



## *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!!!**
  - Never leave wet socks and shoes on your feet after rehearsals.
  - Never walk anywhere outside bare-footed.
  - Have a morning and evening pair of socks and shoes.
  - You may wear flip flops during sectionals.
5. **Always wear sun block when going outside and reapply during breaks!**
6. Wear a **hat** and **sunglasses** whenever you are outside!
7. Take advantage of your breaks and between rehearsals by resting your body **and** your mind!
8. **Practice** your instrument and marching basics throughout the summer!
9. **Always eat breakfast before coming to camp! (No carbonated beverages or junk food!)**
10. **Be early for everything...you will feel less stressed!**
11. Start waking up earlier the week **before** camp starts...not the day camp starts!
12. **Be HAPPY! You learn more and faster when you are in a GOOD MOOD!**

