

What to Bring to Band Camp and other important items

PLEASE READ THIS ENTIRE DOCUMENT

We begin Band Camp 2024 on Monday, July 15th! Reminders as we head into our marching season.

Pre-Camp and Band Camp Schedule

(Everyone must bring their lunch each day during band camp weeks. NO student will be allowed to leave the campus during lunch. Students may leave after the afternoon session for the dinner break and must be back by 5:50 at the latest)

PRE-CAMP WEEK

July 15th - July 19 - 8am-12pm / 1:15-3:45pm / 6:00-9:00pm - See below for breakdown.

We will be learning the drill for Pre-Game and the Contest shows THIS WEEK!! It is vitally important that you do not miss any rehearsal!! You could be chosen as an alternate if you miss due to the fact that it will be very difficult to make up learning drill, music, and equipment work.

Breakdown for PRE-CAMP week

July 15 & 16 - All marching band members 8am-12pm / 1:15-3:45pm / 6-9pm

July 17-19 - All marching band members 8am-12pm / **Contest Band only** 1:15-3:45 & 6-9pm

BAND CAMP WEEK

July 22nd - 8am-12pm (all members) / 1:15-3:45pm (Contest Band only) / 6:00-9:00pm (Contest Band only)

July 23rd - 8am-12pm (all members) / 1:15-3:45pm (Contest Band only) / 6:00-9:00pm (Contest Band only)

July 24th - 8am-12pm (all members) / 1:15-3:45pm (Contest Band only) / 6:00-9:00pm (Contest Band only)

July 25th - No morning or afternoon rehearsal / 6:00-9:00pm (Contest Band only)

July 26th - 8am-12pm (all members) / No afternoon rehearsal / 7:00-8:00pm - Band Family Picnic/Preview Show at band practice field. Students wear white tennis shoes, khaki shorts and any orange shirt you have. Band polos are great!

You can also see the schedule for camp weeks here:

<http://www.grissomband.com/newsschedules.html>

AFTER SCHOOL REHEARSALS:

After school rehearsals begin Monday, August 5th and run through October 19th. **Check the calendar!**

Mondays - 6:00-9:00pm - Color Guard and Percussion

Tuesdays - 6:00-7:00pm - All marching band members (football band through August 27th) / 7:00 - 8:30pm - Contest Band

Thursdays 6:00-8:30pm - Contest Band

Uniform Fittings and Band Fee Payments: Saturday, August 10th. Times will be assigned by grade. TBD

Please refer to this website page for fee information <http://www.grissomband.com/parentsfinancesformsmymusicoffice.html>

First Band Fee payment of \$300.00 is due at uniform fittings or before. You can pay your band fees and for other items throughout the year using the PayPal option in your MyMusicOffice account. Email or talk to the treasurers to get on a payment schedule if needed. treasurers@grissomband.org

1. **CHECK THE BAND CALENDAR!** We cannot stress this enough. We want to have full 100% participation in our after school rehearsals and performances. It is extremely important to have every member in attendance at all rehearsal and performances. Your grade can be affected for missing a rehearsal without an appropriate excuse and you will fall behind which could hinder your performance opportunity with the band. Go here to access the calendar: <http://www.grissomband.com/band-calendar.html> You can learn how to sync the calendar in your MyMusicOffice account.
2. **GET OUTSIDE AND GET SOME EXERCISE BEFORE CAMP** or you will be in for a shock once July 15th is here! Follow this link for some exercises we will use this fall to stay in shape for your performances. <https://www.youtube.com/channel/UCKIDQGSWD8VpwiWtMeEf-xg> Maybe try some of them before we return!
3. **BAND TEXTS:** Be sure you have registered for our Remind 101 texts for band. Send this text message @ghsb2425 to 81010

Let's get this year started off with a positive outcome from band camp! You have your first public performance on Friday, July 26th at 7:00pm at the band practice field. Think about that...in **less than 10 days of rehearsals** you will perform the Pre-Game show and as much of the Contest Show as we can learn for your friends and families!!! Get to practicing!! **The Pre-Game music must be memorized by July 15th. We will check individuals on memorization! At least the 1st movement of Contest Show must be memorized by July 15th.** Be sure you learn the correct part. All of this music is posted in the BEAM app as well as the website. Check the website for part assignments by the audition lists. <http://www.grissomband.com/audition-results.html> Go here for pre-game and contest music. <http://www.grissomband.com/band-downloads.html>
Password: swing

