

STOW-MUNROE FALLS

HIGH SCHOOL

“Bulldog” Marching Band



2009 BAND CAMP HANDBOOK

NAME _____

This packet contains all of the information you need for camp. It must accompany you to band camp!



IMPORTANT LAST MINUTE NOTES:

- * \$3.00 will be collected for the before lights out on the first day of camp for the end of week party.
- * We will meet for block band on the side driveway before every meal. At this time attendance is taken by squad leaders to make sure all students are present.
- * Wake up, meals & room checks are always as scheduled. The remainder of the schedule may change depending on the weather (rain, excessive heat, etc) and/or progress or lack of progress of the group.
- * The band parents will have pop for sale at band camp for less than you can buy it in the machines. Pizza orders will be taken during afternoon free time. Pizzas will be delivered at 9:00PM. Payment is required at time of ordering. If you are in penalty wing you **are not** permitted to leave to get your pizza. You may pick it up after penalty wing.
- * **DO NOT** try to stay up all night. Exhaustion can cause illness and will interfere with progress.
- * **Although a mid week visit is nice for individual students, it also creates problems for others. For this reason we would like to discourage visitation at band camp.** If you do decide to visit please be reminded that it should not interfere with our rehearsals. In addition, in fairness it can not interfere with mandatory practice times, penalty wing, or discipline related activities.
- * **Penalty wing is mandatory for those students who are not caught up on testing.** Students who chooses not to attend penalty can expect the loss of his/her free time for the day.
- * **CELL PHONES:** Cell phones should only be used during free times (3-5) or during night free time (9 -11). Cell phone seen or used during any other times (including penalty wing and after hours) will be confiscated and returned at the end of camp. If you become upset, sick or homesick, talk to a director, nurse or chaperone. We will contact your parents if necessary. We as directors are legally responsible for your well-being while at camp. For this important reason we can not be left out of the loop.

ITEMS NEEDED FOR BAND CAMP:

Dorm Rooms Provide the Following Items for each student: Bed/Mattress, Desk, Chair, Closet, Dresser

*** NO LINEN IS PROVIDED ***

*** NO SLEEPING ON PLAIN / BARE MATTRESS ***

** ONLY 1 FAN PER ROOM**

Please keep expensive items (stereos, tv's, video games) at home.

----- Instrument (extra reeds/oil)	_____ Pencil	----- Charts (squad leaders only)
----- Music in Flip Folder	----- Music Lyre	----- Markers (squad leaders only)

CLOTHING:

----- T. Shirts
----- 2 prs. of good fitting shoes
----- Jeans and/or shorts
----- Baseball Cap or hat
----- Sweater or light jacket/raincoat
----- Underclothing
----- Blouses - shirts
----- Socks

TOILETRIES:

----- Washcloths
----- Towels
----- Soap/Shampoo
----- Comb - Brush
----- Deodorant
----- Toothbrush- Toothpaste
----- Razor / Hair dryer
----- Cosmetics

LINEN-BEDDING

----- Linen: Bed Sheets
----- Pillow: pillow case
----- Blankets (2) or a bed roll

*** No sleeping on a bare mattress

MISCELLANEOUS

----- Sunglasses
----- Suntan lotion - sun screen
----- Small bottle for water on the field
----- Pencils: this is a **must!**
----- Watch and or alarm clock
----- Coins, Spending Money (\$20)
----- Flashlight
----- Notebook, pens
----- Food /Munches(don't bring the store!!!)
----- Disposable Camera (Optional)
----- Braces / ACE Bandage
----- Oragel Mouth Swabs

General Rules & Regulations for Band Camp

1. All school and band rules as set in the SMFHS Band Handbook apply during band camp.
2. Be on time and prepared for all activities. (i.e. extra reeds, valve oil, etc.)
3. All rules are enforced by chaperones and camp staff for your safety. Always be polite and respectful. Any changes in or deviation from the schedules can be made only by the directors. Don't assume anything.
4. Returning to the dorm during rehearsal times or full group activities (including meals) without permission from the directors is not permitted. You must always take a chaperone with you.
5. No band member will leave the camp or grounds of Edinboro during the week for any reason without director permission. Students must remain on the campus at all times. Travel in groups of 3 or more---never alone!
6. Do not fraternize with the college students.
7. There are always several entrees offered at each meal. All students are required to eat something. Cereal, & Peanut Butter and Jelly are available at each meal for those who do not like the main selections. Desserts, Ice Cream and Salads are available at lunch and dinner. Drink plenty of fluids to replace what you are losing during rehearsals. Caffeinated drinks (colas) can contribute to dehydration.
8. NO GIRLS ON THE BOY'S FLOOR and NO BOYS ON THE GIRL'S FLOOR at any time for any reason!!!!. Socialize in public areas only and limit the PDA.....SAVE THE ROMANCES FOR HOME!
9. Articles Prohibited in Resident Hall Rooms Include:
 - No alcohol or Drugs
 - No animals or pets of any kind
 - No guns, knives, firearms
 - No water balloons, squirt guns, etc.
 - No Microwaves or Refrigerators.
 - No Firecrackers or Weapons
 - No bicycles
 - No Shaving Cream Fights
 - No open flames
10. Double check to make sure your door is LOCKED WHEN YOU ARE NOT IN YOUR ROOM. Your door should be unlocked during morning practice times and before lights out in the evening.
11. Remember that you are a guest at the University. Treat all property with care. Do not remove window screens.
12. The cleanliness (inside and out) of the dorm is the student's responsibility.
13. Room Keys must be kept on the lanyard around the neck. The University will charge you for lost room keys.
14. Students must be on their own floors by 10:00PM & in Rooms by 10:50. Room Check & Lights out is at 11:00. From 11:00 PM to 6:00 AM no one is permitted out of their rooms or any reason.
15. Recreation is available however university rules must be followed. The following items are offered.

