

**BAND CAMP**

**Boulder**

**Creek**

**MARCHING**

**BAND**

***July 9-July 14,  
2010***

**CAMP SHADOW PINES**

**HANDBOOK**

**BOULDER CREEK JAGUAR PRIDE BAND CAMP**  
**July 9<sup>th</sup> – July 14<sup>th</sup> 2010**  
**Camp Shadow Pines**

**Band Staff:**

Director of Bands	Mr. Glenn Hart
Visual Coordinator/Brass Instructor	Mr. Justin Miller
Brass Instructor	Mr. Ian Peterson
Woodwind Instructor	Mr. Kirk Douglas
Color Guard Instructor	Mrs. Jennifer Siler
Percussion Instructor	Mr. Steven Siler
Percussion Instructor	Mr. Tyler Kronenberg

**Camp Information:**

**Camp Shadow Pines**  
*Phone:* (928) 535-4131  
*Fax:* (928) 535-5986  
[www.campshadowpines.com](http://www.campshadowpines.com)

**FYI:**

If you need to get a hold of your child in an emergency and nobody answers in the camp office, please call Mr. Hart at 480-980-1001.

## Expectations of Conduct

**Practicing proper behavior is simply a matter of adhering to the School and District Codes of Conduct. In addition, always make sure you are in groups of three or more students at all times while traveling. Lack of behaving in the proper way is possible grounds for sending a student home at his/her own expense. The following are overall expectations of conduct.**

- Be responsible for yourself, and be aware of the actions of those around you.
- Always know what the expectations are.
- Treat all chaperones and adults with the utmost respect. Every request made by a chaperone should be adhered to in a timely and courteous manner.
- Never go anywhere alone, and never go anywhere you shouldn't be.
- Never ride in a vehicle other than the one designated. Family members are not allowed to take their own children from the group without director consent.
- No whining or complaining allowed. Be flexible and smile as much as possible. 😊
- NEVER BE LATE TO ANY ACTIVITY! YOU ARE HOLDING UP MANY OTHER STUDENTS!!
- EVERY STUDENT SHALL REPORT TO AND EAT AT EVERY MEAL.

### CAMP EXPECTATIONS OF CONDUCT

- Students are not to travel out of designated areas.
- Students are expected to stop all activities at the designated lights out time.
- Students are expected to remain in their designated cabin/dormitory between lights out time and wake up time. Students are not to leave the cabin/dormitory without permission.
- Gentlemen are not allowed in the Ladies' dorm room at any time, for any reason.
- Ladies are not allowed in the Gentlemen's dorm room at any time, for any reason.
- Students will be in rooms at designated times, and be silent at designated lights out times.
- Rooms will be kept clean.
- Boom boxes/ stereo systems should not be brought with you to camp. Personal headsets are acceptable.
- School dress code will be enforced.
- Students will treat the camp with the utmost respect. Vandalism of any kind will not be tolerated.
- Finally, when in doubt regarding appropriate behavior, make decisions that will reflect your highest character and integrity.

**Failure to abide by these rules could result in the student's parents being notified and traveling to camp to pick up their child.**

### BUS EXPECTATIONS OF CONDUCT

As a result of many of us being confined to a small physical area in the buses, it will help greatly when all of us agree to the following:

- Be considerate of others and use whisper voices while in the bus.
- Treating your drivers with respect will get you much in return. Simple words such as "Please" or "Thank You" are strongly recommended. Also, requesting favors of them in a shouting manner from the back of the bus is not acceptable.
- Use only stereo equipment that has earphones.
- Stay in the bus that you are originally assigned.
- Always be in your assigned bus at least 10 minutes before the itinerary departure time.
- Pick up after yourself. Make sure all drinks are confined or have a lid.
- Finally, when in doubt regarding appropriate behavior, make decisions that will reflect your highest character and integrity.

