

Band Camp Guide 2011

We wanted to provide you with some detailed information regarding the upcoming band camp weeks. When we mention "marching band members" or "band members", that is inclusive of all winds, percussion and guard. Included in this guide are helpful hints from the FAQ tab on our website, specific information for each date of both band camp weeks, details on the upcoming general booster meeting and a reminder regarding the Lincoln-Way dress code as well as expectations relating to it.

Tips from the FAQ on our website:

Band camp is a time for both hard work and fun. The students learn about teamwork and experience the pride that comes with being a Marching Phoenix. They will be pushed to their limits, but it will be worth the effort. They will grow musically beyond what you might think possible through the tutelage of experienced musical technicians. They will make friends, build confidence and know that they are an important part of a very special group.

There are important things your student can do to prepare for rehearsals and performances in addition to practicing the music and drill. Staying hydrated with fluids like water and Gatorade is key. Your student should avoid milk prior to performing and also avoid caffeinated beverages throughout the day. Your students will want to pay attention to nutrition. Prior to a long day, your student might enjoy a complex carbohydrate for energy and protein to sustain that energy. Sweets are not a good source of sustained energy and should be avoided.

Marching Phoenix rehearsals are the groundwork for success, as well as a vital and necessary component of the overall program. Rehearsals can be challenging, especially for incoming freshman. This is a whole new experience for them. It is not unusual for a student to feel tired and sore during the adjustment period. The students will be pushed to excel and understand the importance of doing their best for the entire group. Every returning student knows what it is like to experience marching band for the first time.

Week 1 of band camp begins Tuesday, July 5. The schedule is as follows:

Tuesday (7/5), Wednesday (7/6), Thursday (7/7) from 1 PM until 7 PM

- Please remember that parents are welcome to sit in the stands and watch rehearsals in the last 30 minutes of practice. Parents sit in the lower rows of bleachers on the north side of the stands. The building of a field show is a fascinating process to observe. However, the directors, technicians and band members are focused on the serious work being done. This is not a good time to engage in conversation with the students or staff. It is important to remember that parents should do their best not to distract those at work. It is unlikely that your child will be available via cell phone during practice. If you need to get a critical message to your child during camp hours, please contact Dianne at (815) 545-6868 or Gina at (708) 476-0318.
- Transportation after summer school will be provided by the school district for the students attending summer school. Those attending summer school must be

engaged in camp by 1:15 PM. Those not in summer school are expected to arrive on time (15 minutes prior to camp beginning).

- Band members should come prepared with sun screen, bug spray, hats and sunglasses. They will also need cooler style jugs of water as well as towels, energy snacks, and brown bag meals. It is unlikely the students will have time to change clothes between summer school and band camp.
- The meal break will occur from approximately 3:45 until 4:30 PM. Students are encouraged to stay on campus. Some of the band members will bring “brown bag” meals from home. Many summer school students will have coolers filled with pre-made sandwiches, fruit, veggies, cereal/granola bars, gatorade and water to get them through two meals. Parents are welcome to drop off food, but please keep in mind that the band members' time is limited.
- Water will be on hand to refill empty jugs.

Friday (7/8) from 1 PM until approximately 9:30 PM

- The band members will participate in a special event Friday night that will end no earlier than 9:30 PM. This is a student planned and implemented bonding activity. Parents are not invited to attend.

Saturday (7/9) from 10 AM until 8 PM

- Students provide their own lunch. Dinner will be provided by the boosters for the band members on Saturday.

The General Booster Meeting will be held in the stadium near the concession stand starting at 6 PM on Tuesday, July 5th. This is an opportunity for parents new to marching band and seasoned veterans to get better acquainted with this year's field show.

Week 2 of band camp begins Monday, August 1. It is critically important that the band members be diligent in practicing during the July break. Every attempt should be made to attend every sectional held during that time. The band members need to come to camp on August 1st ready to move forward from what they learned during the July band camp. The schedule is as follows:

Monday (8/1) Tuesday (8/2), Wednesday (8/3), Thursday (8/4) from 1 PM until 8 PM

- Please refer to week 1 notes.
- Please note that the 1st day of registration for school is on Thursday, August 4th. Band members are not excused from camp to attend registration. Students do not have to register at the time that is requested in the letter that gets sent home.

Friday (8/5) from 1 PM until approximately 10 PM

- The band members will participate in a special event Friday night that will end no earlier than 10 PM. This is a student planned and implemented celebration. Parents are not invited to attend.

Saturday (8/6) from 10 AM until 8 PM

- Students provide their own lunch. Dinner will be provided by the boosters for the band members on Saturday.

Sunday (8/7) Marching Band Picnic.

- Look for details in your weekly update closer to the date.

A Final Word on Dress Code

The following was excerpted, in part, from the Lincoln-Way School District Parent-Student Handbook:

Clothing with suggestive or double meanings will not be allowed. There should be no holes above fingertip length with arms fully extended. No undergarments should be visible at any time. Length of shorts should be longer than the finger tips when arms are held down at the side of the body. Clothing should reflect good taste and concern for the standards of others. Bare midriffs are not allowed. Halter tops are not allowed. Spaghetti straps are not allowed. Straps must be three fingers wide, covering both shoulders. Students may not have skin exposed in their middle section. No low-cut tops will be allowed. Tank tops and undershirts must not expose any portion of the torso. Failure to comply will result in disciplinary action.

Please know that for rehearsal and practices, spandex shorts can be worn underneath shorter shorts to meet this requirement. However, the spandex shorts need to be "longer than the fingertips when arms are held down at the side of the body."

The LWN Music Boosters have been kind enough to collect some elastic waist shorts and t-shirts that will be made available to any student not meeting dress code. We are still accepting donations of these items as well. We are concerned about the appropriateness of the clothing, not necessarily the attractiveness of it. Of course, borrowing booster-wear does not mean the student is exempt from any disciplinary action consistent with a dress code violation. It is our intent to create a distraction-free comfortable environment for band practices and to ensure that no participant will have to disrupt rehearsal by needing to leave to go home and change into appropriate school activity attire.

If you have any questions, please contact any member of the executive board. Contact information can be found on our website at www.lwnmusic.org.