



# Bryan Station Band Newsletter



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Newsletter of the Bryan Station Band Boosters

July/August 2010

## NEWS FROM THE DIRECTORS

Shaun Owens, Band Director  
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## Band Camp Survival Guide

Are you ready for the 2010 Marching Defenders' best season ever? It's almost time for band camp! For some, it's a time to get back in the groove with your friends and your music and for others it's a brand new experience. Band camp helps you make new friends that will last all through high school, and makes that first day of school easier. Band camp will teach you to work as a team towards a goal, to keep going when you think you're done and to take pride in your accomplishments. Band camp is not the worst thing in the world. The worst thing in the world is to come to band camp unprepared. The following guide should help you arrive at band camp prepared, and more importantly, survive.

### ***What To Bring***

Here are the essentials that you must have:

- 1) Socks and tennis shoes. (NO SANDALS, FLIP-FLOPS, etc...)
- 2) **\*\*Your instrument\*\*** (Yes, there have been a few that have forgotten this before...)
- 3) A three ring binder (Meade 5 Star is the preferred brand), some sheet protectors & A PENCIL!!
- 4) Lunch (you will not have time to leave campus.)
- 5) A hat or some other head covering.
- 6) Sunscreen
- 7) A water bottle/cooler
- 8) Shorts
- 9) Lip Protectant (that contains sunscreen)
- 10) Sunglasses
- 11) A positive attitude and a SMILE!

### ***Why the Essentials Are Essential***

**Sunscreen:** sun poisoning, although rare at camp, is not fun. Sunburn, guaranteed from camp, is not exactly pleasant either. Yes, you will get a "band tan" even if you use sunscreen, but believe me, even if you never wear sunscreen, YOU NEED IT at band camp.

**Breakfast:** We have seen far too many freshmen get sick and want to sit out the first day of band camp because they did not eat breakfast. You must eat breakfast during camp. It will not sit like a lump in your stomach or make you feel sick while you are marching.

**Water:** This one is obvious. You probably will sweat a lot at band camp. During breaks, you will need to fill up with water. Important note: Do not bring water bottles filled with carbonated sodas, it will just make things worse. Water is best, but sports drinks are acceptable too.

**Shorts:** Wear shorts every day to band camp. - no big explanation - it's going to be hot.

**Lip Protectant (with Sunscreen):** Brass players use this especially. Reed players should wipe it off before playing to avoid clogging the reed's pores. Avoid anything with camphor and/or menthol as these will dry your lips out faster.

**Sunglasses:** These definitely keep the UV light from your eyes and make the glare bearable, since you have to look up, sometimes into the sun. (It is acceptable to close your eyes at attention if you are standing still, facing into the sun, but that's impractical if you are moving.)

**Hat:** It will keep the sun out of your eyes and face (preventing "Rocky Raccoon" tan lines around your eyes, which look silly in your school pictures.)

**Lunch:** This is as important as eating breakfast. **LUNCH IS NOT PROVIDED**, and **you may not leave campus**. Some of the best social time is lunch hour at the band room.

### ***What To Expect At Band Camp***

Expect to **work**, and **work really hard**. Expect a suntan or sunburn, with tan lines from your shirt and socks. Expect to get bossed around by the directors, bossed around by upperclassmen, and bossed around by underclassmen. Expect the unexpected - every previous year's band camp holds several stories. Find an upperclassman for details. But, also expect to learn the majority of this year's show, and expect to be proud of the hard work you will put into making the Marching Defenders one of the best bands around!

### ***What To Do***

**Show up:** There have been a few cases of people who completely messed up and didn't realize that there was a band camp, or that band camp was required.

**Be on time:** You are responsible for being on time. You cannot blame this on traffic, on car trouble, or on your parents. You take full responsibility for it. The only exception is if you call the band room BEFORE the time you are supposed to arrive and explain the situation (i.e. car trouble, parents overslept, etc). The band room phone number is 381-3311.

**Behave:** Just get in line, stay in step, do whatever is asked of you. The Directors will take note - as well as the other members around you. Also, behaving tends to get things done a lot quicker (nothing worse than rerunning a drill set over and over again because the band isn't behaving correctly!)

**Keep cool:** Both literally and physically. First make sure you are not overheating (drink lots of water, wear cool clothes), but also keep a calm mind. So you can't hit the line the first time you try it? As long as you keep trying, and listen graciously to advice you WILL eventually get it.

**Have a Great Attitude:** Learning a new show takes time, effort, listening skills, watching those around you (especially upperclassmen), and most importantly, a great attitude.

### ***Footwear and Foot Care***

You will be on your feet for many hours at a time during the next several months. You must have proper footwear in order to be comfortable and avoid injury. A good pair of sneakers or tennis shoes is essential for participation in marching band. Sandals, flip-flops, boots or moccasins are not appropriate for this activity. We will be marching on pavement, which is not as forgiving to your feet as a grass field. Invest in a new pair of shoes appropriate for this activity-but wear them a few times before band camp starts. Your feet and the rest of your body will thank you.

Make sure to wear white cotton socks. They have no dyes, and the cotton is a naturally absorbent material. This will help avoid problems like athlete's foot and other maladies. A preventative spray of Tinactin or other over the counter foot product will also help keep your dogs happy. Bringing a few band-aids just in case isn't a bad idea either!

