



# 2020-2021 ST. PAUL'S SCHOOL MARCHING WOLVES

Welcome to the New Year! The following information has been assembled to help you, and your student know what to expect as a member of the Marching Wolves. Please read this guide entirely and let us know if you have questions.

## 2020 Band Camps - All camps take place at the SPS Band Room

### NEW BAND MEMBER ORIENTATION & PERCUSSION CAMP

- Monday and Tuesday, July 13 & 14, 9:00 AM – 4:00 PM
- Wednesday, July 15, 9:00 AM-Noon
- BRING YOUR LUNCH!

### BAND CAMP FOR ALL BAND MEMBERS AND GOLDEN BLUES

- Band camp will be held **Monday, July 20, through Friday, July 24, 2020.**
  - Band** – Monday-Thursday - 9:00 AM-6:00 PM, Friday 8:00 AM-6:00 PM
  - Golden Blues** – Monday and Friday – 9:00 AM-6:00 PM  
Tuesday - Thursday 10:00 AM-3:00 PM
- Participation/Parental Permission and Student Medical Information/Release Form must be turned in on the first day of Band Camp.
- Band member camp fee is \$150.00. \$240.00 for new Band members (\$150.00 camp fee plus \$90.00 for new hat) Camp fee covers the costs of music instructors and band directors; food, snacks, beverages, and supplies for band camp for all members; band shoes and two pair of gloves for band members.
- Dance team member fee is \$75.00. This covers the cost of dance instructor and director; food, snacks, beverages, and supplies for camp for all members
- If you choose to mail your forms and payment before band camp, make checks payable to SPS Band Boosters and mail to:  
Booster Treasurer: **Kim Pausina 373 Del Sol E, Covington, La 70433.**  
Forms can also be scanned and emailed to [marchingwolves@gmail.com](mailto:marchingwolves@gmail.com); payment can be mailed separately.
- Lunch, beverages, and snacks will be provided by the Band Boosters all week. A menu will be emailed before the start of band camp. Your student should bring a lunch if they prefer a different food choice.
- ALL MEMBERS SHOULD HAVE A GOOD BREAKFAST AND ADEQUATELY HYDRATE EACH DAY BEFORE CAMP. **SEE BAND CAMP RECOMMENDATION SHEET.**
- Marching Wolves Group Photos and individual member photos will be taken Friday, July 24 beginning at 8 a.m. Proper grooming is required (school regulation haircuts and no facial hair). Order forms are available at [joeymichel.com](http://joeymichel.com) under HS Sports Order Form.
- We will have a “Meet the Marching Wolves” performance with “social” to follow on Friday, July 24, 2020, at 6 p.m. Band Boosters will be cooking jambalaya! A sign up for sides will be emailed.
- Direct any questions about band camp to [marchingwolves@gmail.com](mailto:marchingwolves@gmail.com)



*St. Paul's Marching Wolves*  
**Recommendations for Band Camp**  
**July 20-24, 2020**

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 a light 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. Coolers with water and Gatorade are provided on the field and in the band room during Band Camp.
- 3 — **PROTECT** — apply **sunscreen** before camp daily — including tops of ears and back of the neck. The face is a very sensitive area. **Bring a hat to protect the face from sunburn.** Students may also wear 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 relax in the evenings — a late night not only drains you physically, but the 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 Wal-Mart. 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 T-SHIRTS OR SHIRTS WITH SPF PROTECTION. BRING A HAT. PLEASE WEAR TENNIS SHOES WITH SOCKS; NO BARE FEET AND NO SANDALS.**

If you have any questions, contact us at [marchingwolves@gmail.com](mailto:marchingwolves@gmail.com)