

Golden Regiment S.M.E. Insider Information

This handout is designed for our 1st year members and as a reminder for our veteran members. It is impossible to provide all of the information necessary, but we hope this will answer some questions for all involved. Please take the time to look over this **very important** handout.

A combination of indoor and outdoor rehearsals are utilized during band camp. We start early in the morning to try to get most of the intensive marching accomplished before the sun gets too intense. **Although the day starts early, you'll be thankful when you leave at 3:00 p.m. instead of 5:00 p.m...not to mention that it is much cooler early in the morning!** The afternoons are primarily for indoor sectionals and rotating marching sectionals outside. Every day is structured slightly differently and weather also effects the schedule.

Rehearsal location: Rehearsals will begin in the *Civic Center* for the July Camp. This is the brick building immediately off of Ashton. Students will be directed from that location as to where to go for sectionals, marching etc.

Water. Students are responsible for bringing their own water jugs to set on the sidelines. Periodic water breaks are given to go inside to use the main fountains; however it is better if you have quick and more frequent access outside. As you know, carbonated beverages dehydrate therefore, it is better to drink water.

Clothing

Tennis Shoes. Tennis shoes are required for every marching rehearsal throughout the season. The shoes need to go around the foot, therefore the new style that is more of a slip on style will not work. Students will not be allowed to participate without the correct style of shoes. We also recommend that you wear **socks** to prevent blisters. Tennis or running shoes will be much easier (and lighter) to march in than basketball shoes.

Shorts/Sweatpants: Loose fitting is the best. Some sections will decide to get matching shorts at camp.

Shirts: Again, loose fitting is the best. Remember that the dark colors attract the heat.

Sunscreen. We offer the best free tan in the state! Please plan accordingly. You know your skin and sensitivity level. Wear sunscreen with a high SPF level and reapply. Sunscreen that is made for swimming is the best. ***Use sunscreen even if you are wearing a T-shirt outside.***

Hats/sunglasses. Do it! You will have a much better time and will be more comfortable. You'd be amazed at how much heat/glare hats/sunglasses will keep off of you (especially the glare on brass instruments).

Attendance. Be at everything, on time.

Eat! 90% of the time when a student becomes ill it is directly related to him/her not eating breakfast.

Conditioning. If you have been a couch potato this summer, we do suggest that you physically prepare for marching band. We recommend stretching, running a few miles a couple of days a week and some reps of push-ups daily. This will increase your lung capacity and muscle strength to hold up your instrument and you will have a better experience.

Physical shape. It is important that you are in good physical shape. You will be asked to do some running, push-ups, jumping jacks, etc. during band camp. (Some of you will have an opportunity to do more of these depending on decisions that you make!) Documented physical education research has shown that performing in a marching band show takes as much endurance/stamina as many varsity athletics including long distance running, football and basketball just to name a few.

Lip Balm: DCT is the brand of choice for most members. It's SPF so your lips won't get burned and it doesn't have camphor. If you use something other than DCT, be sure it does NOT contain camphor (Carmex, etc.) because camphor breaks down the muscle tissue in the lips and you will lose range control.

Advil. The school is not allowed to give you medication without a note, so we recommend that you bring some Advil or something like it in case you would be in need of it.

Practice. Our system is based on execution of outstanding fundamentals. The most useful thing you can practice to prepare for band camp is creating the best tone possible on your instrument, scales and tapping your foot to any music you like. We have spent rehearsal before focusing on one note! You will receive a lot of music during camp.

S.M.E. Dance. Students need to bring a 6-pack of Soda and 1 munchie to get in to the dance. If the student brings a non-band person to the dance, the cost is \$10.00 for that individual. Specific guidelines for the band camp dance are given during camp. Save your spirit awards the last week of camp to put into the prize drawing at the dance

Attitude. Your attitude is EVERYTHING! You completely control how your experience is going to be in the way you approach band, how well you prepare for camp and your behavior. Expect to work hard, expect to learn, and expect to have a great time.

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There will be a brief informational meeting prior to S.M.E.. in the band room at BSHS for all interested **first year members and parents**. This is highly recommended so your child can feel at home on his/her first day of S.M.E. and you can know what to expect. You will have an opportunity to:

1. Meet the directors
2. Meet your section leaders
3. Get a brief tour of where your rehearsals will be
4. General information of what to expect at band camp
5. Check out school instruments
6. Order Golden Regiment Merchandise
7. Receive all of the required forms for participation
8. Ask questions

Hundreds of students have not only survived S.M.E., but have had a great time, and made life-long memories. Amazing as it may sound, some actually tell us that they miss it when they head off to college! Band camp is nothing to be stressed out about, but do come prepared to work hard as well as to have a great time meeting some of the coolest students in school.

If you have any questions, contact your section leaders. They have been through this and are the true experts on band camp! We'll see you soon.