership, upper classmen and parents that are helping and always say, “Thank You!”

Band Camp is hard work, but you will find that working hard and then seeing the results of that hard work is something you will be really proud of.

ADD US ON SOCIAL MEDIA!

New Facebook Page: [facebook.com/veteransbands](https://www.facebook.com/veteransbands)

Instagram: @veteransbands