

# 2024 Viper Vanguard Band Camp

July 22-25 and July 29-Aug 2

Daily 8am-6:00pm

IMPORTANT- Every student must have physical clearance completed prior to participation in band camp. Incomplete physicals are NOT AN EXCUSE to not participate. Please complete necessary steps to get cleared prior to camp. Information can be found on the band website, [www.lbvanguard.org](http://www.lbvanguard.org)

## Daily Schedule

Following is a rough idea of the daily schedule for camp. Obviously everything is subject to adjustments based on weather or other elements.

8:00- Meet In LBV Band Room. Report to proper section instructors (winds, percussion, color guard) for rehearsal.

8:15am- Rehearsal block 1 begins. Visual fundamentals/physical warm-up outdoors

9:45am- Break

10:00am- Rehearsal block 2 begins. Visual staging/fundamentals outdoors on practice areas.

11:45am- End of Morning Rehearsal. Lunch can be brought or you can take advantage of free, provided lunch from the school cafeteria.

12:30pm- Student activity

12:45pm- Afternoon rehearsal block 1 begins, in sections. Music focus indoors.

3:00pm- Break

3:15pm- Afternoon rehearsal block 2 begins. Music focus/ensemble indoors.

5:15pm- Ensemble meeting in auditorium

5:45pm- Dismissal

Generally speaking, mornings will be spent outside and afternoons indoors. We will have plenty to do both outside and inside! During all outdoor rehearsals water breaks will be given every 20 minutes. The longer breaks are designed to get a break from the sun.

ALL STUDENTS MUST HAVE A PHYSICAL ON FILE PRIOR TO CAMP

It is critical for your success that you have the following supplies ready for camp, in addition to your instrument.

## Camp Supplies

### Attire

- Sweet shades
- A really cool ball cap (or a wide brimmed hat; that really helps block the sun)
- APPROPRIATE athletic /flexible clothing (no JEANS)
- Socks, no exceptions
- GREAT athletic shoes (running, cross training, good insoles; don't replace original insoles)
- Clearly labeled ½ min/max water jug (Coleman brand or igloo brand are good options)

## Backpack (sturdy & waterproof)

- Black binder (minimum 1 in.) w/ sheet protectors
- Mechanical pencils, pen(s)
- Sunscreen (SPF 30 or above)
- Healthy snacks to eat during breaks
- Highlighters
- Rain gear/garbage bag (big enough to fit backpack in)
- Extra valve oil/grease/reeds (in reed guards)
- Bug spray
- EXTRA socks ("If your socks get wet, it's all over.")
- Deodorant (you'll thank me later)

On the final day of Camp (Friday, August 2nd) we will have a "preview" performance of our show. The performance will be at 7pm with a mandatory parent meeting to occur beforehand at 6pm.

We look forward to a great camp together!! See you in July.