Things to bring and have for Band Camps:

- ALL Members:
 - Instrument/Equipment/Sticks/Mallets, etc.
 - Hat
 - Sunscreen!!
 - Bug Spray!
 - Sunglasses
 - WHITE tennis shoes
 - Pencil
 - Music in sheet protectors for percussion
 - Phone with UDB and BEAM music apps downloaded

We are very excited to be using two new digital learning tools again this year. Students will learn drill using the UDBapp (Ultimate Drill Book) which will also incorporate the show music. Flip folders for reading music during football games will be replaced with the BEAM Music app. Students will still need a lyre for their respective instrument, as well as a phone clip that attaches to the lyre. Percussionists will need a phone clip to attach to their drums for in the stands at football games. No more flip folders to frantically try and find the tune that were'e going to play! We can send it immediately to your device ready to play!

You need to order a phone clip on your own, the following are the recommended phone clips for your instrument:

[Flute/Sousaphone](#) [Trombone](#) [Other wind instruments](#) [Percussion](#) or something similar

Check out the websites for these amazing apps. See access codes below.. We are purchasing the UDBapp and the BEAM app this year it is not free. This comes out of your band fees.

[UDB website](#) Check out the StrideTV tab for some great instructional videos

[BEAM Music website](#)

Getting started with your UDBapp account

All users need to download the latest version of UDBapp Pro on the [iOS App Store](#) or [Google Play Store](#).

Existing UDB Users

For users that already have a UDBapp account.

1. Log into your UDBapp account
2. Tap the 3 dots in the top left hand corner of the home screen
3. Tap "+ Add Ensemble"
4. Enter the appropriate codes (shown below for students).

Creating a new UDBapp account

For users that do not have a UDBapp account.

Students

1. Download UDBapp Pro from the app store.
2. Tap "Don't have an account? Sign-up"
3. Enter Ensemble Code - **ghsb24g367**

4. Enter Ensemble Password - **ghsb24g595pe**
5. Create a new personal account to use with UDBapp

Getting started with your Beam account

All users need to download the latest version of Beam Music on the [iOS App Store](#) or [Google Play Store](#).

Existing Beam Users

For users that already have a Beam account.

1. Log into your Beam account
2. Tap the Home icon in the top left hand corner of the home screen
3. Tap "+ Add Ensemble"
4. Enter the appropriate codes (shown below for students).

Creating a new Beam account

Students

1. Download Beam from the app store.
2. Tap "New User? Sign-up"
3. Enter Ensemble Code - **ghsb24g367**
4. Enter Ensemble Password - **ghsb24g190be**
5. Create a new personal account to use with Beam

What to wear and bring to Band Camps:

You will need to wear shorts that have pockets to store your device during rehearsals. Phones will need to be fully charged before each rehearsal and football game. You may want to invest in a portable USB charger.

- Instrument maintenance supplies
 - Items such as extra reeds, small screwdrivers, valve oil, slide grease, extra sticks, electrical tape, etc. Plastic reeds, Legere Brand, are acceptable **for marching band ONLY** for woodwind players. These come one strength harder than the cane reeds and we do have some available to purchase through the band.
- Old Towel
 - Use for morning stretches/workouts
- Pencils for rehearsals and sectionals. We will hand our hard copies of the show music during band camp or you may bring your own hard copy.
 - Pencils are a must at ALL rehearsals for ALL members!
- Forms
 - Instrument Rental Form/Band Agreement if you have not turned it in yet
- **Water Jug or Large water bottle 1/2 gallon or full gallon**
 - **You must have a water bottle. This is not optional.**
 - Water jugs (as seen below) hold lots of water and keep your water cold. You will not have time to fill up small water bottles over and over again. You can find these for as cheap as \$12 at Walmart or Academy Sports. Worth every penny in the kind of heat we will be experiencing.
 - We suggest filling your jug half with ice and half with water, for the ice will eventually melt, but you will still have very cold water.
 - A Camelbak (image seen below) is even better if you have one, for you will always have water with you while you are on the field. You can find much less expensive "knock off" Camelbaks at Walmart.



