



*St. Paul's Marching Wolves and Golden Blues*  
**Recommendations for Band Camp**  
**July 21-25, 2014**

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Band Camp practices on the turf will be physically draining. WE STRONGLY URGE you follow the recommendations below to ensure your health and safety as you practice:

- 1 — **PRE-LOAD** — Each member NEEDS the recommended hours of sleep, proper nutrition, and proper hydration to make it through the day. Eating and drinking during camp will NOT help a person catch up or even maintain their energy. Band members MUST Pre-Load — eat a good meal the night before (plenty of protein), hydrate fully BEFORE camp (NO coffee, soft drinks or caffeinated beverages — plenty of water) and eat breakfast.
- 2 — **HYDRATE** — once the temperature reaches above 90 degrees, it is recommended that a sports drink be added to the hydration routine. This means for every 3 waters one sports drink should be consumed.
- 3 — **PROTECT** — apply **sunscreen** before camp daily — include tops of ears and back of neck. **Bring a hat to protect the face from sunburn.** The face is a very sensitive area. Bring sunscreen to re-apply every few hours. Students may also bring sunglasses.
- 4 — **BE SMART** — relax in the shade during breaks, eat **PROPERLY** (no caffeine, light, nutritious meals during lunch, drink as often as possible) and rest as often as you can. This is not to be taken lightly. Stay home and rest in the evenings — a late night not only drains you physically, but lack of sleep combined with the sun can drain you mentally as well.

We recommend bringing a Camelback, which can be purchased at Academy or WalMart. Camelbacks will allow you to always have access to water during practice without having to wait for break time. Bring it to camp filled with ice and water only and it can be refilled throughout the day from the water coolers. Please have the student put their names on them. **NO LONG PANTS. WEAR ONLY LIGHT COLORED SHORTS AND LIGHT COLORED TSHIRTS OR SHIRTS WITH SPF PROTECTION. BRING A HAT. NO BARE FEET, NO SANDALS. PLEASE WEAR TENNIS SHOES WITH SOCKS.**

**If you have any questions, please speak to your Director.**