

ON-CAMPUS MARCHING BAND CAMP GUIDELINES, 2023

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.).
- Wear a watch at all times.
- 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!
- Keep the band room (and the school as a whole) CLEAN - don't leave your belongings lying around, please! Throw garbage away!
- 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 the McKinley St. band room doorway.
- Washrooms are located in the main office hallway and on either side of the auditorium.
- 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, July 24th**” 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 1st. Refer to “**Uniform Fittings Schedule 2023**” that was given to you in May, 2023 for your exact fitting time slot.
- **MARCHING BAND PHOTOS** will be taken at GHS (in full uniform) immediately following rehearsal on Tues., August 1st (approximately 8:30 – 9:45 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 as a whole relies upon the contribution and dedication of our individual members. **Let's have a great year!**



Sign up for important updates from N. Shipton and A. Burkemper.

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

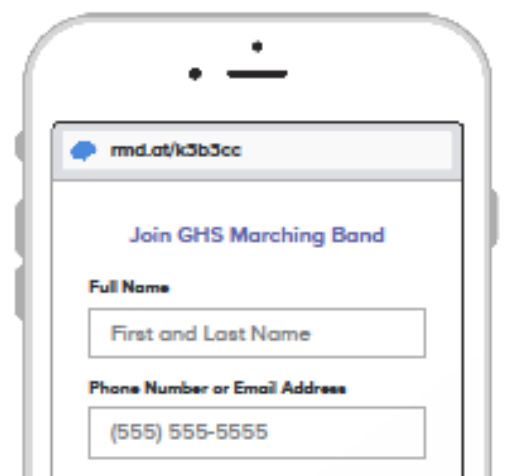
Pick a way to receive messages for GHS Marching Band:

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

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

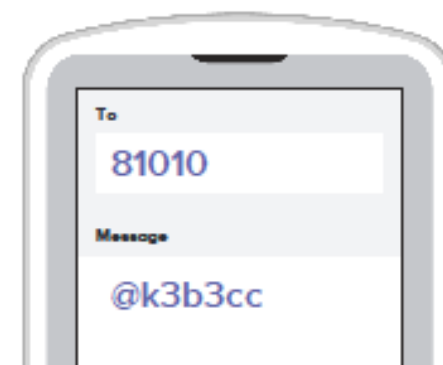


B If you don't have a smartphone, get text notifications.

Text the message @k3b3cc to the number 81010.

If you're having trouble with 81010, try texting @k3b3cc to (316) 313-4267.

* Standard text message rates apply.



Don't have a mobile phone? Go to 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.

Symptoms may include one or more of the following:

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

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

(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/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Please turn in to your director on Monday, July 24th!

