

Dear Parents and Band Students,

Where has the summer gone? In one week we will begin the 2017 version of the Blue Devil Marching Band.

I am excited about this year. We will have 67 band members marching this year. And I think we are going to have great music and drill for our show this year. So, come ready and eager to work hard!

### **Camp Schedule**

July 24<sup>th</sup> – July 28<sup>th</sup> Hours - 9:00AM – 2:00PM

**“To be early is to be on time, to be on time is to be late, to be late is to run.”**

Rehearsals will begin at 9:00AM, so students must arrive no later than 8:45am. This gives them time to get their instrument and get ready for playing practice or marching practice. The band room will open at 8:00AM.

### **Things that students need to bring with them!**

- All the required paperwork Comfortable Shoes – **NO FLIP FLOPS**
- Hat
- Sunscreen
- Insect Repellent
- Water - Water jugs preferred
- Instrument
- Eat a good breakfast
- Lunch (NO carbonated drinks)

### **Camp Expectations:**

All students are required to attend camp the entire day. Please do not schedule appointments during band camp or on regular after school rehearsal days (Mondays & Thursdays) during the school year. There are no after school rehearsals on Tuesdays and Wednesdays; they are open each week for appointments.

### **Guidelines for camp:**

- Be on time each morning
- No visitors during the day
- You cannot leave campus
- Respect others including the staff and your fellow students
- Have your instrument in good playing condition
- Follow directions **the first time**
- The UCHS Blue Devil Band and the school handbook will be followed for all band activities

### **Things I can do during Band Camp**

#### **1. Eating**

**a. Breakfast:** (EAT BEFORE YOU COME – NO EATING BREAKFAST IN THE BAND ROOM) This is by far the most important meal of the day. **Even if your student is not a person that typically eats breakfast, they must eat breakfast every day of band camp.** The type of food that they eat is quite important. Here are some general rules:

- Do not eat/drink any dairy for breakfast! Your student will throw up during morning block.
- A good breakfast has two main components: Protein and Carbs. Both are equally important. A good breakfast might look like this: bacon, eggs, and a piece of wheat toast.
- Having pancakes, muffins, doughnuts, etc. for breakfast will leave a student feeling drained and run down after an hour. Please try to avoid these foods.

- b. Lunch:** Something here that isn't too heavy, but still has some good carbs. Try to avoid things like white bread and sodas. Instead use wheat bread and focus on getting complex carbs. Perform a Google search for complex carbs to find a list of things that you might consider.
- Students ***must provide their own*** lunch during both Pre-Camp and Regular Camp. No one will be allowed to leave campus for lunch.

## 2. What to Drink

- a. Breakfast: Orange Juice is a great drink in the mornings. Coffee can also be good. Avoid milk at all costs....your student will see that milk again in a very unpleasant way if they drink it.
- b. Lunch and Dinner: Water and Gatorade. Students should drink both. The military requires that all soldiers at boot camp drink water and Gatorade during meal breaks for a reason. The water is needed to replenish what students will sweat out during the day, and the electrolytes in the Gatorade will help give them energy and make them feel better.
- c. What to avoid: Soda. It will dehydrate your student, and the "down" experienced because of the sugar will cause them to feel terrible about an hour into the next rehearsal block.  
It cannot be overstated that what a student eats has a direct impact on how they feel. Many times when a student tells us that they want to go home because they don't feel good, it is because they have not eaten appropriately. Please make every effort to ensure that your student eats and drinks well, especially if that is something that they do not normally do.

A daily schedule will be emailed on Wednesday and will be available on the website as well.

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