



# West Shore Marching Band Camp Information

## Campers Checklist

### **Required: Also see Section's List ☺**

**Water Jug**, most kids bring  $\frac{1}{2}$  gallon igloo jug.

Water coolers are positioned throughout camp for refills. **Lunch**, pack a lunch or have one dropped off before noon. **Sunblock**, reapply it throughout the day!

**Hat** to keep the sun off your head.

**Sneakers and socks**, Good foot support is essential.

This is MARCHING BAND; feet take a beating. NO FLIP FLOPS!

**Band Camp Wear:** Wear comfortable clothes (watch for spirit days) School Dress Code applies. Shirts are not optional, you must wear a t-shirt or tank top (A sports bra or similar gym apparel is not a shirt).

### **Suggested:**

**Breakfast** is important! Eat before or bring a quick snack (protein bar, fruit)

**Bag** (Gym/Drawstring) keep all items gathered & label your belongings.

Gym Towel or Cooling Towel

**Spray Bottle/Mister**

**Bug Spray**

**Sport Drinks** like Gatorade must be capped because they attract bees

**.Refresh:** A change of clothes (socks/shirt) & deodorant are nice on hot/humid days.

### **Marchers**

**Dot Book**, spiral bound 3x5 Index cards

**Pencil**, Mechanical

**Drill Book**, " 3 - ring binder with \*strap:

\*Shoe Strings or Duffle bag strap  
Page Protectors (100 count)

**Sidewalk Chalk**

### **Front Ensemble (Pit)**

**Pencil**, Mechanical

**Drill Book**, 1" 3 - ring binder with \*strap:

\*Shoe Strings or Duffle bag strap  
Page Protectors (100 count)

### **ColorGuard**

**Fanny Pack:**

**Dot Book**, spiral bound 3x5 Index cards

**Pencil**, Mechanical

**Sidewalk chalk**

**Black outfit**, form fitted for morning

dance class

### Keys to a Successful Band Camp:

- **Hydrate!** Drink Water! Start drinking a lot of water 2 -3 days before Band Camp starts. If you're thirsty, then you're already dehydrated.
- **Rest!** Be well rested before Camp starts. Don't stay up late during camp.
- **Get Organized!** Pack your lunch, prep your clothes and supplies for the next day before you go to bed.
- **Eat Healthy!** Packing protein and complex carbs will give you the energy you need for the long days. Chips & Candy won't sustain you. Breakfast is good for you, eat before you arrive.
- **Smile!** Keep a Good Attitude. With long hours, soaring temperatures and new material to learn, you will be tested.
- **Have Fun!** Make new friends, build new memories and enjoy your down time!

### Volunteers Needed for Band Camp

**Tents:** Tent Set up on Wednesday evening on August 3rd & Tent clean up on Friday August 12<sup>th</sup> afternoon.

- **Meals:** Volunteers are needed each afternoon to help with meal preparation, serving & clean up. Approximately 4 - 7 PM.

Please go to the Time to Sign Up on the Music Boosters web page at:

[www.westshoremusicboosters.com](http://www.westshoremusicboosters.com)

*Volunteers must have their WSSD Clearances. We need volunteers all year. Volunteers from last year, be sure to fill out the Volunteer Affirmation form for this year.*

## Band Camp Dinner Schedule 2023

Students will be provided with dinner the following evenings;

\*however, we do ask that each student provide a donated item according to the schedule below (letter refers to first letter of student's last name).

Dinner Break is from approx 4:30-6:00 p.m.

### Dinner Menu

August 3<sup>rd</sup>

Saxophones (Alto & Tenor)  
Bari Sax, Tubas, Drum Majors

Pulled Beef and Pulled Pork  
Fruits and Vegetables  
Desserts

August 4<sup>th</sup>

Percussion A-M:  
Percussion N-Z:

Cheeseburgers and Hot dogs  
Fruits and Vegetables  
Desserts

August 7<sup>th</sup>

Student Leaders & Guard A-M:  
Student Leaders & Guard N-Z:

Pasta Night (Ziti & Sauce: Red, White and Meat)  
Fruits and Vegetables  
Desserts

August 8<sup>th</sup>

Baritones and Trombones:  
Trumpets

Taco Tuesday  
Fruits and Vegetables  
Desserts

August 9<sup>th</sup>

Melophones and Flutes:  
Clarinets:

Mac & Cheese and Marinated Chicken  
Fruits and Vegetables  
Desserts

August 10<sup>th</sup>

Exec Board & Committee  
Chairs

Pizza Night  
Fruits, Vegetables & Desserts

August 11<sup>th</sup>

Lunch - Maybe Leftovers  
Friday practice ends at 5

A sign up for specific items will be created closer to band camp

#### Food Tips & Instructions:

All dishes should be able to SERVE 20 PEOPLE.

- Dishes must be delivered by 4:00 pm OR drop your dish off in the morning outside the Band Room
- Label your dishes if you want them returned or send disposable containers.
- *Your student can pack a dinner or you can drop one off if they don't like what is served.*
- Be mindful of allergies (No Nuts of any kind). Label your dish if it's suited for special diets: Gluten free, lactose free, vegetarian, or vegan. Salad is served each night.



### Frozen Treat Social!!!!

The Boosters are treating the marching band to a frozen treat at the end of band camp on Friday, August 11<sup>th</sup>. They will receive a ticket during practice. The treats truck will be available for family members as well! Bring some cash!