



BAND CAMP 101

Everything You Need to Know



1. **Food & Drink:** Students should prepare their bodies for camp by hydrating over the weekend. Drink, drink, drink! Every morning try to drink 20 oz before you arrive at camp. **DO NOT DRINK MILK!!!!** Eat a good breakfast -- good food, not sugary things.
2. **Sunscreen:** Put on sunscreen before you come, and reapply it throughout the day. Wear a hat, and bring your shades.
3. **Clothing:** Dress comfortably but within the standard school dress -- no straps less than 2 inches and appropriate shorts.
4. **Shoes:** Wear good supportive shoes that you can march in.
FLIP FLOPS are not allowed at camp. Otherwise, band shoes will be worn.
5. **Lunch:** You're on your own with lunch Monday through Thursday for an hour. Check the schedule for each day. If you leave campus, you **MUST** let me know. Bottom line: We have an hour for lunch. If you not ready to practice in an hour, you will be doing multiple push-ups. Friday we are having our pizza party at 1:00 PM.
6. **Instruments:** Bring your instrument, flags, sticks and/or mallets. Don't worry if you do not own any materials. We'll work out the details at camp.
7. **Rest:** GET AS MUCH REST AS YOU CAN.
As a unit, even though we are learning the marching **FUNDamentals**, it can be very tiring.
8. **Uniforms:** Students will be fitted for uniforms during the summer week camp and will place orders for shirts and shoes.
9. **Socially:** It's okay to look up to upper classman but please do not let them negatively influence you. You know right from wrong. If you feel in any way intimidated, or generally feel they are not treating you with respect, look at yourself first and see if there indeed a reason for their behavior. If you cannot in anyway see a reason for members disrespecting you, need to let your Student Leader (s) or Mr. McCoy.
10. **Cellphones** will only be used for making **PHONE CALLS!** There will be opportunities to use your phone during break and lunch only.



A Crash Course Guide to Marching Positions Day 1



Attention:

At attention, the feet are placed at a 45 degree angle. This amount of space should allot a single fist to be placed between the toes. The knees are straight, but not locked. The shoulders should be kept upright without slumping, but should not appear anything but confident and comfortable. The hands should be made into fists with the thumbs pointing down. They should be placed at the seams of the pants on the hips. The chin should be placed a slight degree above the horizon. At attention, the focus should be at one particular point above the horizon, and eyes should not divert from that spot.

Command: “Band” (rest) “Ten” “Hut” “Pride”!

Execution: When called to attention, the left leg should snap into place. The right leg should stay stationary. The chin and hands will also snap into place creating a confident upper body presence. The command should be executed on the 4th beat of a 4 beat cadence.

Parade Rest:

The feet are placed shoulder width apart. The feet should be slightly pointing outward. The upper body remains the same except for the hands and the head. With shoulders back, the head should be tilted towards the ground looking about two feet away from the toes. The hands are brought in the front of the body. The left hand should be formed into a fist with the right hand covering it. Both hands should be brought to the center of the front of the body with the arms hanging loosely in front.

Command: “Band” rest “Parade” “Rest”

Execution: The left leg should move out into the should-width distance and the hands and head should move to there positions accordingly. The command should be executed on the 4th beat of a 4 beat cadence.



Movements

Foot Roll: This is a basic that makes up 1/2 component of movement. The left foot always starts first. The heel should hit the ground with the toe pointed as high as possible to the air. The movement should go from the heel, to the outer edge of the foot, and then lastly, to the toe. When marching across the football field or in parade we are to march in 8 steps for every 5 football yards.

High Step March: This is also a basic that makes up 1/2 component of movement. The left foot always starts first. You should lift your leg to a 45 degree angle, point your toe to the ground, snap, and drive your foot into the ground landing on the ball of your foot.

Forward March: This command indicates that he should move in the forward direction. With this, the left foot should take the first step followed by consecutive steps until called to a halt. It should look fluid in motion with the marcher executing proper foot rolling and posture. The marcher should maintain the same upper body posture as he did while at attention. The heels of the feet should hit exactly on time.

Command: “Forward” rest “March/ Harch”

Execution: Marchers should have the heel hit on “One” of the next measure in a 4 beat cadence.

Backward March: This command indicates that the marcher should march backwards. The left foot like always goes first followed by the right. The toes should be pointed to the ground and the heel should never touch. The marcher should move in a constant, steady motion and keep the shoulders level and not bouncing. The toes should not be picked up far off the ground, only enough so that the marcher can glide the feet into place in a smooth motion. The legs should remain as straight as possible to create a solid look to the marcher.

Command: “Backward” “March”

Execution: The toe of the left foot should hit on beat “one” of the next measure in a 4 beat cadence.

Halt (Forward): This is the way in which a marcher is stopped while going in the forward direction. The left foot should be brought in so that it is posed on its toe, while the right foot should be on its heel. When a halt is called, the left heel should snap into position next to the right foot while the right toe snaps into place with the left foot.

Command: “Ready” “Halt”

Execution: The marcher should snap into a halt on the first beat of the next measure in a 4 beat cadence.



Halt (Backward): This is the way in which a marcher stops when moving in the backward direction. While still on the toes, the marcher should plant the toes of the right foot and then bring in the left foot. The feet should form a “v” and then be lowered to the ground. The shoulders should not bounce when the marcher lowers his feet. It is important to lower the body carefully to keep the upper body presence.

Command: “Ready” “Halt”

Execution: The marcher should snap into a halt on the first beat of the next measure in a 4 beat cadence.

About Face: This is a movement that spins the marcher 180 degrees so that he is facing the opposite direction from which he was previously looking. The command is a two step movement. Right toes are planted behind the left heel. Front part of left foot is lifted (on heel) on beat one and spun clockwise. Quickly readjust your feet to line them up with each other.

Command and Response:

The command and response is:

<i>Drum Major Command</i>		<i>Band Response</i>
How are your...	Feet?	“Together!”
	Stomach?	“In!”
	Chest?	“Out!”
	Shoulders?	“Back!”
	Chin?	“Up!”
	Eyes?	“With Pride!”
	Eyes?	“With Pride!”

When we call a drill position of Attention, not only do we want a loud and unified response from the band, but we want each individual to double check each area of the position of Attention to make sure that these checkpoints are being done correctly. It wouldn't do us much good if you yelled “Together” and your feet were shoulder width apart, would it?

The “Eyes? ...With Pride!” section is repeated because pride is a very large component in our marching band. Reiterating “with pride” is just another way that we remind ourselves that we are to take pride in our band. The entire position of Attention can be summed up with that one word, pride.