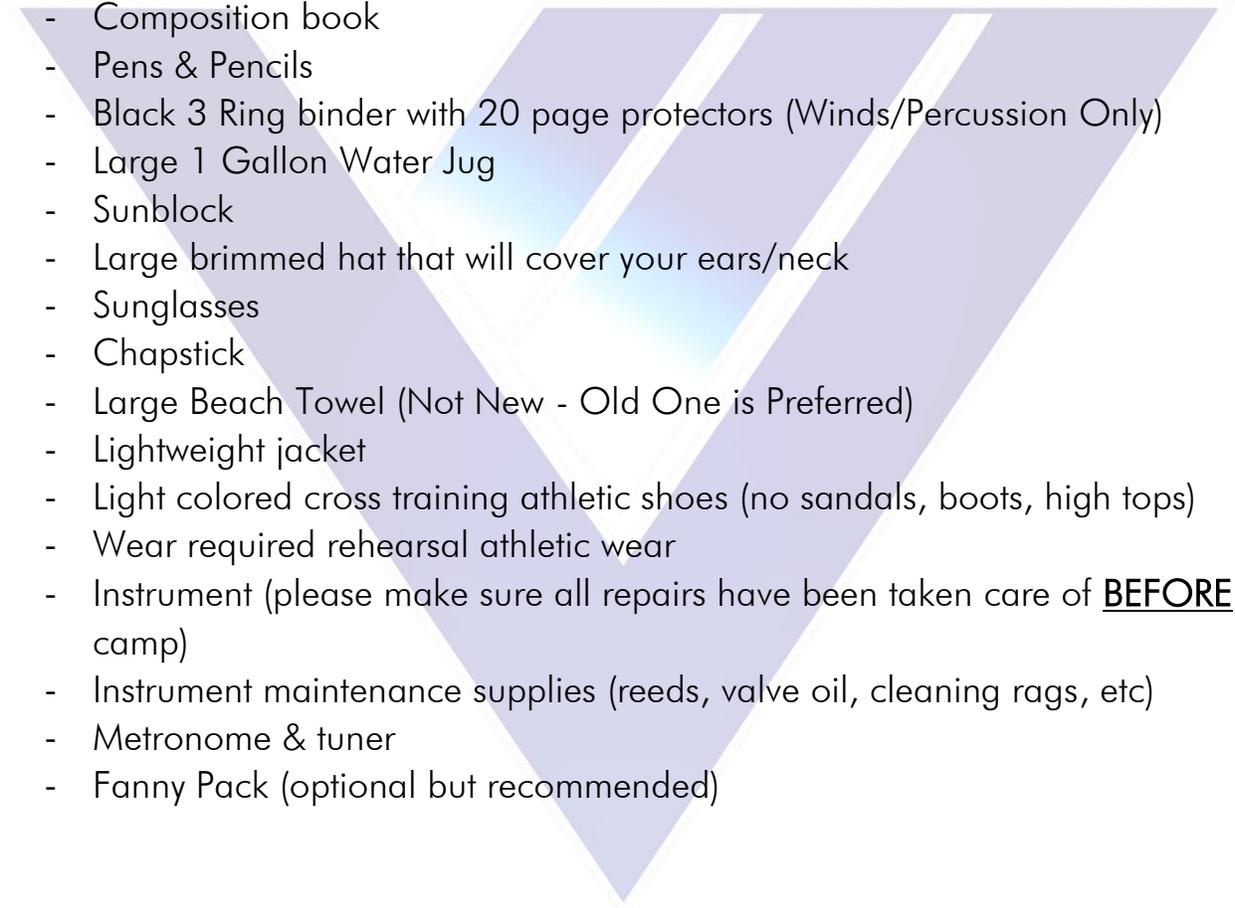




# VISTA MURRIETA

## What to Bring to June Camp

Make sure EVERYTHING has your name on it.

- 
- Composition book
  - Pens & Pencils
  - Black 3 Ring binder with 20 page protectors (Winds/Percussion Only)
  - Large 1 Gallon Water Jug
  - Sunblock
  - Large brimmed hat that will cover your ears/neck
  - Sunglasses
  - Chapstick
  - Large Beach Towel (Not New - Old One is Preferred)
  - Lightweight jacket
  - Light colored cross training athletic shoes (no sandals, boots, high tops)
  - Wear required rehearsal athletic wear
  - Instrument (please make sure all repairs have been taken care of BEFORE camp)
  - Instrument maintenance supplies (reeds, valve oil, cleaning rags, etc)
  - Metronome & tuner
  - Fanny Pack (optional but recommended)

*Building People Through Performance*



## Other Information

- Color Guard and Percussion may have other specific items their coaches request. Please look for information from those coaches.
- Do not schedule other appointments/events during camp weeks.
- **Prompt arrival is a must.** At least 15-20 minutes before start time is typical so you can get your instrument, use the restroom, etc. and be on the field or starting location on time.
- Friends & Family are welcome to watch rehearsals, however, please do not be a distraction to the students or staff. If you chose to sit under the press box, please keep your conversations to a minimum. The noise from under the press box distracts those working in the press box.
- Treat your body and mind like an athlete:
  - o **EAT & HYDRATE!** You will be expecting a lot from your body. You **MUST** start drinking water the second you wake up. Your body is dehydrated after sleeping overnight. You should put a water bottle next to your bed so you can start drinking water right away. Also, it is important to eat a **WELL-BALANCED** breakfast, **NOT** just sugary cereal, Pop-Tarts, soda (dehydrates you), fast food, or other processed junk food.
  - o **Get Rest!** After camp, go home, shower, eat, and rest. Do **NOT** stay up playing video games, watching tv, surfing the internet, etc. Your body needs to regenerate and refuel, and sleep is when that happens.

## Marching Band Kick-Off Day

Saturday, June 19<sup>th</sup>

Pancake Breakfast – Parent Volunteer Fair – Uniform Sizing  
Field Show Theme Reveal – Premiere Performance

*Building People Through Performance*