

## **2018-2019 FREEMAN COLOR GUARD**

**Hello!**

**I hope everyone is having a lovely summer so far! My name is Brittany Siler, and I am the instructor for the color guard. I am a Freeman alumni, and I'm currently an instrumental music education major at James Madison University. Along with instructing this guard, I participate in the JMU marching band and winter guard programs. I'm super excited for the exciting season we have coming up! Included are some reminders for band camp in case I will not see you before camp!**

### **A Few Reminders For Band Camp**

- 1. Schedule doctor's appointments and vacations outside of band camp—if you miss even a little bit, you will be behind. Also, *it is a grade!***
- 2. Dress appropriately! *Wear comfortable, cool clothing* because it will be hot! Tennis shoes must be worn at all times, except for when we're in the gym.**
- 3. *Drink a lot of water.* Staying hydrated is really important. Bring several water bottles or a larger bottle. There will be frequent water breaks and opportunities to fill them up.**
- 4. *Eat a decent breakfast and pack a healthy lunch.* You can bring snacks to eat throughout the day, just be careful of things that might melt in the heat outside!**
- 5. *Wear sunscreen,* and reapply frequently. Being sunburnt is no fun.**
- 6. Have a good attitude and strive to challenge yourself!!**

**Please keep practicing what you learned at tryouts and what you'll learn throughout the summer. You can look up youtube videos to help!! Be prepared to learn A LOT at a quick pace. Band camp is difficult, but it's a rewarding experience! GET HYPE! ☺**

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