

springlakebands

June 17, 2011

Dear Marching Band Students, Parents and Guardians,

Marching Band 2011 is upon us! The drumline and colorguard have already been rehearsing for several weeks. The rest of the band is hopefully practicing and memorizing music. As you may have noticed, our marching show features the music of American classical composer Aaron Copland. We look forward to another exciting year with excellent performances and life-long memories.

Spring Lake High School Marching Band Camp will be held at Grand Valley State University in Allendale from July 25-29. The cost of Band Camp this year is **\$230**. In addition, all students must pay a uniform usage fee of **\$25**. If needed, students can purchase gloves (\$5) and Drillmaster marching shoes (\$30). These items can be ordered or purchased at the uniform fitting dates. All checks can be made payable to Spring Lake Band. Parents/guardians with multiple children in band should contact Mr. Truskowski at mtruskowski@springlakeschools.org or 616-847-5853 for their discounted band camp rate. Students may use money in their student fundraiser accounts to pay for Band Camp. If you have questions regarding your account or the band camp bill, please contact Mr. Truskowski.

Attendance at band camp is **mandatory**. All other scheduled rehearsals and performances also are **mandatory**. Every absent student hurts the entire group. Please clear your schedule so you are able to make all rehearsals and performances. Colorguard and drumline rehearsals are not listed on the rehearsal schedule. Students in those sections will have extra rehearsals and will receive separate schedules from their instructors.

In an effort to save fuel and bussing costs, plan to pick up your child from band camp on Friday if possible. Please let Mr. Truskowski know if your child needs a bus ride home. On Friday of band camp, the band will perform at 2:30pm at GVSU in lot D. It's always wonderful to see the performance and how much we were able to get done in five days! Students may go home with parents after their room is clean and they are checked out (with returned key). One bus with the remaining students will leave GVSU at 3:30pm.

A band camp meeting for parents will be held on Thursday, July 14 at 7:00pm in the High School Band Room. Payment for band camp is due at this time. Please download the band camp/marching band packet at springlakebands.org. If you are unable to access the internet, contact Mr. Truskowski via e-mail and a packet will be mailed to you. In addition to payment, the forms contained in the packet must be turned in at the meeting. If you cannot attend, please deliver payment and forms to the Spring Lake Central Office.

We hope that the information contained in the packet will help answer most questions about the season for new and returning marchers. Please review everything and put the performance and rehearsal dates in the calendar ASAP. Contact us if you have any questions.

Sincerely,

Mike Truskowski & Mark Grevengoed
Band Directors, Spring Lake Public Schools

2011 BAND CAMP CONTACT INFO

Name	Email	Cell	Home/work
Alice and Paul Slajus <i>Head Chaperones</i>	theslaji@hotmail.com	Alice 616-405-6238 Paul 616-212-8133	616-844-4456
Mike Truszkowski <i>Band Director</i>	mtruszkowski@springlakeschools.org	616-644-0693	837-6592 (h) 847-5853 (w)
Mark Grevengoed <i>Band Director</i>	mgrevengoed@springlakeschools.org	616-334-5711	847-5853 (w)
Mariel Maitland <i>Camp Nurse</i>	marielmrn@comcast.net	231-750-2481	
Debbie Hermanson Pulos <i>Volunteer Coordinator</i>	-	-	616-846-4827

CHAPERONES We Need You!!

Paul and Alice Slajus (Head Chaperones) will be at band camp all week. We rely on volunteer Band Backers to chaperone in shifts to ensure the health and safety of the kids, the directors and the staff. Please volunteer for one or more shifts. We welcome freshman parents/guardians to come see what band camp is all about and we would like parents of seniors to strongly consider chaperoning the final night (Thursday) of camp. Chaperones are required by the school district to have a background check completed. We will have these forms at the July 14 meeting. Please make sure you have your social security number and driver's license number with you at the parent meeting.

Chaperones are responsible for:

- Monitoring students' behavior, safety and health during rehearsals, free time, breaks and evening/night hours.
- Room checks after lights out
- Providing water during the day
- Providing emergency first aid and/or transportation to emergency facilities when appropriate. An ambulance may be called when deemed necessary.
- Assisting with evening activities.

