

SUMMER BAND SURVIVAL THRIVE GUIDE

HEY BAND!

Follow along on our YouTube Channel!

<https://youtu.be/H8rll861irc>



As summer band quickly approaches, we here at Drum Corps Link, along with your directors and parents, want YOU (yes, everyone of you) to not just “survive” band camp, but THRIVE! This guide will go over everything you’ll need in order to crush it this marching band season.

Step 1. Hydrate or Die-drates!

Drinking Water is ESSENTIAL to your success in summer band. Start drinking (not chugging) plenty of water around 2-3 days before your summer band starts in order to ensure your body is ready to go in the summer heat!

Step 2. Fuel your body!

While Chick-fil-a and Canes are really tasty, they are not going to give your body the nutrients it needs to be healthy and prepared for the long days of summer band. Eat well balanced meals before, during, and after your rehearsal days!

Step 3. Get active now, and recover!

If you’ve been enjoying your A/C a little too much this summer, it might be a good idea to go on a few walks before summer band. This will help your body get used to the outdoor heat, and get your heartrate up! Also, make sure you’re getting 8 hours of sleep both before and during summer band so you can recover!

Step 4. Dress for Success!

Turns out marching band is an outside sport, so make sure you’re wearing the proper attire!

Great Rehearsal Gear Checklist:

- | | |
|--|---|
| <input type="checkbox"/> Light-Colored, Breathable Clothes | <input type="checkbox"/> Backpack |
| <input type="checkbox"/> Hat/Visor & Sunglasses | <input type="checkbox"/> Music Folder |
| <input type="checkbox"/> Good Athletic Shoes | <input type="checkbox"/> Dot Book/UDB App |
| <input type="checkbox"/> Water Jug | <input type="checkbox"/> Instrument |
| <input type="checkbox"/> Sunscreen & Deodorant | <input type="checkbox"/> Pencils |

These items & more can all be found on our website!

<https://www.drumcorpslink.com/Packing>



DRUM CORPS LINK

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Taking that next step.

With the steps taken on the first page we are now set to survive this season of summer band, but this guide isn't about "surviving". We want to thrive! So, with these next tips, we can gain the skills to be the best marching member we can possibly be this summer!

Master YOUR show

While marching band is a group activity, your show is completely unique to you and only you. Everyone (including you) is relying on each other to learn their show to the fullest.

1. Keep your dot book updated, or review your UDB charts.
2. Practice your music at home and ensure you have it all memorized by the time you show up to summer band.
3. Ask for help and assistance from your leadership, but work to solve problems on your own.
4. No "junior teching"! Focus on YOU!

Keep it Fun

Often times we get all wrapped up in the heat, the stress, and the reach for perfection. Remember WHY you love Marching Band and find ways to make it fun!

1. Make friends in your section.
2. Take photos when appropriate. (make memories!)
3. Cheer on your fellow sections!
4. Celebrate the small wins!

Be a great member

The best thing you can do in marching band is to know your roles and goals. Understanding the band comes first, and everyone around you is there to accomplish the same thing.

1. Listen to Leadership, they have been selected for a good reason.
2. Stay positive, a good attitude and wide smile goes a long way during a season.
3. Help your fellow bandmates, teamwork makes the "dreamwork"!
4. Respect the Staff. Be on time, be respectful, and show up ready to listen and learn!

Stay Prepared

Keeping in mind a simple checklist of what's important throughout the season can help you thrive when times get tough.

1. Keep your water jug filled.
2. Re-apply sunscreen every 1-2 hours.
3. Keep your drill and music handy.
4. Make sure you have all rehearsal gear necessary, including your instrument, hat, sunglasses, water jug, and sunscreen!

You are now set to THRIVE this season. For more information like this, check out Drum Corps Link!

<https://www.drumcorpslink.com>