

Other Items Needed for Band Camp/ Marching Band & Tips

Binder

- Make sure your binder is black
- Students need the type with the clear insert cover
- Make sure your binder has at least 10 clear plastic sheet protectors



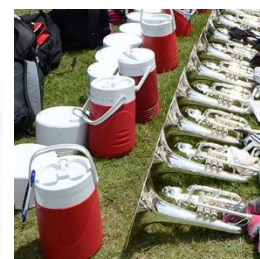
Gray Towel

- Everyone needs a GRAY towel the size of your instrument (Cougarettes hand towel size)
- Please write your FULL name on the towel with a permanent marker



Water Jug

- All students should have a (RED recommended) water jug (not a water bottle)
- Students can bring bottles in addition to a jug, but everyone needs a jug
- Please write your FULL name on all jugs and bottles with a permanent marker



Deodorant

- All students are expected to generously apply deodorant before arriving to camp
- It is also encouraged to keep extra deodorant in the student's marching band bag or band locker for reapplication

Summer Uniform

The summer uniform is worn by all band and color guard members during early (warm) football games and at other band events consists of:

- Logo Band T (provided)
- Solid Black gym shorts (Mid-thigh)
- Black compression shorts under gym shorts
- White Ankle Socks
- Predominantly White Athletic Shoes
- There should be no appearance of jewelry

These items are needed by Camp Exhibition Performance.





Shoes & Gloves



Kathy's Enterprises usually visits us during camp to take measurements & orders for band/color guard shoes and color guard gloves. Students will need to purchase & order their band/Cougarettes marching shoes and/or Cougarettes gloves on this day.

- Students will need to bring their payment with them in the morning to turn in during lunch.
- Checks are payable to Kathy Pickens

WHO NEEDS WHAT?

- ALL rookie members **MUST** order & purchase shoes this year.
- All veteran members that have outgrown their shoes, lost their shoes, or have shoes with major wear & tear **MUST** order & purchase shoes.
- ALL rookie & veteran Cougarettes members **MUST** order & purchase a pair shoes & gloves (veterans with gloves in good shape do not have to order).

PRICES - Found in the handbook. This is not a part of the membership fee. The above is the property of and responsibility of the student. Orders for the above materials will be placed during band camp by Kathy's Enterprises.

During Marching Season & days you have Marching Band:

We are athletes & musicians. We must be more observant with what we are fueling our bodies with so they will keep the mind focused, and the body healthy and athletic.

Eat breakfast on days you have MB – even if you are not normally a breakfast eater. Foods such as pop-tarts, toast, bananas, or even peanut butter and jelly sandwiches will help you get through the morning. Stay away from Milk, cereal, eggs, bacon, sodas, anything greasy etc.

Eat Lunch & Pay Attention to what you eat - Your body needs the right kind of fuel to perform properly. Burgers and pizza are great to eat – but to perform properly you need lots of fruits and vegetables, lean meats and grains, bread and pasta.

*Lunch Ideas: Sandwiches (with meat or peanut butter) Sides: chips, carrot sticks, celery sticks, any and all kinds of fruit, yogurt, packs of crackers, Gatorade.

Bring your water jug! Bring it each day already full of ice and water. Drink plenty of water throughout the day. It takes at least 2 hours for water to be fully absorbed. Drink water during the car ride to camp and school to begin hydration.