

Walled Lake Central High School Marching Band



Band Camp Handbook 2019

August 4-7, 2019

YMCA Camp Nissokone


6836 F41

Oscoda, MI 48750

Camp Daily Schedule

7:45 a.m.	Breakfast
8:30-11:30 a.m.	Rehearsal
11:45 a.m-12:15pm.	Lunch
12:30—1:00 p.m.	Rest Time in Cabins
1:00—3:00 p.m.	Rehearsal
3:00—5:00 p.m.	Free Time
5:15 p.m.	Dinner
6:00 p.m.	Rehearsal
9:00 p.m.	Evening Activity
10:00p.m.	Shower, ready for bed
11:00 p.m.	Lights Out

Evening Activities

	<u>SUNDAY</u> Bonfire S'mores	<u>MONDAY</u> Ice cream Cards/games	<u>TUESDAY</u> Talent Show Senior Awards & Water Fight

Sample Menu- *Please note this menu is subject to change.*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST		Waffles, sausage patties, blueberries, **breakfast bar	French Toast, sausage links, **breakfast bar	Scrambled eggs, bacon, toast, breakfast burritos-tater coins, **breakfast bar
LUNCH	Chicken tenders with mac & cheese, applesauce, *salad bar	Subs, mac & cheese, pickles, celery, carrots & chips, *salad bar	Grilled cheese, tomato soup, pickles, chips, *salad bar	Tacos, chips, cheese, rice, beans, *salad bar
DINNER	Pizza, bread sticks, *salad bar	Baked chicken, baked potatoes, veggie/roll, *salad bar	BBQ cookout —burgers and hotdogs, potato salad, pasta salad, coleslaw, baked beans, watermelon	

* - Salad Bar includes fresh fruit and veggies and will change daily.

** - Breakfast Bar includes: milk, juice, cereal, oatmeal, cottage cheese, yogurt, fruit, and hard boiled eggs.

Medication Instructions

We value your child's privacy as well as their safety. In order to provide a safe environment for all students and follow state guidelines for medications, we ask that you do the following:

- Have just enough medication for the week we are at camp in an original, properly labeled prescription bottle or over the counter (OTC) bottle/packaging, with the dosage and consumption directions clearly marked on the bottle.
- Place the prescription bottle or OTC bottle and a 3 X 5 index card with your child's name on it in a sealed one-gallon plastic zip-lock bag.
- On Sunday, August 4th, before departure, the student should hand the medication baggie to their Bus Chaperone upon boarding.
- The Medical Director will maintain and administer the medication at camp. The band maintains a log of both prescription and over the counter medications for each student. If necessary, medication may be refrigerated.
- All prescription medications, including inhalers and EPI pens, require a prescription medication form that must be signed by your physician. The student may carry inhalers and EPI pens on their person if needed, but we still need to have the district medication form on file.
- **THE STUDENTS ARE NOT ALLOWED TO HAVE ANY MEDICATIONS (PRESCRIPTION OR OVER THE COUNTER) ON THEIR PERSON, EXCEPT FOR EPI PENS AND INHALERS AS STATED ABOVE. ALL MEDICATIONS WILL BE STORED IN THE MEDICAL CABIN.**

If you have any questions, please call:

Medical Director- Danielle Harfoot (248) 787-7574

We look forward to a fun and healthy week with your child!

HELPFUL REMINDERS TO DISCUSS WITH YOUR CHILD

HEAT AND DEHYDRATION

Marching Band Camp involves some strenuous activities on a daily basis. A great amount of attention has gone into planning the timing of this activity and providing plenty of breaks and rest time, but everyone needs to be aware of their fluid intake in warm weather. Our bodies rapidly lose fluid through sweating and "exertional breathing" that is involved in playing many instruments. If we do not replace these fluids, serious illness, including heat dehydration and heat stroke, can result. To keep this from happening, at every break we encourage the students to drink water or Gatorade and eat pretzels. The key point is if you wait until you are very thirsty to drink, it is most likely your body has already started dehydrating.

SUNBURN

We ask every camper to bring sunscreen, at least SPF 30, and lip balm with sunscreen. We recommend that each camper to apply at least twice daily to prevent sunburn. They will be on the field and other exposed practice areas for large stretches of time.

