

SLHS REGIMENT CAMPS INFORMATION

It's exciting to start another school year. In order for our marching organization, known as the Screaming Eagle Regiment, to be successful in our competition season, we must put in some very important time before the first day of school. We utilize two weeks of the summer vacation to teach our marching show for the year. In order for those weeks to be extremely successful, it is imperative that students and parents follow these helpful guidelines:

- Students should wear plain white t-shirts & shorts (in your section's colors: Winds-Blue, Percussion-Red, Guard-Black) that conform to school dress code for athletic activities.
- Students must wear closed-toe athletic (running) shoes AND socks.
- Students should have a hat, sunscreen, sunglasses, a water jug, insect repellent, and a towel, as these items become extremely useful through our time in the Florida sun.
- Students need to have their instrument (in good working order), their necessary music, a pencil, and their necessary drill sheets (given to them during camp).
- Students should not invite their friends, boyfriends, or girlfriends to "hang out" at our camps. While our rehearsals are considered "open", we reserve the right to have any disruptive or distracting individuals removed from the campus, as deemed by the director.
- Students should not bring soda or other sugary drinks to camp, nor is it a good idea to consume these beverages during camp weeks.
- Students should hydrate each night by taking in as much water as the body will allow.
- Students should avoid consuming milk, cheese, yogurt, or other dairy products during camp weeks. These items curdle in the stomach in hot weather, causing the individual to become sick. Foods high in complex carbohydrates are good for energy throughout the day.
- Students need plenty of rest each night (8-9 hours) to let their bodies recuperate from the draining activities of the day.
- Students should bring a bag lunch/dinner each day of the camps. Meals are not provided, but students may use our refrigerator and microwave. Family members may also bring food to the student during allotted meal times.
- Lunch is scheduled from 12:00-1:00pm during the day camps, and Dinner is scheduled from 5:00-6:00pm during the evening camps.