

Frisco High School Band Summer Camp 2026

Health Guidelines and Supplies List

Please note that our Summer Band Camp will include morning or evening rehearsals OUTDOORS. Students all over the country have been practicing for marching band outside for many years, some in locations even warmer than Texas! Members will remain safe and healthy if they adhere to the following guidelines and requirements for attire.



Students MUST follow the guidelines below in order to participate in outdoor Band rehearsals. Any student who is missing a required item or is wearing improper attire may not be allowed to rehearse with the Band. These guidelines are in place in the interest of student safety.



Required *Attire and Supplies for ALL Outdoor Rehearsals:*

- **Blue Frisco Band 1-gallon water jug (provided to new members as part of Band Fee) with fresh water**
  - *Refills are required for EVERY outdoor rehearsal*
  - *Students MUST NOT share water jugs for sanitary and health reasons*
- **Light-colored, light-weight, and loose-fitting shirts**
  - NO SHIRTS EXPOSING THE MIDRIFT, OR BLACK/ VERY DARK SHIRTS
- **Loose athletic shorts allowing free movement**
  - NO DENIM OR LONG PANTS
- **Athletic tennis shoes with arch support, athletic socks, and tied shoe laces**
  - NO FLAT-SOLED CONVERSE-STYLE TENNIS SHOES, HIGH TOPS, OR SLIP-ONS
- **Wide-brimmed hats and sunglasses**
  - *Hats and sunglasses are essential to combatting the sun. Students must also maintain the ability to SEE during outdoor rehearsal. Hats and sunglasses are required of all members*
- **Sunscreen, spf 30 or higher**
  - *Applied before rehearsal and during breaks*
- **Bandana, hand towel, or Chilly Pad®**
  - *Students will drench these in cold 'spirit water' and wear around the neck to keep cool and productive!*

Other Health-Related Guidelines:

It is important to practice proper nutrition and hydration when participating in any outdoor activity.

- **Eat a good breakfast** before practice, and continue to eat well at other meals. *AVOID HEAVY DAIRY and EXCESS SUGARS.* Fruit, whole-grains, and non-greasy proteins are best.
- **Drink WATER** with every meal and throughout the day during band camp. Stay away from soft drinks and other drinks loaded with sugar at all times. These inevitably result in dehydration/ queasiness when outdoors.
- All members should begin **hydrating with water** throughout the day **Several days before** they report for Summer Band Camp. Dehydration will occur without proper preparation BEFORE the first day of activity.

Students do receive a P.E. credit for participation in marching band. There will be physical activities that include elements of strength training, cardiovascular exercise, balance and endurance training, yoga, and dance elements. Student participation is required for enrollment to be maintained. ***If a member feels sudden dizziness or is otherwise unable to continue a certain activity, he or she will be excused to take a break****. Students who are frequently unable to participate in rehearsal activities due to improper hydration, diet, or attire may risk their role in the show and/or their P.E. Credit.*

General Supplies for Frisco Band Musicians:

(Color Guard, please refer to Mr. Leikness for your needed supplies)

- Required: **Band Bag** to carry music, supplies, and accessories to all rehearsals.
  - The official *Frisco Band Drawstring Bag* sold by the Booster Organization is a perfect option! These will be available for purchase at band registration. Any other backpack (dedicated for band) will work well also.
  - We do ask that the student's bag of choice carry only band supplies.
  - **Required Items** to be kept in the Band Bag include:
    - Band folders and binders containing sheet music *(Provided for all through Band Fee)*
    - Flip folder containing stands tunes *(Provided for new members through Band Fee)*
    - Marching production drill book *(Provided for all through Band Fee)*
    - Hat/ Sunglasses/ Sunscreen for outdoor rehearsals
    - Pencils and other writing utensils
    - Instrument accessories as needed (see below)





- *Highly Recommended item:* **Fanny Pack!** In addition to the larger Band Bag, a fanny pack is a great way to carry smaller supplies needed throughout rehearsals while on the marching field.

- **Required Music** Supplies *(Bring to all rehearsals, store in your Band Bag):*
  Supplies can be purchased at Music and Arts or Brook Mays Music

  - **Pocket Digital Tuner** *(OR Tonal Energy® App on Smartphone)*
  - **Pocket Metronome** *(OR App equivalent on Smartphone)*
  - **Flip Folder** *(New Members will receive this from their Band Fee)*
  - **Instrument-Specific Music Lyre** *(Required for ALL INSRTUMENTS except Percussion; New Members will receive this from their Band Fee)*
  - **Additional Instrument-Specific Supplies:**

WOODWINDS

-Instrument in pristine playing condition
-1-2 boxes of new, excellent quality reeds
(At least 4 excellent reeds for double reeds)
-Swab
-Cork grease
-Reed guard
-Clarinets and Saxes: Neck straps

BRASS

-Instrument in pristine playing condition
-Appropriate mouthpiece- dent free
-Valve oil & Slide grease
-Polishing Cloth
-Silver instruments- Silver polish and lint free rags
-EUPHONIUMS- Black bath towel in tight roll

Percussion- Please refer to Mr. Dillard for your specific supplies.

Please contact Mr. Courtney with any questions or concerns regarding Band supplies!

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