

CCHS Band Camp Checklist 2017-2018

Personal Checklist

- BREAKFAST - You will need the energy!
- Instrument (WHAT REALLY!? Yes! EVERY DAY!)
- Extra reeds, valve oil, Grip Tape...These are your responsibility now!
- Lyre and Flip Folder...Yes, or you will not march!
- Pencil/paper/Highlighter – Yes, required at all times...Do not step on the field without them!
- Extra Deodorant (stick/bar...NOT SPRAY)
- Sunblock!!!!!!!!!!!!!!!!!!!! Sunblock!!!!!!!!!!!! And extra Sunblock!!!!
- Tennis Shoes with EXTRA socks. Shoes must be laced (Laces to be used, not just seen), and completely covering your foot and ankle support.
- NOT ALLOWED: Boots, Flip Flops, Skateboard Shoes, Sandals, Swimming Shoes.
- Gym/P.E. Clothes (Must follow school dress code)
 - Those who do not follow dress code will call home for approved clothing.
 - We must not see your undergarments at any time. – This includes stretching!
 - Yes, this includes your arm pit! Yes this includes your back/shoulder blade area! Yes, this means for boys, too!
- Change of clothes in case of rain. Yes, we will practice unless I see lightening!
- Optional Money for food extra drinks
- Lunch may be provided at school, maybe a bagged lunch, but you should prepare to have someone drop food off for you.

Suggested (not required)

- CamelBak backpack (water) or Refillable Water Bottle
- Sunglasses and/or hat
- Light colored clothing
- SUNBLOCK SPF 35+
- Personal Small towel for sweat (Deodorant)
- Lotion/Goldbond/Chapstick
- Rainwear (Poncho-Rainjacket)
- Extra Socks and Shoes
- Insect Repellant in case of grassy area

Prohibited (DO NOT BRING)

- Hair Spray (Indoors)
- Perfume (Allergic Reactions)
- WHITE Clothing (Rain/sweat)
- Tank Tops
- Camisoles
- Sofies
- Flip Flops
- Boots
- Sandals (Yes, even the strapped kind)
- Flats
- Cell Phone Use (except during breaks)

Cell Phones are NOT ALLOWED on you at any time we are rehearsing! We will take breaks where they may be used. If your parents must contact you, they can call the band office at (423) 562-3885.

Any student caught using a phone during rehearsal will be sent home!

Marching band quick reminders:

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Water (You NEED to drink water, not soda, milk or energy drinks. They will make you sick!)
Camelbak is a backpack you can purchase that holds liquid for you! Highly Encouraged!
Sunblock/sunscreen - You will spend at least 4 hours in direct sunlight every day!

Food - The first 3 days of the first week, lunch should be provided by school (You are welcome to bring your own)

If you want to order food, it must be there by lunch time. No student may leave campus for any reason (**EVEN IF YOU ARE 18**). **Leaving will dismiss yourself from the band program completely! No excuses!** If your parents trust you with us at 8:00am, they expect you to be there at 4:00pm.

However, you should bring small snacks to eat during small breaks.

The second week's food will not be provided. You need to have plans to bring food or for food to be brought to you.

Pencil/Paper is required to write coordinates.

At the beginning of camp, be prepared to be fitted for your uniform.

Uniform rental is included in your band fees. However, your shoes, gloves and folios are not! You need to be prepared to purchase shoes, gloves, folios, extra folio pages, and lyres from Lunsford's Music during the first couple days of camp. Approximately \$60.00.

You will not march without having all of these purchased

Week 1 - 8:00 am to 4:00 pm

Week 2 - 2:00 pm - 9:00 pm

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Dress code

Students need to wear comfortable, athletic clothing that fits within school dress code.

Tennis shoes/marching shoes are required. No Boots, No Sandals, No Flip Flops!

Students must wear shirts at all times! Undergarments must be fully covered at all times.

Shorts must be at least finger-tip-length when shoulders are fully relaxed. Shorts shorter than finger-tip-length must have another pair of compression shorts, or equivalent, underneath.

Yoga pants, leggings and similar pants are not allowed unless a shirt is worn over that reaches finger-tip-length (like shorts).

Tattoos must be fully covered!

Remember: You are here to work, not to worry about fashion!

You may be dismissed from the organization if there are any dress code infractions, REGARDLESS of time spent with this organization!!!!!!!!!!