



# Jupiter High School Band Department

## 2008 Band Camp Information

All Band Camps will be held at Jupiter High School. It is a high intensity time of learning and camaraderie. During this week you will refine your marching skills and learn the drill for the 2008 show.

This will be a lot of fun and a lot of work!

Be ready! Be Ready Physically, Musically and Mentally!  
Make sure you get outside a few times a couple weeks before camp  
and do some physical activity.  
(Don't forget to wear sun screen and a hat!)

### Items you must bring:

- 1) **green shorts and solid white shirt\*** (no logos/art on shirt...T-shirt is ok)  
(Guard members wear gold shorts and white T-shirt)
- 2) **light colored hat or head covering\***
- 3) **socks and sneakers – no sandals, high tops or skate shoes, \***
- 4) sunscreen and Blistex DCT Daily Conditioning Treatment
- 5) sunglasses
- 6) **thermos/cooler with water\* - at least a gallon! (frozen jug of water)**
- 7) personal hygiene items as needed – no aerosol cans
- 8) any medication that you need

**\* You may be sent home if you do not have these items.**

### It is extremely important for you to follow these guidelines.

- Drink lots of extra water the day before band camp and each night of camp.
- Get plenty of sleep.
- Have a good breakfast before camp each day. Include fruit. It is recommended that you do not eat high sugar content foods or milk for breakfast.
- We will be expending a lot of energy in hot conditions. Some of you will work harder than you ever have before! People who skip breakfast or stay up too late the night before may experience light-headedness or nausea...really!

**We will be outside much of the day. Plan accordingly!**