

## Norco High School Band Camp Schedule and Information

July 24-August 4, 2023

**Band Camp for all band and colorguard members will run from Monday, July 24– Friday, August 4th, 2023 (no weekends) from 7:30am-5pm.** Morning parade/field session runs from 7:30am-12pm. Lunch is from 12-1pm.

Students need a signed parental note to leave for lunch and a completed emergency liability form to attend and participate (on the website).

**For registration, administration will usually give you priority on your registration day as long as you are there at least 30 minutes early. I will give you complete details as we get closer.**

**\*\*When school starts, our marching rehearsals will be at the stadium from 4-8:00pm on Mondays and Wednesdays.**

### Essential Information

#### Band Camp Dates:

7/24/23 - 8/4/23 from 7:30am-5pm in the band room/field.

\* Check the band website at [www.bluediamondbrigade.com](http://www.bluediamondbrigade.com) for any updates.

Contact/Info: Dr. Mora: [rkmora@cnusd.k12.ca.us](mailto:rkmora@cnusd.k12.ca.us)

Band Website: [www.bluediamondbrigade.com](http://www.bluediamondbrigade.com)

Essentials: Students should bring the correct clothing and materials for a safe marching experience. While we use the early morning hours to avoid the heat, it is critical that students bring and use the items below to stay safe and comfortable. **Students that do not have necessary forms or items for their safety will not be able to participate until forms/items are present.**

- a. **Voluntary Participation Form and Medical Release/Transportation Form:** All students must turn in a signed CNUSD Voluntary Participation Form and medical release/transportation form. These forms are available at the band website at [www.bluediamondbrigade.com](http://www.bluediamondbrigade.com)  
**Please have your student bring these forms signed and completed to the first day of camp.**
- b. Light color and light weight clothing that is athletic in nature. This includes t-shirts, short sleeve shirts and shorts: Black clothing, jeans, pants, and sweaters are **unacceptable**.
- c. A broad-brimmed hat or other light, breathable, headwear to block the sun.
- d. Sunglasses
- e. Sunblock: SPF 50 recommended.
- f. Athletic shoes and socks: Sandals, boots, bare feet, or any other non-athletic footwear are unacceptable.

- g. **WATER:** Students will need adequate amounts of water to be well hydrated for our marching rehearsals. Bring a thermos or water jug with your name on it so you have water for the duration of the day. Remember that we cannot share.
  - h. Medications: Parents should administer any necessary medication prior to camp or be on site to administer it. No medications should be brought with students. Inhalers are ok but must be carried by the student at all times. Please contact the director if you have questions about this.
- 2) Students participating in band camp should follow the following procedures and conduct to ensure safety and success:
- a. Breakfast: Be sure to eat a nutritious breakfast each morning as students have experienced issues such as fatigue, nausea, and fainting because of inadequate or improper nutrition.
  - b. **Lunch: Make sure to bring a nutritious lunch in a bag or cooler. Students will eat their lunch on campus in the quad or cafeteria. Students are expected to stay on campus for lunch to ensure their supervision and safety. Parents/guardians may drop off lunch for their student at the band room or escort them personally off campus for lunch after checking out personally with the director. Parent notes are not acceptable to allow students to leave campus.**
  - c. Stay in areas designated by the director and do not roam the campus freely. Students should stay near the band room at all times unless otherwise directed. Do not handle any equipment, band or otherwise, without direction and supervision (especially colorguard equipment). Remember that students are required to be on campus for the duration of camp under the direction of the band director.

\*PLEASE meet these requirements every day of band camp as students that fail to do so will not be able to participate for their own safety until they address the area of concern. Having students that cannot participate because they are lacking items or cannot follow rules will slow down our progress.

#### **Other Materials:**

Students should also bring their music, instruments, and other materials necessary for their rehearsals both in the class and on the field. This includes reeds, straps, mouthpieces, valve and slide oil, pencil, and other items.

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