

HIGHLAND HIGH SCHOOL BANDS

PERFORMING ARTS DEPARTMENT



DIRECTORS

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Highland High School Marching Band Parents & Students:

It is almost time for band camp and the upcoming school year. Hopefully you all had a relaxing and enjoyable summer. This letter includes reminders for the marching veterans and information for the new students. Please find the Band Camp 2010 schedule attached to this email. It gives a breakdown of what we are going to be doing in band camp and when the lunch & dinner breaks are.

Please take time to read through this information. It will help alleviate some common problems and questions in band camp.

What is Band Camp?

Band camp consists of extended rehearsals to allow us to prepare you for the marching season. We

- Teach you proper rehearsal etiquette and what is expected of you.
- Teach all of the basic marching moves as well as a lot of the more advanced moves.
- Learn and memorize the marching band show.
- Learn and memorize the Star Spangled Banner, the Highland Alma Mater, and the Highland Fight Song.
- Rehearse the pep band songs we play during football games.
- Learn and memorize our playing warm-ups and our physical warm-ups and stretching.

Many of our playing warm-ups we learn and rehearse in the concert band. Our physical warm-ups and stretching consists of basic stretching technique to prepare us for marching, running/cardio work to build up our endurance to improve our playing while marching technique, and we work on core strengthening exercises to help with posture and strengthen the body to be able to execute with a high success level all of the marching techniques.

With all of that, it is important to remember that band camp also serves to help the staff and students get to know each other better, for the students to get to know each other, and to bring together a bunch of people with one activity we all love to do and want to be good at. We are all in it for one goal: to be the best marching band we can be. It is good to have fun, but it is fun to be great. The process in getting to great does involve hard work, but it is very much worth the effort.

Preparing for camp:

It is a good idea to start thinking about getting items ready and yourself ready for band camp. It is going to be hot. I have no magic powers to make the sun go away. You will need to prepare yourself so that you will be ready the first day. Start hydrating yourself with water TODAY. It is best to cut back on sodas, juices, energy drinks, caffeinated drinks, etc. and start increasing the amount of water in your body. Those other items will dehydrate you and give you problems. It takes your body a couple of days to bring it to the correct hydration level.

Make sure you have a large water cooler or camel pack. You will need to hydrate yourself often in band camp. The hotter it is the more water you will need. If you run out, we will have extra water for you. Do not bring a couple of water bottles with you; that will not be nearly enough. Students can go through two gallons of water just in the morning block. A camel pack works great as your student can stay hydrated all through rehearsal.

Make sure to bring hydrating and energy rejuvenating snacks. I have included a list below. These items will help hydrate you as well as replenish energy lost during rehearsal. You may not be a breakfast eater, but you will want to eat something and hydrate yourself before you come that morning. You will get sick if you do not hydrate or eat breakfast that morning. A 24 oz. energy drink is not breakfast.

You will need to wear school appropriate loose fitting clothing. You will want to wear shorts and a light colored t-shirt. You will want to wear a hat and sunglasses. You will need socks and shoes that lace-up. Proper marching technique cannot be learned with sandals or flip-flops. You will be sent home if you do not have the proper clothing or foot attire. Water wicking clothing, like Underarmor, is great to keep you cool and is highly encouraged. Please do not wear pants, shorts that fall off easily, clothing that exposes the mid-section, bathing suits, athletic bras with no shirt, or spaghetti strapped tops.

What do I bring to band camp?

- Yourself
- Your Marching Band Instrument
 - Extra Reeds
 - Mouthpiece
 - Valve Oil
 - Tuning Slide Grease
- Your Twelve Seconds to the Moon Music. Other music will be passed out.
- **WATER** - At least a gallon jug w/ice. Extra water will be available. Camel Packs are a great idea as the students can hydrate themselves throughout the rehearsal.
- **SNACKS**
 - Apples, Grapes, Oranges, Strawberries, Peaches, Pears or other hydrating fruit.
 - Granola Bars, Energy Bars, Trail Mix, Fig Newtons, Peanut Butter Crackers, Dried Fruit, or other energy food.
- **SUN BLOCK** - Not just sunscreen, but sun block. We will be in the sun a great deal and you will need to apply it throughout the day. SPF 30 is highly recommended.

Rehearsal Etiquette

Be on Time! Make sure you plan ahead and be ready for rehearsal at 7:30 AM. That does not mean arrive at 7:30. That means you are out on the field, breakfast eaten, hydrated, with the proper clothing, and sun block applied at 7:30.

Pay attention and follow instructions. The more attentive you are and efficient you can be, the more we can learn in band camp and the better the band will be over the season.

Leave distracting items in back packs or at home. You will not be allowed to use music players, video players, portable game systems, or cell phones during rehearsals. This includes water and snack breaks. You can use those items when you go home or during lunch and dinner breaks.

Be respectful to the staff and your peers. We are all there to make the band the best it can be. If someone offers you a suggestion, see what you can do to fix it. No one is perfect at it the first day, month, year, etc...

If you feel ill, light-headed, dizzy, seeing stars, blacking out, or something is just not right; find a staff member immediately. If you cannot move, get the closest person's attention for help. Despite the best preparation, some instances will occur and will be dealt with appropriately. Do not wait until it is too late!

More Band Events!

Bring the family out to the Band Camp Dinner Tuesday, August 3. The Band Boosters will be providing the food for the dinner this year. Information and the order form can be found on the band website as well. I look forward to meeting all of you and showing off what your children accomplished during band camp. (Orders are due by July 31st.)

www.highlandhighband.org

I am looking forward to working with the vets again and meeting the new students. It is going to be a great season and I am looking forward to you all performing Twelve Seconds to the Moon on the marching field. If you or your parents have any questions, I can be reached at the email address listed below.

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