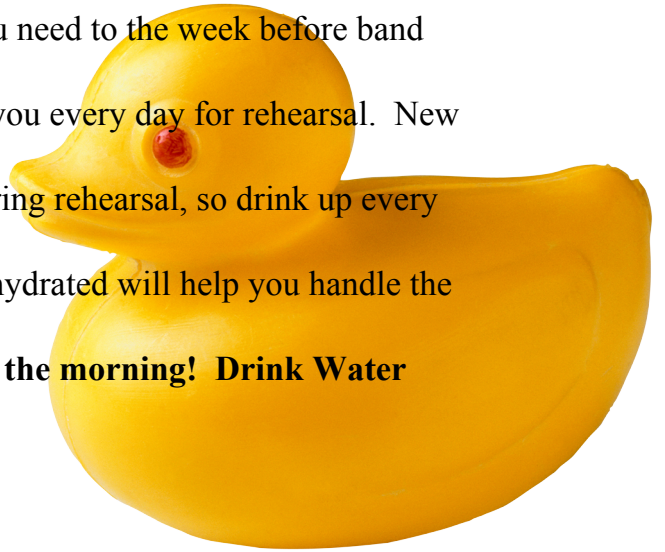


STEELE SUMMER BAND SURVIVAL!

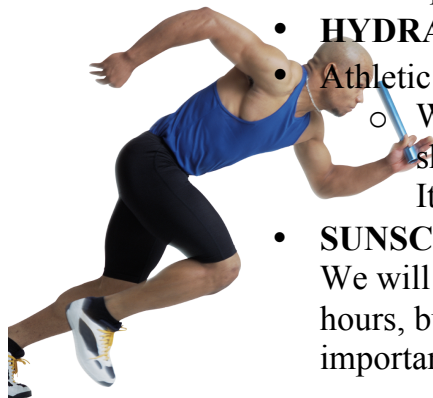
FIRST THING'S FIRST – YOU NEED TO HYDRATE!!!!!!!!!!!!

- Drink way more water than you think you need to the week before band camp
- You MUST have your water bottle with you every day for rehearsal. New students will get this on the first day.
- We totally let you go to the bathroom during rehearsal, so drink up every block!
- **It is going to be hot.** We know. Being hydrated will help you handle the daily heat better!
- **Drink water as soon as you wake up in the morning! Drink Water before you go to bed!**



WHAT TO WEAR!

- T-shirts or athletic hot weather shirts
- Athletic shorts! (no khaki and cargo shorts – they don't do well with lots of sweat and physical activity!)
- NO JEANS – EVER
- If you are worried about sun exposure on your body, look for hot weather athletic pants or long sleeves at your local sporting store
- **HYDRATE**
- Athletic Shoes! Anything with proper foot and ankle support
 - We do not allow chuck taylor's, other converse shoes, skateboarding shoes, flip flops and open toes shoes, or low rise Toms and the like. It is a safety concern! We want everyone healthy for the season
- **SUNSCREEN** – you are going to be exposed to the sun on a daily basis. We will do our best to keep you inside during the hottest and most sunny hours, but do your part to protect your skin. Your health is extremely important to us



WHAT TO BRING!

- Proper rehearsal attire
- Cool, NOT ICE COLD, water (your body actually likes it better)

- **HYDRATE**
- Your instrument
- Your music
- Your drill materials (given out during camp)
- Your dot book! (also to be explained during camp)
- Lunch! (If your parents cannot pick you up)

WHAT ABOUT FOOD?

- **EAT BREAKFAST. THAT IS NOT AN OPTION**
 - Your body needs fuel for the day! We are going to do a lot of physical activity so you need to be prepared for the long morning
- **AVOID MILK AT ALL COSTS**
 - Milk is always a bad idea – trust us, or see it again on the pavement!
- **HYDRATE**
- Eat quality and healthy foods during the whole camp. It is important that your body is fueled right for proper muscle development.
- Band camp is not the time for a diet with minimal food! We **PROMISE** we will get you into shape on our own!

MOST IMPORTANT –

- There is nothing to worry about! We are going to give you all the information you need when you arrive. You have been preparing for this just by playing your instrument for the last few years. Everybody is a rookie to band camp at some point!
- Enjoy it while it lasts! Pretty soon, school life is going to hit and the fun summer ends. We know you will make memories that last a lifetime during these few weeks!