INJURIES

If your student has been fitted with any type of orthopedic device, such as a brace, splint or wrap, they need to bring it with them to camp. It is very important that they plan on using it to prevent an injury or complications. We will definitely provide lots of TLC and apply many band-aids, ice, and wraps as needed. We will contact you for anything serious in nature.

Marching Band Camp Rules

These guidelines are in place so that your camper will have a positive and enriching experience while at Band Camp. Please go over these with your child so they will understand the expectations while at camp. The students will also meet with the Camp Director and Assistants at Pre-Camp where they will also become familiar with these rules.

- Students will follow the WLC Student Code of Conduct as well as camp rules. Any breaking of these rules could result in the student's dismissal from the music program.
- Students will follow the WLC Dress Code.
- Drugs, alcohol, tobacco, and knives are prohibited per district policy.
- No students will be allowed to have a vehicle at camp.
- Students are expected to act like young adults and are to be courteous and respectful to anyone with whom they come into contact.
- Absolutely no HAZING (Hazing is defined as a person or group of people doing something to a person or group of people with the intent of causing physical or mental discomfort).
- NO BOYS allowed in girls cabins and NO GIRLS allowed in boys cabins.
- Students are to take advantage of rest time and are to engage in quiet activities during this time.
- Cell phones are to be used only during scheduled free time.
- At 11:00 p.m. students are expected to go to sleep and are not to leave their cabins. All cell phone use is suspended at this time. Band Camp runs on a very demanding schedule and everyone needs his/her sleep.
- Students are responsible for keeping their area clean throughout the week.
- No visitors will be allowed. Parents are not considered visitors.
- Students may not leave camp at any time.
- Work hard and have fun!!!

While we are at Camp Nissokone, we are their guest. They are truly looking forward to having us stay with them. It is a privilege to do so, and one we would like to have again next year. Please remember to show your appreciation and respect for their facility and their staff.

CHECKLIST

The following items are a recommendation for camp. If you have any questions, please feel free to ask the Camp Director or Assistants.

DO NOT BRING YOUR WATER JUG

- Bedding: Sleeping bag, pillow, sheets (camp beds have twin mattresses)
[preferably placed in a large labeled trash bag]
- Clothing: Daily change of clothes, including shorts and pants
(LIGHT COLORED CLOTHES KEEP YOU COOLER)
- Hat (loose fitting with brim—important!)
- Plastic bag to bring home wet/dirty items
- Pajamas
- Comfortable gym shoes for marching (2 pair would be good)
- Thick sport socks
- Sweatshirt or jacket and rain gear
- Swimsuit/ towel/swim shoes recommended--doubles as shower shoes
- Boxer briefs for boys (to avoid chaffing)
- Other: Instrument and music, **drill book**, pencil, reeds, valve oil, etc.
- ***Flashlight*** fresh batteries!
- Personal toilet articles (toothbrush, toothpaste, soap, shampoo, deodorant, etc.)
- Towels and washcloth
- Sunglasses, sunscreen, lip balm, talcum/Gold Bond powder & bug repellent (Avoid perfumed and scented products...they attract bugs)
- Camera, personal music players (iPhone, chargers, etc)
- *Be aware cell phone reception may be poor/wifi is not available*
- Favorite snacks, drinks, small tote w/lid for snacks (avoid chocolate)
DO NOT send 'Red Bull' or any other concentrated caffeine drinks
(note: no ice is available)
- **Please do not send snacks containing nuts**

VISITORS

Camp Nissokone, 6836 F 41, Oscoda, MI 48750

Parents are welcome and encouraged to visit Band Camp. However, please keep in mind the following guidelines:

- Check in with the Camp Director or Assistant Camp Director at the office upon arrival and departure. You must sign in and out of the office's Visitor Binder.
- Unfortunately, we cannot have you join us for a meal as we have contracted to feed only the students, staff, and chaperones, so please keep this in mind when choosing visiting times.
- You may not take your child off the camp premises for any reason.
- The instructional time is very important to the success of the program. Please do not interrupt or distract the Band Director, instructional staff, or students, while they are working, as this will cause undue distraction during learning time. Please remember that this is a class whereas your child receives credit. If you have any urgent questions or concerns, please contact the Camp Director.
- Alumni band members may visit. They are responsible for adhering to the same guidelines as above and must leave the camp premises no later than 9:00 p.m.

