

PAC Boot Camp Rehearsal Schedule

(Percussion follow Mr. Childers' morning schedule)

Monday:

8-8:50 - stretch / condition

Review posture, mark time, commands

send to sections

9-9:50 - Review forward march, initiation, halt

send to sections

10-10:50 - Review backward march, initiation, halt

send to sections

11-11:30 - Drill down

5:00-8:00 p.m. - Winds/Percussion in Amphitheater

Visual Ensemble on practice field with Ms. Jamie Johnson and Ms. Bell

Winds/Perc: Warm-Ups, School Songs, New Banner

V.E.: Stretches, Warm Ups, Body Work, Fundamentals, begin routines.

Tuesday:

8-8:50 - stretch / condition

Review Monday

send to sections

9-9:50 - Review slides

send to sections

10-10:50 - Box drill / ACF's / factory drill

11-11:30 - Drill down

5:00 – 8:00 p.m. – Same locations as Monday

All: Review from Monday...Already working for memorization of Warm Ups and Fight Songs

Winds/Perc: Assemble Opener

V.E.: Continue with work on routines

Thursday:

8-8:50 - drill presentation

9-9:50 - stretch / condition

practice setting sets

10-10:50 - Box drill / ACF's / factory drill

11-11:30 - Drill down

5:00 – 8:00 p.m. – Same locations as Tuesday

All: Review from Monday/Tuesday

Winds/Perc: Assemble Mvt. II and III, (Warm ups and Fight Songs 75%+ memorized.)

V.E.: Continue with work on routines

How to be UBER-PREPARED for PAC BOOTCAMP/Band Camp

(Survival strategies for the pridelingus extraordinarius)

Supplies:

- Your binder.
- Pencil.
- Your instrument (in working order and with all needed supplies)
- Sun protection (Hat, sunglasses, sunscreen-o-plenty)
- Athletic Shoes w/ socks
- Towel (to sit on in the Amphitheater and for morning stretches on the field)
- Water jug/cooler: You are welcome to bring a cooler. We have water, but it is much faster for you when you have your own jug. ½ gallon or gallon would work great. They are easy to find at local stores. SOFTDRINKS, ENERGY DRINKS, CHILLED COFFEE, AND HIGH-SUGAR-CONTENT DRINKS ARE UNHEALTHY AND ARE HIGHLY DISCOURAGED!!!
- Snack: We do popsicle breaks mid-morning. You are welcome to bring a snack for a little boost if needed.

Pointers: (...very strong suggestions)

- Hydrate.
- Dress for success.
 - Make-up...bad idea. Gone in minutes. Sleep later.
 - P.E. dress code. No bare midriffs. Tanks are okay, cut-outs are not.
 - Shorts. (...you know who I'm talking to...)
 - LIGHT COLORS.
- Monday at camp should not be the first time you see your music.
- Be early. (Aside from being a bad look, there are consequences for tardiness.)
- Bring a positive, cooperative attitude every day.
- Eat Breakfast. (Avoid dairy products...get some protein in you!)
- Practice what you learned. Focus on what is challenging, not the easier stuff.
- Drink water.
- Get rest each night.
- Practice good personal hygiene. Use deodorant.
- Ask questions.
- Be a sponge...really need to let that one soak in.
- Percussion is for percussionists...no touchie.
- Do what's right. If you have to think about it...don't do it.
- Drama is unwelcome...you'll be sent home.
- There is no bullying...don't care if you think it isn't...you'll be sent home.
- Your cell phones are not welcome during rehearsals. One warning...home.
- Hydrate. Eat Breakfast.
- No food in sectionals. You may have water.