## **BAND CAMP ITINERARY**

### **Friday, July 9<sup>th</sup>**

6:00AM	Meet at school/load equipment and luggage
7:00AM	Depart for Camp Shadow Pines
10:00AM	Arrive at Camp Shadow Pines/Check-in
10:45AM	Field Rehearsal
12:00PM	Lunch
1:00PM	Sectionals
2:00PM	Field Rehearsal
4:30PM	Personal Time
5:00PM	Dinner
6:00PM	Field Rehearsal
7:00PM	Music Rehearsal
8:00PM	Evening Activity
9:30PM	All Report Back to Dorm
10:00PM	Room Check/All Students in Their Room
10:15PM	Lights Out!

### **Saturday, July 10<sup>th</sup>**

6:00AM	Wake Up!
7:00AM	Morning Stretch/Exercise
8:00AM	Breakfast
9:00AM	Field Rehearsal
11:30AM	Free Time
12:00PM	Lunch
1:00PM	Sectionals
2:30PM	Field Rehearsal
4:30PM	Free Time
5:00PM	Dinner
6:00PM	Field Rehearsal
7:00PM	Music Rehearsal
8:00PM	Evening Activity
9:30PM	All Report Back to Dorm
10:00PM	Room Check/All Students in Their Room
10:15PM	Lights Out!

### **Sunday, July 11<sup>th</sup>**

6:00AM	Wake Up!
7:00AM	Morning Stretch/Exercise
8:00AM	Breakfast
9:00AM	Field Rehearsal
11:30AM	Free Time
12:00PM	Lunch
1:00PM	Sectionals
2:30PM	Field Rehearsal
4:30PM	Free Time
5:00PM	Dinner
6:00PM	Field Rehearsal
7:00PM	Music Rehearsal
8:00PM	Evening Activity
9:30PM	All Report Back to Dorm

10:00PM Room Check/All Students in Their Room  
10:15PM Lights Out!

**Monday, July 12<sup>th</sup>**

6:00AM Wake Up!  
7:00AM Morning Stretch/Exercise  
8:00AM Breakfast  
9:00AM Field Rehearsal  
11:30AM Free Time  
12:00PM Lunch  
1:00PM Sectionals  
2:30PM Field Rehearsal  
4:30PM Free Time  
5:00PM Dinner  
6:00PM Field Rehearsal  
7:00PM Music Rehearsal  
8:00PM Evening Activity  
9:30PM All Report Back to Dorm  
10:00PM Room Check/All Students in Their Room  
10:15PM Lights Out!

**Tuesday, July 13<sup>th</sup>**

6:00AM Wake Up!  
7:00AM Morning Stretch/Exercise  
8:00AM Breakfast  
9:00AM Field Rehearsal  
11:30AM Free Time  
12:00PM Lunch  
1:00PM Sectionals  
2:30PM Field Rehearsal  
4:30PM Free Time  
5:00PM Dinner  
6:00PM Field Rehearsal  
7:00PM Music Rehearsal  
8:00PM Evening Activity  
10:15PM All Report Back to Dorm  
10:45PM Room Check/All Students in Their Room  
11:00PM Lights Out!

**Wednesday, July 14<sup>th</sup>**

6:30AM Wake Up/Clean up the Camp/Check Out of Dorms  
8:00AM Breakfast  
9:00AM Depart for BCHS  
12:00PM Arrive at BCHS/Unload Truck  
12:15PM Dismissal (Do not leave until you are dismissed by Mr. Hart)

**TIMES AND ACTIVITIES ARE SUBJECT TO CHANGE**

# **PERMISSION SLIP/MEDICAL FORM**

## **PLEASE SIGN AND RETURN TO MR. HART BEFORE DEPARTURE**

“I give permission for my son/daughter to attend the Boulder Creek Band Camp at Camp Shadow Pines from July 9<sup>th</sup> till July 14<sup>th</sup>, 2010. I have reviewed the expectations of conduct and discussed them with my child. I understand that if my son/daughter fails to abide by these expectations or conduct, I will travel to camp to pick up my child.”

