

Band Camp Check List for 7th-12th grade

Things you should bring to Band Camp:

- ☐ completed physical form
- ☐ instrument in working condition (make sure to have extra reeds, valve oil, neck strap, etc.)
- ☐ comfortable athletic clothing.
- ☐ water jug ...not a bottle of water..... a jug that will last a morning outside in the heat
- ☐ sunscreen/ hat/ sunglasses
- ☐ tennis shoes (tennis shoes are required outside, flip flops may be worn for inside practice)
- ☐ a sweatshirt if you get cold inside in the air conditioning
- ☐ pencil

** Everyday you will be inside and outside, morning and afternoon. Please dress for the weather for that day. Yes, we do go out in the rain sometimes. Plan accordingly.*

Things you should do BEFORE Band Camp:

- ☐ Sign up for REMIND text message reminders and like and follow Frontier Bands on Facebook. send a text to: 81010 text this message: @2k26h6
- ☐ Go outside and get used to the non-air conditioned weather. Take walks, exercise outdoors, but get out of the house! If you spend the summer inside playing video games, being outside in August and having to accomplish tasks will be a rude awakening and a bad time.
- ☐ Start hydrating BEFORE band camp starts. This will help your body deal with the heat much easier.
- ☐ Make sure your instrument works and that you have the necessary equipment for it. If it needs repaired, you should take it to the shop early in the summer, not the week of band camp. If you need reeds, valve oil, or anything else for your instrument, get it early and be prepared for camp.
- ☐ Look over your music and listen to the posted recordings to get acquainted with the music. This will make rehearsals go faster. But don't worry if it looks too hard for you, we will work on it together at camp. Recordings will be posted on the website when they are available.
- ☐ If you have a summer job or are involved in another sport, please let your boss/coach know the dates of band camp and if there's a conflict they can't work out, please let Mrs. Barnett know ASAP.