



Seaforth High School 2025 Band Camp Survival Guide

Ah, band camp. You've heard the jokes like "and this one time, at band camp..." It's really hard to say if band camp is fun, or torture. Band camp is not the worst thing in the world. The worst thing in the world is to come **unprepared!** Hopefully this information will help you arrive prepared, and more importantly, **survive.**

First and Foremost:

"DEODORANT IS NOT OPTIONAL!"

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Good personal hygiene plays a critical role in promoting a positive self-image and reinforces healthy habits.

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Helpful Tips!

- Shower or bathe every day
- Wash hair daily or every other day.
- Use deodorant or antiperspirant **at least once a day. You should also re-apply each day☺.**

Mandatory Items:

- ☐ **Water jug** – very important to stay hydrated! Please mark your name on it. It should be (at minimum) a one-gallon insulated jug and can be purchased at your local discount store for less than \$7. It should last you through high school and beyond. **BOTTLED WATER WILL NOT WORK! It will only last 2.5 seconds.**
- ☐ **T-shirt** – Light colored tank tops and sleeveless shirts are highly recommended.
- ☐ **Shorts if possible** – Comfortable, breathable shorts are highly recommended. **NO JEANS OR LONG PANTS ARE ALLOWED DURING REHEARSAL.** It is a serious health risk if you wear long pants due to the summer heat. **Although**, there are some who prefer to wear long pants. Just be aware of the risks.
- ☐ **Socks and comfortable sneakers** – No sandals, flip flops or other shoes not deemed appropriate for athletic activity will be allowed.
- ☐ **Sunglasses and Hat** – It will keep the sun out of your eyes, and the hat helps you avoid "raccoon eyes" from the sunglasses.
- ☐ **Sunscreen:** Sunburn is a given during band camp, even if you never wear sunscreen, you will need it during camp.
- ☐ **Chap stick:** Be sure to get chap stick with sunscreen.
- ☐ **Your instrument/equipment** (yes, students have actually forgotten their equipment)
- ☐ Music Binder – Music included, 3 ring binder with clear non-glare page protectors
- ☐ **Coordinate Sheet** – You will get this at band camp
- ☐ **Marching Squares** – You will get this at band camp
- ☐ **Pencils/ highlighter** (sharpened with erasers)
- ☐ **WATER, WATER, WATER:** You must stay hydrated, you will sweat a lot during band camp, it's hot, as we are outside a majority of the times.
- ☐ **NO CAFFEINE** or carbonated beverages with caffeine, avoid sugar loaded drinks (soda, or juice) - it **dehydrates** you. Water is best; Gatorade or other sports drinks are ok in addition to water! **Did I mention water?**
- ☐ **Cell phones:** At no time should a student's phone be a disruption to the flow of rehearsal/sectional times.
- ☐ **All Forms and Band fees**

Practice to Prepare, Prepare to Perform

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Music Notebook/Coordinate Sheet: Your Music Notebook is used to hold all of your warm-ups, music, and drill. Your coordinate sheet is a sheet of paper that contains all of your drill dots on the field. **Don't forget it ever!**

Food: Please eat a healthy meal before you come to band camp. Contrary to what you may think, food on your stomach will not sit like a lump while you are marching. Your body needs fuel to perform at the level necessary for Band Camp. Avoid all caffeine, greasy foods, carbonated drinks with caffeine, excessive candy or sweets, and dairy foods. Pack some quick snacks like a piece of fruit, or an energy bar (not chocolate).

Mr. G's. Rule/Tips for Success:

9th -10th -11th graders may not leave campus for lunch. Parents **may** bring food to the school for you, or you can bring it with you each day in a clearly marked lunchbox/cooler. **SENIORS (only) may leave** campus for lunch. **Eat a banana** every day as a good source of potassium (helps avoid muscle cramps!).

Expect to work and work really hard. **Expect** a suntan or sunburn, with tan lines from your shirt and socks. **Expect** to be sore and tired. **Expect** to learn more in the two weeks of band camp than you have in the last year. **Expect the unexpected!**

Show up: Band camp is mandatory. You will need to arrange family vacations, doctor's visits, jobs, family time at a time other than during band camp. You must attend ALL rehearsals with no interruptions. The two weeks of band camp is like 10 weeks of regular rehearsals. We will learn our music and get a large chunk of our drill on the field. If one person is missing, the entire band needs to review what was missed when you come back; it slows everyone down.

Be on Time: If you are early, you are on time; if you are on time, you are LATE. If you are LATE, you will get several of Mr. Gilbert's looks. You are responsible for being on time, not because of traffic, your parents oversleeping, or car trouble. You take full responsibility. The exception is if you message me on the **BAND APP BEFORE** you are supposed to arrive and explain the trouble.

Behave: You are a young adult. Just get in line, stay in step or do whatever is asked of you. The staff and leadership are there for your benefit. If you work really hard, they will take note – as well as the other members around you. Behaving is expected of you and helps to get things done a lot more quickly. Nothing is worse than resetting over and over and over again because the band is not listening or following directions.

Keep cool: Physically and mentally, first make sure you are not overheating (water, water, water) but also keep a calm mind. So if you can't hit the line the first time you try it? Keep trying and listen graciously to advice and you WILL eventually get it. We are here to help.

Respect: Respect **EVERYONE!!!!!!!!** Mr. Gilbert, staff, parents, leadership, and upper classmen that are helping.

Be Flexible. During most of the camp, we will stay on schedule but there are other activities taking place at Seaforth during the same time. We will need to stay in the **ARTS (G-Hall) Wing** when inside, at **no time** can students wander to other parts of the building. We may have to make minor changes, but announcements will be made to assist in the transition.

Seaforth is a closed campus!! What does this mean? Please, do not bring friends or have them visit while you are on campus. They will be escorted off campus.

Band Camp is hard work, but you will find that working hard and then seeing the results of that hard work is something you will be really proud of. All of these items have proven to be very valuable at band camp and is **REQUIRED!** So that after you learn your field drill, we don't have to scrape you up off the field, because you have melted to the 50 yard line!!!!

The Instructional Staff would appreciate your cooperation in these matters. Just remember, everyone out on that field is just as important as you are, so please help one another, and have everyone **work together as a team!!!!** Most of all, always maintain **A POSITIVE ATTITUDE!!!!!!!!**

Conclusion: Even though no “**Survival Guide**” will be able to tell you everything about your experiences at band camp, my hope is that by reading this you will become more informed of what band camp is, things to bring that you might not have thought of, and things to look forward to once you are here. I promise it will be an experience you will always remember.

Keith A. Gilbert
Director of Bands

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