

# 2017 Panther Marching Band

## Student/Parent Acknowledgement of Band Camp Expectations

Must be signed and returned by 8/7/17 - 9:00 AM

Dear Students and Parents,

On August 7, the 2017 Panther Marching Band Camp will begin. This 8-day camp is designed to prepare students for the marching band season through the teaching of marching and movement basics, musical fundamentals and of course, our 2017 competitive show. The focus of this camp is educational, but it will take place under some challenging physical circumstances. Please read the following, sign and return to the Drum Major, Robert Bryant by 9:00 AM on August 7, the first day of camp.

During Band Camp, students must be prepared for:

- Sustained moderate physical activity
  - This consists of walking, stretching, marching at slow speeds, holding an instrument for extended periods of time
- Brief periods of vigorous physical activity
  - This includes marching at high speeds and physical activities designed to aid students in said marching (jogging, jumping jacks, pushups, situps, brief sprints, etc.)
- Extended periods of time outside
  - Students can expect to spend 5-7 hours outdoors each day
  - Average August temperatures are in the low 80s but there is always potential for temperatures to reach into the 90s. Please take note of the weather forecast for both weeks.
  - Occasionally we will rehearse outdoors during rain. Care is taken to protect student instruments.

Precautionary measures to be taken by *students*:

- **SLEEP**
  - Students must come to camp well rested! Research shows adolescents needs at least NINE hours of sleep per night. Many of our children try to get by on much less, however, this will be a physically demanding two weeks. Rest simply cannot be stressed enough.
- **WATER**
  - Hydration is absolutely necessary. Students will be losing **pounds** of sweat throughout the week. It is imperative to replace this with water. We recommend all students bring at least a half gallon water jug each day (gallon recommended). Students should also drink extra water the day and night before camp.
  - In addition to water, drinks that replenish electrolytes (Gatorade, Powerade, coconut water, etc.) are recommended in moderation. This drinks often contain high amounts of sugar which could result in a crash later in the day.
  - **NO CAFFEINE** - caffeinated drinks dehydrate and also cause students to crash late in the day. Energy drinks (Monster, Red Bull) and coffee are possibly the worst thing a student can drink before, during or after a day of band camp
- **FOOD**
  - Students must eat a complete breakfast and pack a healthy lunch each day. Low sugar foods and foods with high protein or complex carbohydrates are best for sustained energy. Students will not be able to make it through a day of camp without a full stomach.
- **SHELTER (from the sun)**
  - Students must protect themselves from the sun. We will be in direct sunlight for extended periods of time. Sunscreen of at least 30 SPF is necessary for students of ALL SKIN TYPES. All students can burn and all students can be harmed by UV rays.

***MORE ON BACK***

- Clothing should be loose and breathable. Students who wear jeans, sweatshirts, and other clothing not appropriate for August sun will be putting themselves at risk for heat exhaustion and other dangerous health conditions
- Sunglasses and a hat are highly recommended
- Medical form
  - Parents will complete the Student Activities Medical form and return with this document

Precautionary measures to be taken by the *directors*:

- Water breaks
  - When outdoors, students will be given no less than 4 breaks per hour for the purpose of hydration and shelter from the sun
  - 3 of these breaks will be short in duration specifically for hydration
  - At least one break per hour will be extended (up to 15 minutes if necessary) for rest, shade, snacks and more intense hydration
- Lunch break
  - Students will be given an opportunity each day for lunch indoors. Lunch breaks range in time from 30-45 minutes.
- Close observation of students
  - The directors will monitor the students throughout each day of camp
  - Any students showing signs of dehydration, severe sunburn, heat exhaustion, malnutrition, or other illness will be moved indoors immediately and a parent or guardian will be contacted to take the student home for the remainder of the day

In conclusion, Band Camp should be a memorable educational experience for our students! There's lots of hard work but also a lot of fun. The truth is, not all students are experienced being outdoors in August weather for this kind of extended time. With proper preparation however, we believe our camp is safe and productive. Every member of the marching band is important and we want every member to be healthy and physically able to participate.

If you have any further questions or concerns please email BOTH Mr. Parker ([fparker@qcsd.org](mailto:fparker@qcsd.org)) and Mr. Santanello ([jsantanello@qcsd.org](mailto:jsantanello@qcsd.org)) and we will get back to you as soon as possible.

Thank you!

**I acknowledge that I have read this document and agree to comply with the student precautionary measures in an effort to participate safely in the 2017 Band Camp.**

**I also acknowledge that I will turn in my medical form and complete it with all necessary information.**

**Student acknowledgement: I will immediately report any illnesses, injuries or other medical concerns that may occur to me to the directors. I will not withhold this information for any reason.**

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date