

# ON-CAMPUS MARCHING BAND CAMP GUIDELINES, 2024

## **TIPS FOR A SUCCESSFUL CAMP:**

- Always arrive at least 10 min. EARLY so that you are ready to begin rehearsal ON TIME!
- Make sure you have ALL your equipment with you each day (e.g., music, instrument, lyre, accessories, drill charts, pencil, etc.).
- Always keep track of the time!
- Eat breakfast before you come, make sure you eat something during the lunch break, and bring a snack for the afternoon break!
- Bring a FILLED WATER BOTTLE at the beginning of each day (the kind that hang from your waist work well).
- Bring sunscreen, a hat, sunglasses, and insect repellent.
- Wear athletic shoes (not sandals or other slip-on shoes that lack support) and socks for all outdoor marching rehearsals!
- Any rooms/areas that we use – indoors or outdoors – must be kept CLEAN. Throw away all garbage and please don't leave your belongings lying around!
- Section leaders - take attendance for your section each day. Also, make sure that your section knows where they are rehearsing each day (in the event of a section leader's absence, the section will still rehearse).
- Keep necessary medications with you at all times, especially those that treat more emergent conditions such as insect allergies or asthma.
- IMPORTANT: If you are feeling ill in any way, let a fellow band member or director know immediately!

## **Please observe the following guidelines while we are at Geneva High School:**

- Enter and exit the building ONLY through Door 23E on McKinley Ave.
- Restrooms are located near the commons and on either side of the auditorium. See a veteran band member or director for help finding the restrooms.
- While inside the building, stay as close to the music wing or your designated sectional rehearsal space as possible. Avoid the gymnasiums, the main office hallway, or anywhere that you see school personnel at work. Section leaders – you must check with a director before using any area of the building that has not been assigned to you.
- You may leave instruments stored in the band lockers, but please do not leave any other personal belongings overnight.

## **IMPORTANT:**

- Please turn in your and “**Concussion Information Sheet**” and “**GHS Marching Band Camp Health Form and (attached)**” on **Monday, August 5<sup>th</sup> (Drumline) or Monday, August 12<sup>th</sup> (all other band members)** when you report to band camp (no earlier, please)! You are asked to print off the forms (if necessary) and turn in hard copies.
- **UNIFORM FITTINGS** will take place on Tuesday, August 6<sup>th</sup>. Refer to “**Uniform Fittings Schedule 2024**” that was given to you in April/May, 2024 for your exact fitting time slot.
- **MARCHING BAND PHOTOS** will be taken at GHS (in full uniform) immediately following rehearsal on Tues., August 13<sup>th</sup> (approximately 4:45 – 6:15 p.m.). Further details will be given to you during the first week of marching band camp.

## **REMEMBER:**

Always come with a *positive attitude* and a willingness to *help one another*. The success of our program relies upon the contribution and dedication of each of our individual members. ***Let's have a great year!***



# Sign up for important updates from N. Shipton.

Get information for Geneva Community High School right on your phone—not on handouts.

Pick a way to receive messages for GHS Marching Band:

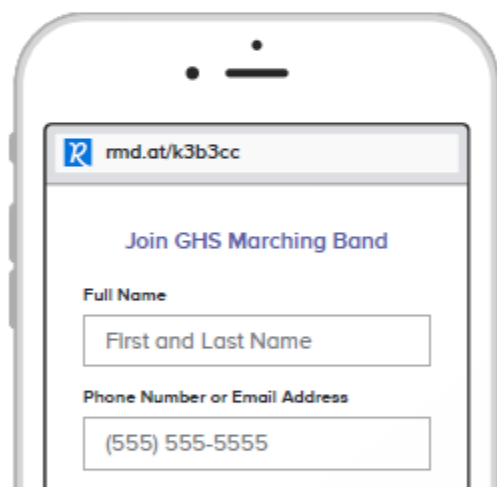
A

If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/k3b3cc](https://rmd.at/k3b3cc)

Follow the instructions to sign up for RemInd. You'll be prompted to download the mobile app.



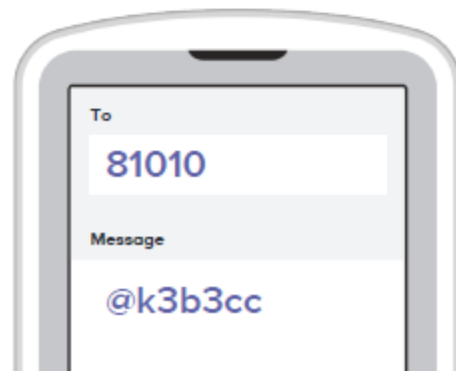
B

If you don't have a smartphone, get text notifications.

Text the message [@k3b3cc](https://t.me/k3b3cc) to the number 81010.

If you're having trouble with 81010, try texting [@k3b3cc](https://t.me/k3b3cc) to (757) 337-4602.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/k3b3cc](https://rmd.at/k3b3cc) on a desktop computer to sign up for email notifications.

# CONCUSSION INFORMATION SHEET (IHSA)

*Although rare in a marching band program, concussions are nonetheless a potential occurrence that all marching band students and their parents should be aware of. The following information has been provided by the Illinois High School Association (IHSA) for your benefit. Please read, sign, and return this document to a band director.*

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

<b>Symptoms may include one or more of the following:</b>	
<ul style="list-style-type: none"><li>• Headaches</li><li>• “Pressure in head”</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul>	<ul style="list-style-type: none"><li>• Amnesia</li><li>• “Don’t feel right”</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul>






<b>Signs observed by teammates, parents and coaches include:</b>
<ul style="list-style-type: none"><li>• Appears dazed</li><li>• Vacant facial expression</li><li>• Confused about assignment</li><li>• Forgets plays</li><li>• Is unsure of game, score, or opponent</li><li>• Moves clumsily or displays incoordination</li><li>• Answers questions slowly</li><li>• Slurred speech</li><li>• Shows behavior or personality changes</li><li>• Can’t recall events prior to hit</li><li>• Can’t recall events after hit</li><li>• Seizures or convulsions</li><li>• Any change in typical behavior or personality</li><li>• Loses consciousness</li></ul>



(over)

**What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

**If you think your child has suffered a concussion:**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

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Student-athlete Name Printed

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Student-athlete Signature

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Date

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Parent or Legal Guardian Printed

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Parent or Legal Guardian Signature

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Date

***Please turn in to your director on Monday, Aug. 5<sup>th</sup>(Drumline)  
or Monday, Aug. 12<sup>th</sup>(all other Marching Band members)***

**GHS MARCHING BAND CAMP**

**HEALTH FORM**

***Please turn in to your director on Monday, Aug. 5<sup>th</sup> (Drumline)  
or Monday, Aug. 12<sup>th</sup> (all other Marching Band members)***

**Student's Name:** \_\_\_\_\_, \_\_\_\_\_  
Last Name First Name

**Grade:**      9      10      11      12      **Age:** \_\_\_\_\_

**Emergency Contact Person #1:**

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**Emergency Contact Person #2:**

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**Primary Care Physician's Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**Please list/describe any current medical conditions that you are being treated for:**

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**Please list any medications you are currently taking, including the dosage for each:**

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*(Feel free to use the back of this sheet if necessary)*