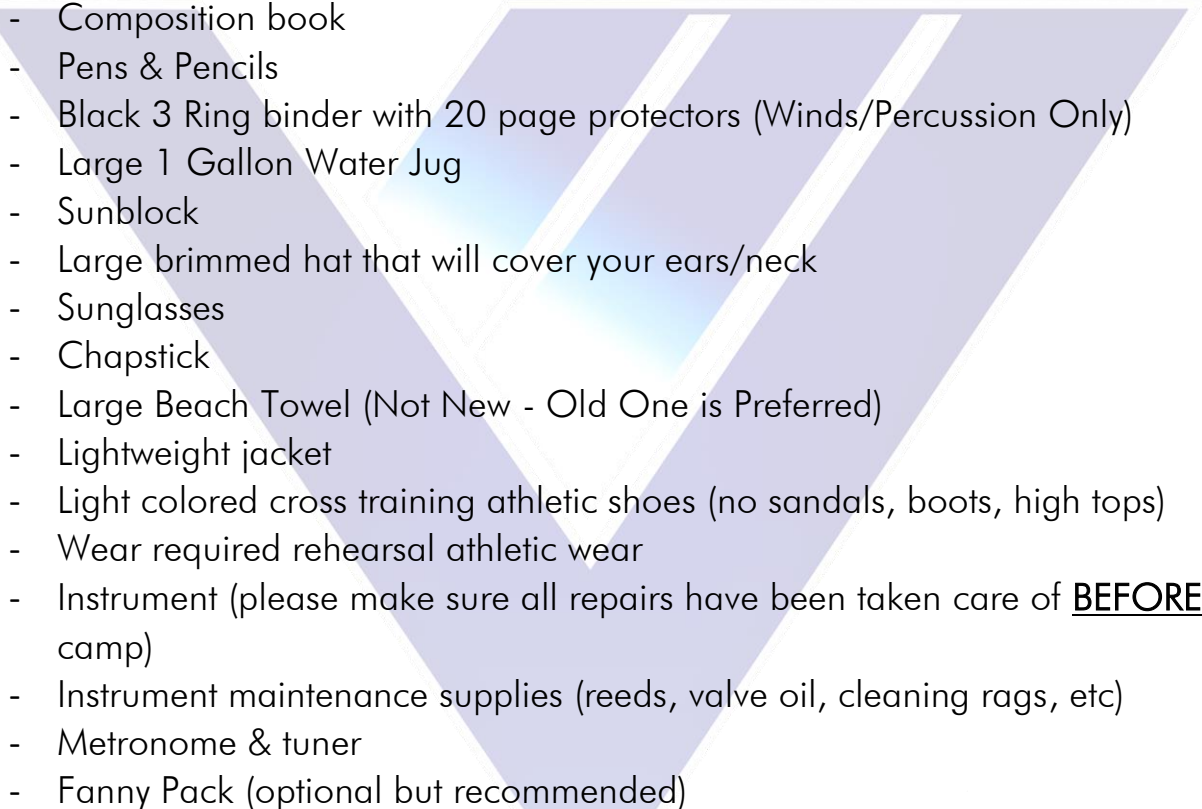




VISTA MURRIETA

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 19th

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

Building People Through Performance