

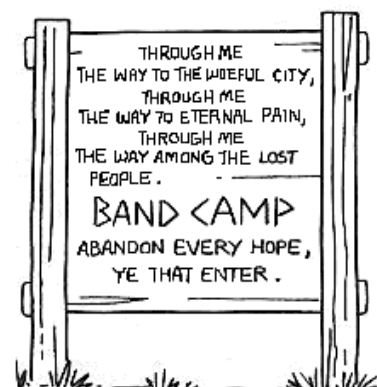
# STOW-MUNROE FALLS HIGH SCHOOL

## BAND CAMP HANDBOOK



NAME \_\_\_\_\_

This packet contains all of the information you need for camp. It must accompany you to band camp! Please check the items in *italic* as these represent changes or clarifications for this year.



### IMPORTANT NOTES: *new items in italic*

- HIGHLANDS #1: Women & Pop/Pizza Sales Lobby HIGHLANDS #2: Men & the Clinic (nurses)
- \$3.00 will be collected for the before lights out on the first day of camp for the end of week party.
- We will meet in parade block on the sidewalk between dorms before every meal. *To be dismissed you must be in Squads.*
- Wake up, meals & room checks are always as scheduled. The remainder of the schedule may change depending on the weather (rain, excessive heat, etc) and/or progress or lack of progress of the group.
- *The Band Parents will have soda, Gatorade and water for sale for sale in the lobby of DORM #1. Please do not pack any drinks as they can be purchased from the band parents at a low cost. Pizza orders will be taken during afternoon free time. Payment is required when ordered. If you are in penalty wing you **are not** permitted to leave to get your pizza., it may picked up after penalty wing. *You may not order any other food for carry in purposes.* Students may order food for Sunday night at camp during packing day on Saturday.*
- LANYARDS containing keys and meal cards must be worn around the neck at all time. Lanyards are color coded by FLOOR and DORM and can not be switched with other students. *Students are only permitted on their OWN FLOORS or in the Lobby or Gathering Room of our dorms.*
- *Student must sleep in rooms selected/assigned. "Sleep overs" are not permitted.*
- We encourage **Alumni** to visit between 5-9pm. *Alumni visitation should only take place on our practice field or in the court yard area outside our dorms (during free time). Band students may not leave the dorm courtyard with alumni and alumni are not permitted to enter any dorm. Failure to observe these rules will result in you being sent home.*
- **BONUS FREE TIME:** Students who are up to date with the testing, will have an additional free time from 9-10pm. Students will need to show their signed testing card to enter the building. All other students must be practicing to get caught up in the defined area.
- CELL PHONES: Cell phones should only be used during free times (3-5pm) or (9 -11pm). Phones seen or used during any other times (including penalty wing & after hours) will be confiscated and returned at the end of camp. If you become upset, sick or homesick, talk to a director, nurse or chaperone. We will contact your parents if necessary. The directors are legally responsible for your well-being while at camp. It is for this reason that we can not be left out of the loop.

→<sup>1</sup> **STAIRWAYS/ELEVATORS** You are only permitted to use the Stairs in the front entrance of each building. Other stairs and doors near them are for FIRE EXITS ONLY. Before meals and rehearsals students should use the stairs in the front of the building and leave the elevators for emergency use or injured student use only.

## **ITEMS NEEDED FOR BAND CAMP:**

**Dorm Rooms Provide the Following Items for each student:** Bed/Mattress, Desk, Chair, Closet, Dresser

**\*\*\* STUDENTS SHOULD BRING FULL SHEETS or A SLEEPING BAG \*\*\***  
**A FAN IS NOT NEEDED AS THE DORMS ARE AIR CONDITIONED**

**NO TELEVISIONS or CONSOLE GAMES ARE PERMITTED.**

___ Instrument (extra reeds/oil)	___ Pencil	___ Charts (squad leaders only)
___ Music in Flip Folder	___ Music Lyre	___ Markers (squad leaders only)

### **CLOTHING:**

\_\_\_ T-Shirts  
 \_\_\_ 2 pairs of good fitting tennis shoes  
 \_\_\_ Jeans and/or shorts  
 \_\_\_ Baseball Cap or Hat  
 \_\_\_ Hoodie or Jacket  
 \_\_\_ Underwear and compression shorts  
 \_\_\_ Socks  
 \_\_\_ Raincoat or Umbrella

### **LINEN-BEDDING**

\_\_\_ Linen: Full Bed Sheets or Sleeping Bag  
 \_\_\_ Pillow & pillow case  
 \_\_\_ Blankets (2) or a bed roll

