



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 12th 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

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 2022

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 Menu

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

Main course items may change due to availability

August 4th

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

August 5th

Percussion A-M:
Percussion N-Z:

August 8th

Guard A-M:
Guard N-Z:

August 9th

Baritones and Trombones:
Trumpets

August 10th

Melophones and Flutes:
Clarinets:

August 11th

Exec Board & Committee
Chairs

August 12th

Thursday - Go West - Pulled pork & BBQ beef sandwiches

Fruits and Vegetables
Desserts

Friday - Pizza

Fruits and Vegetables
Desserts

Monday - Mac & Cheese and Chicken Tenders

Fruits and Vegetables
Desserts

Taco - Tuesday

Fruits and Vegetables
Desserts

Wednesday - Pasta Night (Ziti & Sauce: Red, White and Meat)

Fruits and Vegetables
Desserts

Hot Dogs

Fruits, Vegetables & Desserts

Friday Lunch leftovers is available - Practice ends at 5

**** Salad is served each night *****

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 may pack a dinner or you may drop one off if they prefer something other than what is being 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



ICE CREAM!!!!

The Boosters are treating the marching band to ice cream at the end of band camp on Friday, August 12th.

The ice cream truck will be available for family members as well! Bring some cash!