Camper Release Plan

All Walled Lake Central students shall be transported to and from Camp Nissokone by school buses and selected chaperones. In the event that a student should leave early, the following rules will apply:

Any early departures must be preapproved by Mr. Rogers and communicated to the Camp Director.

1. All campers are to be released to a parent/guardian (authorized person).
2. Authorized persons are to be directed to the Camp Director to sign their camper out. The release log shall contain the camper's name, the date and time of release, and the authorized person's signature.
3. Where custodial parent requests that a camper not be signed out to a non-custodial parent, such request must be in writing.
4. When a last-minute change occurs in who shall pick up a camper, the Camp Director or camp assistants may request to see a photo ID, a verification phone contact, or another form of identification.

CAMPER RELEASE FORM

If you know you will be picking up your child from camp on Wednesday, August 7, 2019, please turn this form in no later than 7:00 am Sunday, August 4th, 2019, to the Camp Director.

BAND CAMP TRANSPORTATION PERMISSION FORM

All Walled Lake Central High School Marching Band students shall ride to and from band camp on the charter bus. Should a variation from this plan become necessary, fill out the following form and submit to the Camp Director. The Camp Director will only release the student to those authorized by the parent (over the age of 21), with proper ID.

(Name of person), _____, has my permission to pick up
(child) _____ from band camp, on Wednesday, August 7,
2019.

(Child) _____ will not ride home on the bus.

Parent Signature

Date

Printed Name

Walled Lake Central Marching Band Camp Staff 2019

Director, David W. Rogers

Camp Director: Jennifer Mulder cell: (248) 787-5953

Camp Medical Director: Danielle Harfoot cell: (248) 787-7574

Camp Chaperones:

Jeff Aasgaard
Meaza Afework
Tracy Bennett
William Borden
Alina Carlisle
Chris Combs
Sheri Combs
Kristi Cornish
Alex DeBurie
Emma DeBurie
Kathy Gruzaz
Leo Gruzaz
Mike Jeneary
Scott Liebold
Steve Mather
Donna Mominee-Meier
Josh Mulder
Laurie Peggs
Christine Thornton
Jill Wetter

Instructional Staff:

Aaron Barrientos
Seth Williams
Zach Dearth
Chris Durand
Noah Granitz
Elena Harroun
Tommy Henning
Tyler Lindemier
Nick Pourcho
Amy Raffin
Holly Summerhill
Seth Williams

Arrival Information

Arrival time: 7:00 a.m. Sunday, August 4, 2019 ***PLEASE be on time!***

Buses scheduled to depart at 7:30 a.m.

Location: Walled Lake Central parking lot

Upon arrival at WLC:

1. Students should go to the white bus to load luggage. They should show their baggage check form with parent signature, load luggage, sleeping bags, etc., IF they come without a completed bag check form, a chaperone will perform the inspection WITH the student and sign a form for the student to turn in at their bus.
2. Students should use the restroom. The drive to Oscoda is 3 hours, we would like to make the drive without a pit stop.
3. Students then go to their assigned bus with their bag check form, (Buses are lined up in order #1, #2, etc.) and pick up a water bottle for the bus ride.
4. Students should sign in with bus chaperone, hand in their bag check form and any medications, then board bus and stay on the bus until we depart for camp.
5. Once all students have boarded their assigned busses, we will depart for Camp Nissokone!

Bag check-Parent

I _____ have searched my child's bags for the WLC marching band trip to Camp Nissokone. I understand that if my child is found to have any items that violate the Walled Lake Schools student code of conduct, my child may be excluded from activities at camp or sent home from the camp and I will be called to pick my child up.

Parent signature

Date

Student Contract

I _____ did not bring any items that violate the Walled Lake School student code of conduct. I understand that if I am found to have any of these items, I will not be allowed to participate in activities at camp and my parents may be called to pick me up from camp. I agree to exhibit positive behaviors as I represent the band, Mr. Rogers, Walled Lake Central while at camp. I understand that I am expected to be respectful to the staff, chaperones, camp staff, and my peers.

Student signature

Date