

Liberty High School Band

Summer Band Camp IMPORTANT Information

Dear Parents and Students,

Below is important information about our upcoming camp. **Please read all the information carefully and return the Student Parent/Agreement no later than 7:45am July 23rd.**

Band Camp Schedule:

Please plan to arrive 15 minutes prior to the start time. We WILL start on time and you will be marked tardy. *To be on time is to be late, to be early is to be on time.*

Rehearsals are closed unless you are volunteering for a specific job. Sign-ups to volunteer will be sent out soon.

July 23rd

7:30-8:00 am- shirt pick up and permission form turn in available outside the band room.
8:00am- check-in at the LHS Band Room.
8:00-8:30: Procedures and Information
8:30 am- Icebreaker/Game
9:00am-12:00pm Outside Rehearsal at the LHS Football Field (see how to prepare for outside rehearsals below)
12:00pm- Lunch (provided by Liberty Lions Band Boosters)
1:00pm- Sectionals
2:30 pm- Game/Break
3-5:00pm- Full Band Rehearsal
5:00-5:30pm- shirt pick up available

July 24th.

8:00 am- check-in at the LHS Band Room
8:15 am- Game/Icebreaker
9:00am-12:00pm Outside Rehearsal at the LHS Football Field (see how to prepare for outside rehearsals below)
12:00pm- Lunch (provided by Liberty Lions Band Boosters)
1:00pm- Sectionals
2:30 pm- Game/Break
3-5:00pm- Full Band Rehearsal

July 25th

5:00-7:00pm- Full Band Rehearsal LHS Band Room
7:00-9:00pm- Outside rehearsal LHS Football Field

July 30th

5:00-6:30 pm- Full Band Rehearsal LHS Band Room
6:30-8:30 pm- Full Band Rehearsal outside LHS Football Field

PLEASE READ THE NEXT PAGE ON HOT WEATHER AND OUTSIDE REHEARSAL INFORMATION

Outside Rehearsal Safety Information:

We will be rehearsing outside and monitoring the heat for safety conditions. To keep students healthy please make sure to follow these important details:

1. Eat healthy foods no junk food, grease, or sugary foods the days prior or days of long outside rehearsals.
2. **WATER WATER WATER:** You must start hydrating prior to rehearsal. The days prior to our camp make sure to drink at least half your body weight in water and eliminate energy drinks and excessive sugar.
3. Students will be give water breaks every 20-30 minutes during our outside rehearsals. Students **MUST** have a large water bottle with them. Gallon water bottle, Coleman water bottle, or camel back will work. You can bring hydro flasks or other bottles as well. Water bottles should hold a minimum of 20oz.
4. Start getting outside **NOW!** Do not wait until camp to be outside. Start going for walks, doing yard work, bike riding etc. . . for at least an hour a day now.
5. The National Athletic Trainers' Association (NATA) suggests that band members drink at least about 7-10 ounces of water per 30 minutes of activity. So, bring plenty of water to rehearsals.
6. We will have water stations available for refilling
7. Bring wash rags or cooling towels to help you cool down on breaks
8. Fill out the agreement form with emergency contact information no one will be allowed to march on the field without this done
9. Wear loose, lightweight, light-colored clothing. Darker colors absorb more light and heat, which will in turn make your body warmer.
10. Wear and reapply sunscreen as indicated on the package. Reapply Sunscreen often and make sure to come to camp with sunscreen on!
11. Drink more water than usual and don't wait until you're thirsty to drink more. While cool water is optimal, slightly warmer water can still be used to rehydrate, but it will not cool down as much.
12. We will have a shade tent and parent volunteers to help monitor students who may need to take a break.

Important items to bring to camp:

*1/2 gallon water bottle

*Cooling rag or wash cloth to get wet

*Instrument and Music

*Light weight and light colored athletic clothing, athletic shoes, and hat/sunglasses

*Pencil