Shifts are needed for the following days and times:

Monday
6:30 pm - 12:30 am
Tuesday, Wednesday, Thursday
12:30 am - 6:30 am
6:30 am - 12:30 pm
12:30 pm - 6:30 pm
6:30 pm - 12:30 am
Friday
12:30 am - 6:30 am
6:30 am - 2:30 pm

Please call Debbie Hermanson-Pulos with your choice of shifts!

STUDENT RULES AND REGULATIONS

Band camp is a school-sponsored activity. All Spring Lake High School handbook rules including those regarding the use and possession of tobacco, alcohol, illegal drugs and weapons are in effect. In addition, GVSU rules and regulations apply as well. **Violations of any rules require that students be sent home.**

Any student found guilty of damage or destruction to GVSU, Spring Lake Band equipment or another student's private property will be personally responsible to pay for damages, will be sent home and will be referred to school administrators for disciplinary action.

No student may leave camp and no student vehicles are allowed at camp.

No visitors are allowed at camp other than immediate family members. Others will be asked to leave - especially "significant others".

Curfews and lights out will be enforced. Everyone needs to be in assigned rooms and are NOT to leave for any reason. Lights should be out and all games and activities should be done at 11:15 pm as stated in the itinerary. Everyone needs enough rest to be able to work effectively during the day.

Students are expected to be on time and prepared for all activities. Promptness is important. Reporting five minutes early is considered on time.

Students are to eat all meals at the Grand Valley dining hall or where designated. Everyone must eat something at all meals and drink fluids at each meal.

Students are not allowed in other students' rooms.

Students are not to take keys from other students.

Shirts and shoes are required in the dining hall.

No public displays of affection will be tolerated (hand holding is OK).

Do not be involved in anyone else's choice to break these rules.

PACKING CHECKLIST:

(Only **ONE** suitcase per student. Bags **MAY** be checked prior to leaving for camp).

CLOTHES

- _____ T-shirts
- _____ 2 pairs of sneakers/tennis shoes
- _____ Socks
- _____ Jeans/Shorts
- _____ Sweatshirt
- _____ Underwear
- _____ SENIORS ONLY-Nice clothes for senior dinner

TOILETRIES

- _____ soap
- _____ deodorant
- _____ shampoo
- _____ toothbrush/toothpaste
- _____ comb/brush

LINENS

- _____ Twin size bed sheets
- _____ Pillow and case
- _____ Blanket or sleeping bag
- _____ Towels/washcloth

MISCELLANEOUS

- _____ Sunscreen (**MUST HAVE!**)
- _____ Water bottle (**will NOT be provided**)
- _____ Hat
- _____ Sunglasses
- _____ Watch
- _____ 1 fan/room (No AC in rooms)

MUSIC

- _____ Instrument in good repair
- _____ Supplies (reeds/valve oil)
- _____ Mechanical pencils
- _____ Lyre and flip folder (Meyer music)
- _____ ½" 3-ring binder

OPTIONAL

- _____ Non-perishable snacks
- _____ Spending money (just a little)
- _____ Skit night supplies
- _____ Card games/Board games

Clothing dos and don'ts

- Sneakers/walking shoes AND socks **MUST** be worn during rehearsals. This is required to help prevent injuries and pain and to insure proper marching style.
- Flip flops and sandals are fine for the dorm, but are not to be worn while marching.
- Plan clothing for cool mornings, hot days and rain.
- Girls: bathing suits and or sports bras are **NOT** acceptable attire for rehearsals. No bare midriffs, no low cut tops, no tube tops.
- Guys: shirts must be worn during all rehearsals.

What **NOT** to bring:

- A bad attitude
- Kitchen appliances
- Instruments other than your marching instrument. No guitars, kazoos or accordions.
- Any thoughts of damaging property.
- No inappropriate DVDs or movies. They will be confiscated.
- Expensive electronic devices. Though theft has not been a major problem, it has occurred and you will be responsible. Neither Spring Lake Bands nor GVSU is liable for lost, stolen or damaged items. You will have a key to lock your room but there is no locked storage in the room.