Swimming: no fee	Baseball: no fee	Basketball: no fee
Volleyball: no fee	Ping Pong: deposit on materials	Tennis: no fee

IT IS YOUR RESPONSIBILITY TO BRING THE NECESSARY ATHLETIC EQUIPMENT

***** THE LIFEGUARD IS IN COMPLETE CHARGE OF THE SWIMMING AREA. *****

The following ARE NOT permitted by Edinboro University:

- a. **Skateboards**, however Roller blades are permitted outside only
- b. **Football** of any type

FIRE EVACUATION PROCEDURES:

1. **LOOK FOR THE PRIMARY EXIT:** The primary EXIT is the Exit nearest your location. The nearest exit should be used unless blocked by fire, smoke or any other condition marking it unusable. If blocked, proceed to the next exit. **IF HEAVY SMOKE:** Remain in your room until help arrives.....stay close to the floor.
2. **DO NOT USE ELEVATORS:** Do not use elevators during an emergency.
3. **KEEP ALL DOORS CLOSED UNLESS IN USE.**
4. **GROUP MEETING PLACE:** **Remain calm and walk, do not run.** Stand with roommates in these locations:
 - Men:** Meet across the road in field next to our practice field.
 - Women:** Meet in field to side of dorm by trees.

MEDICAL GUIDELINES

1. ALL MEDICATIONS MUST BE GIVEN TO THE NURSES BEFORE WE LEAVE IN ORIGINAL PERSCRIPTION BOTTLE PLACED INSIDE A ZIPLOCK BAG MARKED WITH YOUR NAME.
2. ALL MEDICATIONS WILL BE ADMINISTERED AND OVERSEEN BY THE NURSES. No medications other than inhalers and epi-pens may be keep in your possession. This includes Ibuprofin, Tyenol etc,
2. If you become ill, inform a director, chaperone and the nurse.
3. Any student who can not participate in field drills due to injury will refrain from activities which may lead to further injury during free time. Failure to follow the advise of the nurse or director will result in the loss of the student's free time. Students who are injured must remain on the sidelines following what the band is learning unless informed otherwise by the nurse.
4. Please complete the Emergency Medical Update if there have been any changes/additional changes since June.

ABOUT THE CLINIC

Any student can come to the clinic (or see the nurse on the practice field) as needs arise for evaluation and treatment anytime throughout the day. The nurse is also available by cell phone/walkie talkie at night for emergencies.

Band Clinic Hours for Routine Prescription Medications: You should report at the times listed below. Always let the nurse know your name,

- * **If you take medication in the morning:**
**Before Parade Block/ Breakfast or right after breakfast
- * **If you take medication at lunchtime:**
**Right before or right after lunch
- * **If you take medication at dinnertime:**
**Right before or right after dinner
- * **If you take medication at bedtime:**
**After penalty wing until 10:45 pm

Nurse is going to bed at 11 pm! (*but is available for emergencies*)

DRESS CODE FOR BAND CAMP:

1. Appropriate attire is expected while at camp. Gentlemen must wear shirts and women must wear appropriate tops (i.e. no strapless, braless or swimsuit tops) during rehearsals.
2. No bare feet or sandals are permitted outside the dorm. **Socks & Shoes** must be worn while on the field.
3. Clothing (not Towels) must be worn to and from the pool.
4. Wear Hat & Sunglasses: this will prevent headaches. Sunscreen are a must.....bring and use them!!!!



BAND CAMP SCHEDULE: (may change)

SUNDAY:

12:00 NOON	Meet to load busses
12:20	Depart for Edinboro University
3:00	Arrive Edinboro U. unload busses, move into rooms, move to field for an <u>Outdoor Music Rehearsal</u> .
4:45	Return to room to freshen up for dinner.
5:00	Supper
6:15	Rehearsal Outside: Fundamentals and drill work begin
9:00	Penalty Wing.....for student not caught up on testing.
10:00	In Dorm, on own floor.
10:50	In Room, (Showers taken, all other needs taken care of)
11:00	Room Check & LIGHTS OUT NO ONE OUT OF ROOMS BEFORE 6:00AM

MONDAY THROUGH FRIDAY SCHEDULE

6:00 AM	Wake up
6:30 AM	Inspection of quarters: All outside of doors ready to be called to attention.
7:00 AM	Breakfast
8:00 AM	<u>Mandatory private practice</u> You are in your own room with the door open.
8:45 AM	Outside for Drill Rehearsal & Testing
11:45 AM	Return to dorm: clean-up for lunch
12:00	Lunch
12:45	Outside Music Sectionals & Testing
1:30	Drill Rehearsal
3:15	Free Time
5:00	Supper
6:00	Drill Rehearsal & Testing
9:00	Penalty Wing or Free Time for all those tested off.
10:00	In the Dorm, on own floor.
10:50	In Room, (Showers taken, all other needs taken care of)
11:00	Room Check & LIGHTS OUT NO ONE OUT OF ROOMS BEFORE 6:00AM