\*\*\* No sleeping on a bare mattress

### **TOILETRIES:**

\_\_\_ Washcloths  
 \_\_\_ Towels including *Hand Towels (no paper Towels provided)*  
 \_\_\_ Bath Mat (1-2 per room)  
 \_\_\_ Soap/Shampoo (*no soap provided*)  
 \_\_\_ Comb - Brush  
 \_\_\_ Deodorant  
 \_\_\_ Toothbrush- Toothpaste  
 \_\_\_ Razor / Hair dryer  
 \_\_\_ Cosmetics (*no nail polish*)

### **MISCELLANEOUS**

\_\_\_ Sunglasses  
 \_\_\_ Suntan lotion - sun screen  
 \_\_\_ Small bottle for water on the field  
 \_\_\_ Pencils: this is a **must!**  
 \_\_\_ Watch and/or alarm clock  
 \_\_\_ Coins, Spending Money (\$20)  
 \_\_\_ Flashlight  
 \_\_\_ Notebook, pens  
 \_\_\_ Snacks /Munches (think small)  
 \_\_\_ ACE Bandage & Braces  
 \_\_\_ Wax for Orthodontics

## **General Rules & Regulations for Band Camp**

1. All school and band rules as set in the SMFHS Band Handbook apply during band camp. If a student is found in violation of any rule, parents & the school administration will be notified & the student may be sent home.
2. Be on time and prepared for all activities. (i.e. extra reeds, valve oil, etc.)
3. All rules are enforced by chaperones and camp staff for your safety. Always be polite and respectful. Any changes in or deviation from the schedules can be made only by the directors. Don't assume anything.
4. Returning to the dorms during rehearsal times or full group activities (including meals) without permission from the directors is not permitted. You must always take a chaperone with you.
5. No band member will leave the camp or grounds of Edinboro during the week for any reason without director permission. Students must remain on the campus at all times. Travel in groups of 3 or more----never alone!
6. Do not fraternize with the college students.
7. There are always several entrees offered at each meal. All students are required to eat something. Cereal, Peanut Butter & Jelly are available at each meal for those who do not like the main selections. Salads, Desserts, Ice Cream are available at lunch and dinner. Drink plenty of fluids to replace what you are losing during rehearsals. Caffeinated drinks (colas) can contribute to dehydration. Students special diets should speak to the directors prior to leaving so arrangements can be made.
8. **STUDENTS ARE ONLY PERMITTED TO BE ON THEIR OWN FLOOR IN THEIR OWN DORM** the exemption to this is the first floor lobby and gathering room of our dorms which are open to all students.

9. Articles Prohibited in Resident Hall Rooms Include:

- |                                     |                                     |                              |
|-------------------------------------|-------------------------------------|------------------------------|
| - Alcohol or Drugs                  | - Water balloons, Squirt guns, etc. | - Shaving Cream Fights       |
| - Animals or Pets of any kind       | - Microwaves or Refrigerators.      | - Fingernail/Toe Nail Polish |
| - Guns, Knives, Firearms, Fireworks | - X-Box, Play Stations              | - Open flames                |

10. *Where there are 2 sets of doors (hallway & bed room) in your suite, the hallway set of doors must be propped open at all times there is someone in the room. You will still be able to lock your own bedroom door. This is for your safety.*

11. Treat all property with care. Nothing may be hung on doors or walls. **Any damage will be charge to the student.**

12. The cleanliness (inside and out) of the dorm is the your responsibility. *This includes the your bathroom. Anything inside the dorm rooms will not be cleaned by the Edinboro staff until we go home! Keep your room/bathroom clean.*

13. Room Keys must be kept on the lanyard around the neck. The University will charge you for lost room keys.

14. Students must be on their own floors by 10:00PM & in Rooms by 10:50. Room Check & Lights out is at 11:00.  
*From 11:00 PM to 6:00 AM no one is permitted out of their rooms for any reason.*

15. Recreation is available however university rules must be followed. **IT IS YOUR RESPONSIBILITY TO BRING THE NECESSARY ATHLETIC EQUIPMENT. LIFEGUARDS ARE IN COMPLETE CHARGE OF THE SWIMMING AREA.**  
*We have a sand volleyball court available this year.*

16. There is absolutely no wrestling, fighting or horseplay permitted at anytime when at camp.

17. **BE EXTREMELY CAREFUL WHEN CROSSING THE ROAD FROM OUR DORM TO THE FIELD. WATCH TRAFFIC!!!**

18. *Students needing to use the restroom must notify a chaperone with them to the Lobby of Dorm 2.*

**EDINBORO DOES NOT PERMIT THE FOLLOWING SPORTING EQUIPMENT:**

- |                             |   |
|-----------------------------|---|
| a. Skateboards/Rollerblades | c. Lacrosse Racquets use inside buildings |
| b. Football of any type.    | d. Bikes                                  |

## **FIRE EVACUATION PROCEDURES:**

1. **LOOK FOR THE PRIMARY EXIT:** The primary EXIT is the Exit nearest your location. The nearest exit should be used unless blocked by fire, smoke or any other condition marking it unusable. If blocked, proceed to the next exit. **IF HEAVY SMOKE:** Remain in your room until help arrives.....stay close to the floor.