BAND CAMP TENTATIVE ITINERARY

MONDAY, JULY 25

10:30 am	Load Luggage in U-Haul Truck (Bags may be checked)
11:30 am	Attendance/welcome (band room)
12:00 pm	Leave SLHS on busses
1:00 pm	Arrive at GVSU, unload buses/move into dorms
2:00 pm	Warmups/Music rehearsal/Marching Basics
5:30 pm	Dinner
6:30 pm	Drill introduction rehearsal
9:30 pm	Rehearsal ends
11:00 pm	In assigned dorm rooms
11:15 pm	Lights out/room checks

TUESDAY, WEDNESDAY*, THURSDAY*, JULY 26-28

7:30 am	Call time for breakfast
8:30 am	Drill basics/Learn drill
12:00 pm	Lunch
1:30 pm	Music warmups/Break into sectionals
2:45 pm	Drill and music rehearsal
5:30 pm	Dinner
6:30 pm	Drill and music rehearsal
9:30 pm	Rehearsal ends
11:00 pm	In assigned dorm rooms
11:15 pm	Lights out/room checks

FRIDAY, JULY 29

8:00 am	Breakfast
9:00 am	Drill and music rehearsal
12:00 pm	Lunch
1:00 pm	FINAL REHEARSAL
2:30 pm	Performance for parents at GVSU LOT D
3:00 pm	Pack and clean, most students leave with parents
3:15 pm	Room checks
4:00 pm	One bus arrives at SLHS

*Wednesday – Senior Dinner at Peppino’s, 8:15 p.m. (please bring dress clothes)

*Thursday – Skit night: 7:45 p.m.

**SPRING LAKE HIGH SCHOOL MARCHING BAND
Rehearsal Calendar 2011**

July 14	7:00 pm – 8:00pm	Band Camp Informational Meeting - Band Room <i>(Band Camp fee/uniform deposit fee and forms due)</i>
July 18	9:00 am – 12:00 pm	Freshman Marching Rehearsal <i>(meet in band room with appropriate footwear and socks)</i>
July 19	9:00 am – 12:00 pm	Freshman Marching Rehearsal
July 19	6:00 pm – 9:00 pm	Uniform fittings - Seniors and Juniors*
July 20	6:00 pm – 9:00 pm	Uniform fittings – Leftover Juniors and Sophomores*
July 21	5:00 pm – 9:00 pm	Uniform fittings - Freshmen and others* <i>* Colorguard members will be fit at a separate time and do not need to come to these fittings</i>
July 21	6:00 pm – 9:00 pm	Full Band Music Rehearsal (no colorguard)
July 25-29		Band Camp at GVSU
August 1	6:00 pm – 9:00 pm	Monday Night Rehearsal
August 8	6:00 pm – 9:00 pm	Monday Night Rehearsal <i>(Picture Night)</i>
August 15	6:00 pm – 9:00 pm	Monday Night Rehearsal
August 22	6:00 pm – 9:00 pm	Monday Night Rehearsal
August 29	6:00 pm – 9:00 pm	Monday Night Rehearsal
Sept 6 (Tuesday)	6:00 pm – 9:00 pm	Monday Night Rehearsal
Sept 12	6:00 pm – 9:00 pm	Monday Night Rehearsal
Sept 19	6:00 pm – 9:00 pm	Monday Night Rehearsal
Sept 26	6:00 pm – 9:00 pm	Monday Night Rehearsal
October 3	6:00 pm – 9:00 pm	Monday Night Rehearsal
October 10	6:00 pm – 9:00 pm	Monday Night Rehearsal

SPRING LAKE HIGH SCHOOL MARCHING BAND
Performance Calendar 2011

August 6	Grand Haven Coast Guard Festival Grand Parade call time 9:00am in uniform at HS
August 25 (Thur.)	Home Varsity Football (Whitehall) – call time 6:00pm at MS Band Room
September 9	Home Varsity Football (Fremont)
September 17	Rockford Invitational (afternoon/evening)
September 23	Home Varsity Football – Parents Night (Fruitport)
October 1	Hastings Invitational (afternoon)
October 8	Grand Haven Invitational (afternoon/evening)
October 14	Home Varsity Football – Homecoming (Newaygo)
October 24	“THE HUDDLE” – Indoor Marching Band Concert (7:00 p.m., SLHS Aud.)
October 28	Playoffs (if football team qualifies)