Parent Name (printed): \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Contact Phone # \_\_\_\_\_

If parent cannot be reached, emergency contact:

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Student Name (Printed): \_\_\_\_\_

Student Signature: \_\_\_\_\_

**PLEASE LIST ANY MEDICATIONS THAT ARE NEEDED FOR YOUR CHILD AND THEIR DOSEAGE. GIVE ALL MEDICATIONS(OVER THE COUNTER AND PERSCRIPTION) TO THE CAMP NURSE BEFORE DEPARTURE. THEY SHOULD BE IN THEIR ORIGINAL CONTANER AND PROPERLY LABELED: STUDENT SHOULD OBTAIN THESE MEDICATION FROM CAMP NURSE AS NEEDED.**

Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ Time: \_\_\_\_\_

Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ Time: \_\_\_\_\_

Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ Time: \_\_\_\_\_

Please List insurance information in case of emergency:

Insurance Carrier: \_\_\_\_\_

Account Number: \_\_\_\_\_ Name of Primary insured: \_\_\_\_\_

PLEASE LIST ANY SPECIAL MEDICAL INFORMATION: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Yes \_\_\_\_\_ No I give permission for my student to receive over the counter medications while at camp.

EXCEPTIONS \_\_\_\_\_

# H 2 OH!

## **When you're practicing for hours in extreme heat and humidity, remember to stay well-hydrated.**

By Karen Jashinsky

Summer is here, and that means hot, hotter, hottest! Whether you're on the go or on the field, water rules! Hydration is probably the single most underestimated component impacting athletic performance, so here are a few facts to quench your thirst on the subject.

### **Water 101**

Did you know:

- About 99% of the molecules in your body are water
- Water accounts for about 70% of body weight
- A minimum of three pints of water continues to be lost every 24 hours, even in temperate climates

### **Dehydration Warning Signs**

Drink plenty of fluids before, during and after exercise to avoid dehydration, which occurs when a person's water content has fallen to a dangerously low level. If you don't drink adequate amounts of water, the following symptoms of dehydration may occur:

- Severe thirst
- Dry lips and tongue
- Increased heart rate and breathing
- Dizziness
- Confusion
- Coma can occur if not treated

In many cases, salt will have been lost as well as water. The concentration of salts in the body's fluids must be kept at appropriate levels, and salt losses from heavy sweating must also be replaced through food, sports drinks or salt tablets. ...

**Note from the Editor:** The full article will be published in the premiere issue of Halftime Magazine in July/August 2007. It will also be available online in July. [Subscribe now](#) to be a charter subscriber, and receive a chance to win 2 free tickets to the 2007 Drum Corps International World Championships.

Source: <http://halftimemag.com/articles/current-issue/fitness-to-the-max/h-2-oh.html>  
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## **BAND CAMP PACKING LIST**

(use as a guide)

### **Clothes/Apparel**

- T-Shirts (All students will need to bring 5-6 plain white t-shirts for field rehearsals) Bring other t-shirts to change into when we are not on the field.
- Shorts (Required for field rehearsals)
- Sweat shirts/pants (It could be cool at night)
- Jeans/ Long Pants
- Underwear (bring one more than you think you need)
- Socks (bring one more than you think you need)
- Jacket (It could get cool at night)
- Rain Gear (It rains in the mountains!)
- Tennis Shoes or Cross Trainers (Required for all outdoor activities)
- Flip Flops (for showers)
- Hat or visor w/ a bill (required for all outdoor activities)
- Sunglasses (suggested for outdoor activities)
- Container for water (camelback or igloo container suggested) (Required)
- Towel to wet and put around your neck (it gets hot out on the field) (Recommended)
- Extra towel for stretching outside if grass bothers you

### **PERSONAL ITEMS/TOILETRIES**

- Sleeping Bag and/or 2-3 warm blankets/sheets
- Pillow
- Toothbrush/Floss
- Toothpaste
- Brush
- Shampoo/Conditioner
- Soap
- Sunscreen (required for all outdoor activities)
- Chapstick w/sunscreen (DCT is awesome!!)
- Personal Items
- Medications (will be given to the camp nurse w/ dispensing directions. Make sure your name is on your prescription)

### **MUSICAL ITEMS**

- Instrument
- Extra Reeds
- Valve Oil
- All Music
- Pencil