2. **DO NOT USE ELEVATORS:** Do not use elevators during an emergency.

3. **GROUP MEETING PLACE:** Remain calm and walk, do not run. Stand with roommates in across the road on our practice field

## **MEDICAL GUIDELINES**

1. **ALL MEDICATIONS MUST BE GIVEN TO THE NURSES SATURDAY DURING THE PACKING TIME IN THE ORIGINAL PRESCRIPTION BOTTLE PLACED INSIDE A ZIPLOCK BAG MARKED WITH YOUR NAME.**

2. **ALL MEDICATIONS WILL BE ADMINISTERED AND OVERSEEN BY THE NURSES.** No medications other than inhalers and epi-pens may be keep in your possession. This includes Ibuprofen, Tylenol etc. Epi-pens and inhalers may be keep with the student with a signature on the Emergency Medical Form.

2. If you become ill, inform a director, chaperone and the nurse.

3. Any student who can not participate in field work due to injury will refrain from activities which may lead to further injury during free time. Failure to follow the advise of the nurse or director will result in the loss of the student's free time. Students who are injured must remain on the sidelines following what the band is learning unless informed otherwise by the nurse.

4. Please complete the Emergency Medical Update if there have been any changes/additional changes since June.

## **ABOUT THE CLINIC: Located in Dorm #2**

**Band Clinic Hours for Daily Medications:** You should report at the times listed below.

- \* **If you take medication in the morning:** Before Parade Block/Breakfast or right after breakfast
- \* **If you take medication at lunchtime:** Right before or right after lunch
- \* **If you take medication at dinnertime:** Right before or right after dinner
- \* **If you take medication at bedtime:** After penalty wing until 10:45 pm

**ALL MEDS WILL BE DISPENSED FROM DORM #2**

## **DRESS CODE FOR BAND CAMP:**

1. Appropriate attire is expected while at camp. **Men must wear shirts** and women must wear appropriate tops (i.e. no strapless, braless or swimsuit tops) during rehearsals.
2. **No bare feet or sandals are permitted outside the dorm.** **Socks & Shoes** must be worn while on the field.
3. Swim Suits or Clothing (not Towels) must be worn to and from the pool.
4. Wear Hat & Sunglasses: this will prevent headaches. Sunscreen are a must.....bring and use them!!!!
5. Use Sunscreen and Sun-blocking chapstick. If you forget the nurse will have them.

## **WEATHER CONCERNS:**

Watch the Forecast for Edinboro PA: Pack accordingly. If warm dress in light colored clothing and wear a hat. Water breaks will be given throughout the practices but students may always keep a bottle of water with them on the field. If you begin to feel sick or dizzy, please sit down immediately and have someone get the nurses or directors. Also plan for possible colder or wet days. Pack a hoodie, sweats, a raincoat or umbrella. To have a safe and successful camp get in shape before camp and become acclimated to the conditions.

## **PERCUSSION & TUBAS AT CAMP:**

All instruments will be uncased upon arrival at camp and the cases placed back in the Band Bus. During the day percussion & tubas will be left outside the dorm, arranged in a neat order. After the evening practice, all drums and tubas will be stored in your Dorm's Gathering Room.

## **BAND CAMP SCHEDULE: (may change)**

### **MONDAY THROUGH FRIDAY SCHEDULE**

6:00 AM	Wake up
6:45 AM	Meet in Parade Block for Attendance and dismissal for breakfast.
7:00 AM	Breakfast (everyone must attend)
8:00 AM	<u>Mandatory private practice</u> You are in your own room with the door open.
8:40 AM	Outside for stretching, parade practice, drill rehearsal & Testing
11:45 AM	Return to dorm: clean-up for lunch
11:30	Lunch (everyone must attend)
12:45	Outside Music Sectionals & Testing
1:30	Drill Rehearsal
3:15	Free Time
4:30	Supper
6:00	Drill Rehearsal & Testing
9:00	Penalty Wing or Free Time for all those tested off.
10:00	In the Dorm, on own floor.
10:50	In Room, (Showers taken, all other needs taken care of)
11:00	Room Check & <b>LIGHTS OUT NO ONE OUT OF ROOMS BEFORE 6:00AM</b>

