

BCHS Cougar Band Camp Schedule

B.C. Blue! Camp	July 22, July 23 (2:00 PM – 9:00 PM) and July 26, July 27 (4:00 PM – 9:00 PM)
Percussion Camp Week #1	July 26 – July 30 (10:00 AM – 5:00 PM)
Winds and Auxiliary Camp Week #1	July 28 - July 30 (2:00 PM – 9:00 PM)
ALL Cougar Band Camp Week #2	August 2 - August 6 (4:00 PM – 9:00 PM)

All students are to report and check-in through the Main Entrance of the High School (**NOT** the Band Room Doors). If you have completed your paperwork and fee payment, keep an eye out for an email the night before band camp that will contain a "Cougar Band Fast Pass". Print out or have your phone to pass the check-in line each day.

Please email BCHS Band Booster President, Julie Ryon at jryon23@gmail.com with any fee or paperwork questions.

START DRINKING WATER NOW!!! – Please begin drinking lots of water prior to the beginning of band camp so that your body is well hydrated before being outside for the evening rehearsals.

Percussion Week #1 Daily Schedule:

10:00 AM	Warm-Up and Ensemble Rehearsal
1:00 PM	LUNCH. You may leave campus or bring a sack lunch.
2:00	Ensemble Rehearsal
4:45	Rehearsal Notes and Dismissal

The band room will be open starting at 9:00 AM every day. You can use this time to practice or memorize your music if you do not have adequate practice space at home. Please arrive by 9:45 AM.

Wind and Auxiliary Week #1 Daily Schedule:

2:00 PM	Warm-Up and Ensemble Music Rehearsal Auxiliary report to gymnasium
3:00	Brass Sectional with Mr. Robinson Woodwind Sectional with section leaders
3:45	Woodwind Sectional with Mr. Robinson Brass sectional with section leaders
4:15	Full Music Ensemble
4:45	Dinner. You may not leave campus. Chick-fil-a or Rita's will be available to purchase or bring a lunch. (<i>Chick-fil-a chicken sandwich or 8 chicken nuggets - \$4.00 and/or Rita's Ice - \$2.00</i>)
5:45	Move to Cougar Stadium.
6:00	Outdoor Ensemble Rehearsal
9:00	Return equipment to band room

The band room will be open starting at 12:00 PM every day. You can use this time to practice or memorize your music if you do not have adequate practice space at home. Please arrive by 1:45 PM.

Cougar Band Week #2 Daily Schedule:

4:00 PM	Warm-Up and Ensemble Music Rehearsal Auxiliary report to gymnasium
4:30	Brass Sectional with section leaders Woodwind Sectional with section leaders Percussion Sectional with section leaders
5:00	Full Music Ensemble
5:45	Snack Break. You may not leave campus. Please bring your own healthy snack items. (pretzels, granola bar, fruit)
6:00	Outdoor Ensemble Rehearsal
9:00	Return equipment to band room

The band room will be open starting at 2:00 PM every day. You can use this time to practice or memorize your music if you do not have adequate practice space at home. Please arrive by 3:45 PM.

Please note that all stadium rehearsals, the BCHS band room and other rehearsal areas are closed to parents and visitors during Band Camp.

What is the appropriate attire for Blue Camp?

- Caps & Hats
- Sunglasses
- Cougar Band shorts and dry-fit practice t-shirt
- Sneakers and socks (no sandals, flip-flops, or sliders)
- Masks are optional. You may wear a mask at any time, except when playing your instrument and marching.

What else should I bring with me to Band Camp?

- Cougar Band water jug filled with water.
- A pencil
- Sunscreen
- Bug Spray
- A Bag Lunch or money for dinner
- A snack for short breaks (pretzels, granola, etc.)
- Deodorant
- A great attitude!

What not to wear or bring to Band Camp:

- Avoid wearing denim and clothing made of heavy fabric.
- Avoid dark colored clothing.
- Absolutely no sandals, flip-flops, or sliders!
- No gum!
- No soda!
- Avoid bringing valuable items such as jewelry, electronics, etc.
- Cell phones are NOT allowed during rehearsals.

What else can I do to prepare myself for Band Camp?

- Arrive early! If rehearsal starts at 2:00PM, we plan on starting right at 2:00PM. Students should arrive early enough so that they can get their instruments together and do whatever else they need to do so that they can be ready to start at the scheduled time. (To be on time is to be late and to be early is to be on time.)
- Practice your instrument and work on memorization before camp and on free time during camp.
- Get a good night's rest before each day of camp.
- Drink plenty of fluids that do NOT contain large amounts of sugar or caffeine.
- Make sure you eat a healthy high protein/carb breakfast every morning.
- Take a shower and use deodorant. ☺

Please do not underestimate the amount of energy that is required during our Marching Band Season. It is important that all students properly hydrate themselves before and during rehearsals. Please be aware of your dietary choices. The food you eat is what will fuel you throughout the day. Choose meals that are high in protein and carbohydrates. Avoid all dairy products and foods and drinks that contain large amounts of sugar and caffeine.