- Neck cooling towels can be helpful as well.
- **LUNCH SCHEDULE:**
 - On the days of band camp where Band members return for afternoon sectionals, **NO STUDENT WILL BE ALLOWED TO LEAVE CAMPUS DURING THE LUNCH BREAK. YOU MUST BRING A LUNCH AND EXTRA CLOTHES/SHIRT/DEODORANT TO CHANGE INTO IF YOU DESIRE.** We suggest a healthy, high carb lunch that will keep you going during the day. **DO NOT eat/drink dairy or consume soft drinks because of the heat.**
- **Sunscreen with high SPF**
 - **Bring sunscreen and WEAR IT.** You may think that you “don’t burn”, but trust me, you will if you don’t wear sunscreen.
 - Chapstick with spf is nice as well
- Bug Spray
- Comfortable clothes
 - For maximum comfort, do not wear jean shorts or dark clothing. Try to wear clothing that says dry-fit. Light colored shirts and shorts.
 - Dress modestly. Spandex and low cut tops are not allowed.
 - WHITE Tennis shoes or Sneakers
 - **DEORDERANT!!!!!!**
 - **You need MAJORITY WHITE sneakers with good support. Please no Keds, Vans, Toms, Converse, Sperrys, or any shoes that are inappropriate for marching.**
 - Bare feet, Flip-flops, and sandals are not permitted. **You must wear white tennis shoes.**
 - Guard: you will want a flexible shoe that you can point your foot in
- Extra socks
 - Not necessary, however, it is nice to have this if it rains, for your feet will get soaked. You will not want to walk around in wet socks.
- Bandanas or head bands are nice
- **A positive attitude and effort**

DO's

- Eat a good breakfast! (Doughnuts are not a good breakfast). We have seen people pass out from not eating breakfast too many times. **NO DAIRY BEFORE MARCHING BAND REHEARSALS!!**
 - Breakfast Suggestions!**
 - A COMBO OF CARBS. PROTEIN. AND GOOD FATS.**
 - FRUIT AND PEANUT BUTTER.**
 - GREEK YOGURT WITH WHOLE FRUIT**
 - BACON, EGG, AND CHEESE ON TOAST**
 - AVOCADO TOAST**
 - (NO FAST FOOD)**
 - Have music memorized before Pre-Camp.
 - **Listen well and ask questions about marching when you're first learning. Any leader or upperclassman can help you with anything. When given advice, remember that person is only trying to help you. Please do not take it personally, because all we want to do is help each other to be better. We will not tolerate upperclassmen talking down to underclassmen at all. You earn respect by giving it. It doesn't mater who you are.**
- Hydrate!!!! Don't start hydrating during band camp. **Start drinking plenty of water at least a few days before pre-camp. Get outside to orientate your body to the heat and humidity 7-10 days before camp starts or you will be sick!**
- Wear lots of sunscreen. You will be extremely uncomfortable during band camp if you burn on the first day.

- An extra change of clothes and **deodorant** may come in handy. You never know when it may rain, you sweat a lot, or slip in mud.
- **Get a good night's rest and take showers! Wear deodorant to all rehearsals!!!**
- Know your body's limits. If you feel ill, faint, or think you may have an injury, sit out in the shade and notify someone. You will be better off sitting out a few minutes, then further hurting an injury or passing out on the field.
- Girls wear your hair up. Also, there is no need to wear makeup. You will just sweat it off anyway.

DON'Ts

- **DO NOT drink milk (this includes a large bowl of cereal) or eat anything that contains lots of dairy. When out in the sun after consuming milk/dairy, you will become ill.**
- **DO NOT DRINK SOFT DRINKS! These will dehydrate you much faster.**
- **DON'T BE LATE-** My favorite saying for band is "**early is on time, on time is late**". Walking in the band room at call time is not acceptable. **Be at least 15 minutes early to practice to give yourself enough time to get yourself prepared before we start. We START at call time. Train your parents to get you here on time!**

This list is not limited and some items are not considered necessary **except deodorant. Please be responsible enough to come prepared to band camp. Rehearsal days will be long and tiring, but if you come prepared then you will have a way more awesome time at band camp than you would already be having!**

Field Set Up Crew:

We will need some students to help and serve as our field set up crew for the season. This includes setting up the yard-line markers, sound system set up, metronome, speaker, and cable, and other items at the director's discretion.

Thank you all so much and let's have a great season and another great year with the Grissom Band!!