



## *How to Have a Happier Band Camp!*

1. Begin exercising and getting used to the heat and humidity **now!**
2. **Drink a lot of water this summer and during band camp to stay hydrated!**
3. **Absolutely no carbonated beverages during band camp!**
4. Take care of your feet! **Take care of your feet! TAKE CARE OF YOUR FEET!**
5. Have a morning pair of tennis shoes/socks **and** an evening pair of tennis shoes/socks!
6. **Never leave wet socks and shoes on your feet after rehearsals are over!**
7. You may wear flip flops during sectionals!
8. **Never walk anywhere bare footed!**
9. **Always wear sun block when going outside and reapply during breaks!**
10. Wear a **hat** whenever you are outside!
11. Take advantage of your breaks by resting your body **and** your mind!
12. **Practice** marching basics throughout the summer!
13. **Practice** your instrument throughout the summer!
14. **Always eat breakfast before coming to camp! (no carbonated beverages or junk food!)**
15. Get lots of **rest** between rehearsals!
16. **Be early for everything...you will feel less stressed!**
17. Start waking up earlier the week **before** camp starts...not the day camp starts!
18. **Be HAPPY! You learn more and faster when you are in a GOOD MOOD!**

