

The PHS Red Raider Band Camp begins Tuesday, August 3rd.

The daily schedule for Tuesday, Wednesday and Thursday will be as follows:

8 – 10 AM Prospective Section Leader Meeting

10 – Noon Freshmen Orientation w/ Prospective Section Leaders

1 – 4 PM All members of the PHS Band

5 – 8 PM All members of the PHS Band

Meals are not provided to the students but students are welcome to bring a sack lunch or anything that can be heated/reheated in the microwave oven.

Summer Band Camp Guide

Summer Band Camp kicks off the new school year each summer in August. Some helpful tips and reminders are as follows:

Tips for a positive Summer Band Camp Experience

1. Bring your instrument and all associated items necessary to play - mouthpieces, reeds, slide/valve oil, etc...
2. Bring your flipbook & lyre - make sure it's in good working order.
3. Incorporate healthy foods in the daily diet including grains, fruits and vegetables, dairy and meat/poultry/fish to give you the fuel needed to exercise.
4. Bring a full water jug or bottle so you have access to water while we are rehearsing on the field. Hydrate well before, during and after practices.
5. Proper footwear is essential: flip flops and sandals just don't cut it for marching
6. Wear light colored clothing to avoid overheating during practice.
7. Sunscreen is important as we will be spending a few hours outside at a time
8. Bug spray is sometimes needed, especially during evening practices.
9. Limber up with appropriate stretches and warm ups and cool downs after practice.
10. When you have breaks during practices, seek out shade to help cool down.
11. See " **Tips to keep marching bands healthy and hydrated**" below for more helpful info.

UNIFORM & DINKLE FITTINGS:

If you are a current student in need of a new uniform fitting and new dinkes, or if you are an incoming freshman band student, you'll need to be fitted for a marching band uniform and also fitted for and order dinkles (marching band shoes).

Fittings are by appointment only, during Summer Band Camp. Please call Kathy Proctor at 920-246-3602 to set up a fitting appointment. Please call after 4pm on week days or at any time during the week end.

NOTE TO PARENTS: Sometimes we do have used dinkles available for purchase; please ask Kathy Proctor about this if you are interested.

ALSO....incoming freshman will need to make sure they have the following items for band. The entire list is as follows:

1. Dinkles (marching shoes)
2. Pep Band Shirt (ask Kathy Proctor about this, she has them)
3. Black Shorts (parade casual dress)
4. white socks for parades (parade casual dress)
5. black socks (formal uniform dress)

6. white t-shirt for formal uniform dress (wear under uniform)
 7. Flip folder for marching band music and lyre
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Tips to keep marching bands healthy and hydrated

Timely Recommendations to Ensure Band Members are Well Prepared for Activity DALLAS , August 7, 2006 — With the beat of a drum, the blow of a whistle, and the blare of the brass section, marching bands across the country are practicing formations and new musical routines in anticipation of the start of the school year. Recognizing the unique needs of these performers, the National Athletic Trainers' Association (NATA) has issued timely guidelines to ensure safety on the field and in the parade line. "Marching band members, just like athletes, need to be well conditioned and prepared for the rigors of band practices and performances. These unique athletes are often in formations for long periods of time, wearing heavy clothing in warm weather conditions, and carrying instruments that require dexterity and strength," said Brian Robinson, MS, ATC, chair of NATA's Secondary School Athletic Trainers' Committee. "It's critical for band directors to work closely with school athletic trainers and medical professionals to develop a safety protocol to ensure band members march on the field fit to perform at their best."

NATA recommends the following tips for parents, band directors, medical professionals and marching band members:

1. **Prepare for Activity:** Students participating in marching bands should receive a general health exam prior to activity to make sure they are fit to perform. Be sure to discuss any pre-existing conditions with the physician.
2. **Put a Plan Into Place:** Develop a written emergency plan in consultation with an athletic trainer and local emergency medical service. Share it regularly and review it with the appropriate band directors/supervisors, school administrators and medical staff.
3. **Get Ready to March:** Band directors, athletic trainers and parents should ensure that students are physically and mentally conditioned for marching band activities. Encourage students to start with 20 minute walks outside and gradually increase distance of time approximately four weeks before the marching band season starts. Limber up with appropriate stretches and warm ups and cool downs after practice. Increase rigorous routines gradually so students can tone their muscles and increase strength. This will help to reduce aches and pains as well as fatigue from long practices and challenging routines.
4. **Acclimatize to the Heat:** Acclimatize students to outdoor warm weather conditions. Start routines slowly and build endurance. By working out and walking in the heat or non-air conditioned environments, students can condition their bodies to adapt and better perform in the heat.
5. **What to Wear:** Wear light or white colored shorts and t-shirts to avoid overheating during practice. This is especially important for anyone carrying heavy instruments for long periods of time. Save the formal attire — heavy hats, dark clothing and shoes — for dress rehearsals and get comfortable in them before game day. Be aware that the weight of the material and dark colors keep heat "in."
6. **Hydrate, Hydrate, Hydrate:** Establish a hydration plan that allows band members to drink water or sports drinks such as Gatorade throughout practice sessions (about 7-10 ounces every 10-20 minutes). It is important to hydrate before AND after routines. Without proper hydration, they are at risk of developing exertion heat related illnesses. Make sure that band

members have sports drinks and water should always be available. Don't assume they can share with sports teams.

7. **Seek Shade:** Be smart when it comes to the sun. Stand in the shade during rest breaks or half time to cool down before and after practices and performances.

8. **Fuel for Success:** Incorporate healthy foods in the daily diet including grains, fruits and vegetables, dairy and meat/poultry/fish to give them the fuel they need to exercise. A balanced and moderate approach is always the best bet.

9. **Make Use of Musical Instruments:** Students should hold and manage sousaphones, drums, flutes and other instruments correctly to avoid ergonomic injuries.

10. **Stay Fit in Formation:** Since bands are often in formation and standing still for long periods of time — especially when on parade routes or during practice — students should move fingers, knees and toes slightly to keep circulation flowing and joints loose and flexible.

11. **Monitor Band Members:** Band members should be monitored at all times on the field for signs of heat illnesses by a parent, band director, certified athletic trainer or other individual.
Inspect Fields and Routes: Remove debris, water, rocks and other hazards from the field or parade route. These small obstacles can lead to twisted ankles, bruised knees, scraped elbows or other more serious injuries.

12. **Stock the Kit:** Stock a first aid kit and keep it onsite for medical emergencies. Include supplies for wound management and bee stings, such as elastic wraps and band aids, disposable ice packs, tape and wound cleanser, among other items.