BandBacker Note:

*Parents and guardians, please plan on attending and supporting the band at the Marching
Invitationals. The bigger the crowd the better!*

springlakebands

Volunteer Opportunities

Student Name(s) _____

Parent Name _____ Phone # _____

Parent Name _____ Phone # _____

Cell # _____ Email _____

Address _____

The best way and time to contact me is _____

Rhythm That Moves

- | | | |
|--|--|---|
| <input type="checkbox"/> Publicity Committee | <input type="checkbox"/> Decorations Committee | <input type="checkbox"/> Catering Committee |
| <input type="checkbox"/> Silent Auction Committee | <input type="checkbox"/> Ticket Sales | <input type="checkbox"/> Bartending |
| <input type="checkbox"/> Student Volunteer Chaperone | <input type="checkbox"/> Auction Cashiers | <input type="checkbox"/> Set-up |
| <input type="checkbox"/> Clean-up | | |

Fundraising

- | | |
|--|--|
| <input type="checkbox"/> Wreath Sales Distribution | <input type="checkbox"/> Other Fundraising Efforts |
|--|--|

Publicity

- | | |
|--|--|
| <input type="checkbox"/> Media Contact | <input type="checkbox"/> Photography/Videography |
| <input type="checkbox"/> Webmaster | |

Uniform Parent

- | | | |
|---|-----------------------------------|--|
| <input type="checkbox"/> Distribution>Returns | <input type="checkbox"/> Fittings | <input type="checkbox"/> Cleaning/Repair |
|---|-----------------------------------|--|

Band Camp

- | | |
|---|------------------------------------|
| <input type="checkbox"/> Nurse/Medical Supervisor | <input type="checkbox"/> Chaperone |
|---|------------------------------------|

50/50 Raffle

- Ticket Sales at Home Football Games

Competitions/Invitationals/Parades

- | | |
|--|---|
| <input type="checkbox"/> Bus Chaperone | <input type="checkbox"/> Parade Escort/Water Distribution |
| | <input type="checkbox"/> Memorial Day Parade <input type="checkbox"/> MS, <input type="checkbox"/> HS |
| | <input type="checkbox"/> Coast Guard Parade (HS only) |

Equipment Assistant

- | | |
|--|--|
| <input type="checkbox"/> Marching Band Pit Setup | <input type="checkbox"/> Trailer Hauling |
| <input type="checkbox"/> Winter Storage (2 Trailers) | |

Hospitality

- | | | |
|---|---|---|
| <input type="checkbox"/> Band Member Appreciation | <input type="checkbox"/> Senior Recognition | <input type="checkbox"/> Volunteer Appreciation |
|---|---|---|

Parental involvement is a key factor in the SLPS Band Program's success. Each family is asked to volunteer to help with 1-3 areas. It is fun, rewarding and ensures the future of the SLPS Band Program. Please check the box next to the opportunities that interest you and return the form at the band camp meeting. If you cannot attend the meeting, return this form to Debbie Hermanson-Pulos or Mr. Truskowski. Thank you.

SPRING LAKE HIGH SCHOOL BANDS

16140 148th Avenue
Spring Lake, MI 49456

MEDICAL FORM

Student and parent/guardian information provided in this document is confidential and will be accessed by the Head Chaperones and Band Directors as required for the safety and well being of students participating in the trip.

Please print all responses.

Student _____ Male ____ Female ____
First name Last Name

Home address _____

Home phone number _____ Date of birth _____

Mother / Legal Guardian _____
(circle one above) Full name

Mobile phone _____ Work phone _____

Father / Legal Guardian _____
(circle one above) Full name

Mobile phone _____ Work phone _____

Other address

If either parent or guardian will be at a different address other than the home address listed above for any day(s) of band camp, indicate that address and the appropriate dates here:

Other address _____ Phone _____

Applicable dates _____

Emergency contacts (other than parent or guardian)

Name	Relationship to student	City and state	Telephone

All four medical forms must be turned in at the Spring Lake High School Band Camp parent meeting on Thursday, July 14.

SPRING LAKE HIGH SCHOOL BANDS

16140 148th Avenue
Spring Lake, MI 49456

MEDICAL HEALTH STATEMENT

Student

_____ *First name*

_____ *Last Name*

Ht. _____ Wt. _____

1. Date of last Tetanus booster: _____

2. Does your child suffer from any chronic illness?
(*e.g., asthma, diabetes, seizure disorder, etc.*) If YES, please be specific.

3. Does your child have any allergies or exhibit allergic reactions to any food, medicine or other substances and/or conditions?

If YES, please list what your child is allergic to and describe the reaction that your child has upon exposure to that substance or condition.

4. Will your child need to take any prescription or non-prescription medication during the trip? If YES, please complete the chart below. Use a separate page if necessary.

Medicine	Dose	Times normally taken	Reason for medicine

Parents are reminded that ALL medications must be listed on this form. ONLY those medications listed above will be administered to your child. Any over-the-counter medications such as motion sickness remedies, antacids, cough syrup, allergy relief, Tylenol or Advil, homeopathic remedies, etc. must also be listed on this form. Medications of any kind that are not listed above will be confiscated.

Print physician name _____ Telephone _____

SPRING LAKE HIGH SCHOOL BANDS

16140 148th Avenue
Spring Lake, MI 49456

ADMINISTRATION OF MEDICATION

To ensure proper administration of all medicines for the duration of the trip, the following procedures must be followed.

1. All medications must be turned in before students board buses for camp. Do not pack in the suitcase. There will be a medication check-in table set up in the band room.
2. All medications must be properly labeled in their original containers and placed in a labeled zip-lock bag.
3. Medications will be dispensed as needed, with any unused medication returned at the conclusion of the trip.
4. If there are any last minute changes in your child's medication and/or health condition, please inform the camp nurse on the morning of departure (July 25).

OTHER HEALTH CONCERNS

Please list any dietary or physical restrictions your student may have (if none, write n/a) _____

HEALTH INSURANCE

Health insurance provider _____ Policy # _____



A photocopy (front and back) of the medical insurance card must accompany this information packet.

PERMISSION AND WAIVER

I hereby give permission for _____ to receive medical treatment by a
(student name)
qualified physician in his office or in a hospital emergency room in the event of an accident or serious
illness.

Signature PARENT / LEGAL GUARDIAN

Printed name PARENT / LEGAL GUARDIAN

Date

SPRING LAKE HIGH SCHOOL BANDS

16140 148th Avenue
Spring Lake, MI 49456

ADMINISTRATION OF OVER-THE COUNTER MEDICATION

Student _____

First name

Last Name

Please indicate any of the listed OVER-THE-COUNTER MEDICATIONS that may be administered to your child (check all that apply).

If not listed, you may add an over-the-counter medication in blank lines below and please check that they MAY be administered. **YOU MUST PROVIDE** any medication that you add to the list.

The administration of any of these medications will be handled by the RN at band camp, and only as needed to relieve pain or suffering, when other non-medication remedies are not giving the student adequate relief.

Pain Relievers:	Antacids:	Allergies/itching:
Tylenol	Phillip's Milk of Magnesia	Benadryl oral
Aspirin	Tums	Caladryl
Ibuprofen		Cortizone-5 / Cortizone-10
Midol / Premsyn		
Anti-diarrheals:	Cough and Cold / Allergy:	Other:
Imodium AD	Robitussin	Topical Muscle Rub
Pepto Bismol	Robitussin DM	
	Dimetapp DM Cough and Cold	
Motion Sickness Medication:	Sudafed Cold/Allergy	
Dramamine	Cough Drops	

**** Note that if your child should take any of the above listed medications on a regular basis, then you should provide the medication and it should be listed on the Student's Medical Information Form.**

Non – Prescription Medication Consent from Parent/Guardian

I, _____, Parent/Guardian of _____

hereby authorize any of the medications indicated by my check mark above be administered to my child as necessary during Spring Lake Band Camp, 2011. I hereby certify that my child is not allergic and has never had an adverse reaction to any of the medications that I have approved.

Signature **PARENT / LEGAL GUARDIAN**

Printed name **PARENT / LEGAL GUARDIAN**

Date