### ***Don't Let Sun Slow You Down***

Sunburn is a condition resulting from over exposure of the skin to ultraviolet (UV) rays found in sunlight. Everyone, even those with dark skin, is at risk for sunburn. Most sunburn will appear a few hours after sun exposure. The most intense symptoms may not occur for as long as 24 hours afterward.

## What can be done to prevent injury?

Use a waterproof sunscreen with SPF of 30 or greater at all times.

Have a hat and shirt on at all of the time you are exposed to the sun.

Be aware of cloudy days, because you can still burn.

Be informed about any medications you are taking and their side effects. Some medications produce allergic-type rash on body parts exposed to sunlight.

Most sunburn heals within 10 to 14 days if further exposure is avoided. It is important to realize that progressive sun exposure increases the risk of developing certain skin cancers. Therefore, people with multiple sunburns or a history of significant sun exposure, should be checked frequently by a healthcare provider for signs of these cancers.

## Final Notes

Band camp is hard work, but you will find that there is something very rewarding and cool about working hard, and then seeing the result of that hard work - and being real proud of it.

# DEFENDER BAND NOTES



**2010 GOAL** – To help every student to become the best musician, performer, and student they can be.

**LAZY DAZY DAYS OF SUMMER: STUDENTS:** OK, school's out. If you don't have a summer job, you're sleeping late. Lunch and a shower and it's 3:00. What shall I do today? Facebook, soaps, IM, ipod, friends, couch, reruns. Sound familiar? **PRACTICE YOUR INSTRUMENT! IT'S UP TO YOU TO MAKE YOUR BAND SOUND GREAT!** New uniforms, new band room, new football field, new stadium, won't make any difference if you don't practice TODAY. (Not tomorrow). Be ready for band camp. Remember solos, competitions, distinguished ratings. Mr. Owens says, "Pick up your instrument, and the music will happen."

**BAND CAMP** – Band camp will start **Monday, July 26** and will run Monday through Friday for **two** weeks from 8 am to 5 pm at BS high school. These two weeks are **required**. The students will be learning the 2010 fall show: The Year of Equus. **Bring your instrument.** Music can be downloaded from BS website from mp3 files. <http://www.bryanstationband.org/>.

Students need to wear comfortable tennis shoes (socks prevent blisters), and dress to be outside most of the day (typically tank tops and gym shorts, etc). Bring lunch, lots of water / Gatorade, snacks, sunscreen, sunglasses, a hat, Chap Stick, energy and a smile. Don't forget allergy medication and inhalers. Students need to bring their own water bottles and will absolutely not be allowed to drink after another student.

The first Friday night of band camp, July 30, will be our annual picnic at Constitution Park. We grill burgers and hot dogs, and all families are requested to attend and bring a dish. More details will be available soon. One morning during camp, some band moms will cook sausage and biscuits or pancakes. Details will be announced during camp.

**If you are willing to provide some refreshing treats (such as popsicles) one time during band camp, call Cheryl Irwin (266-6267 or [tgf59@insightbb.com](mailto:tgf59@insightbb.com)).**

**JULY/AUGUST BAND BOOSTER MEETINGS** - **Monday, July 12 and August 9 at 6:00** in the band room. **We will be making plans for the marching season, the Bluegrass Pageant of Bands, and the KMEA Quarterfinals Contest.** Band booster meetings are important to attend so that everyone can be involved in the planning of the activities for marching season. The band booster meetings aren't always the same group of people, but coming when you can helps your child's band experience. So if you can't make every meeting, please make a serious effort to come to the ones that you can. We try to keep the meetings to about an hour in length. There is a sign-in sheet by the door when you come in. The meetings are always in the band room. The front doors to the school are unlocked, or you can come in the side door directly to the band room.

Please come out and welcome our new Asst. Band Director, Michael Payne. Mr. Payne is a graduate of the School for Creative and Performing Arts at Lafayette HS in Lexington. After receiving a four year full tuition music scholarship to the University of Kentucky, he earned his Degree, Bachelor of Music Education (Cum Laude). Prior to returning to Lexington, Mr. Payne was Band Director at New Castle Chrysler High School and New Castle Middle School in New Castle, IN. Mr. Payne has been a Music and Visual Tech for State Champion and Band of America Grand National finalists Lafayette (KY) and Lawrence Central (IN) HS Marching Bands. He also taught Drum Corps International finalist Blue Stars Drum and Bugle Corps from Lacrosse, WI.

As a performer Mr. Payne was full time Baritone Saxophonist with the Indiana Wind Symphony. He performed on Mellophone with the Capital Regiment Drum and Bugle Corps. Additionally, he performed with the University of Kentucky Jazz Ensemble, Mega Sax Quartet, Wind Ensemble, Symphony Band and served as the Drum Major for the Wildcat Marching Band for two years. While at Lafayette HS he was a member of the Kentucky All-State Jazz Ensemble.

**BAND REHEARSALS** – every Monday, Tuesday, Thursday during the fall of the school year from 3:45 – 6:00 starting **August 12**. Once school starts, students need to use their time wisely from 3:15 – 3:45. Check with teachers, get the books they need, try to get a few minutes of homework done. Eat a snack and drink some water. Perhaps change into comfortable clothes and tennis shoes. Rehearsals start on time.

**FIRST HOME FOOTBALL GAME** – Friday, **September 24**. Band members report at 6:00 pm. A lot of band parents sit in a section close to the band. New band parents, come sit with us and support the band. Band students are not allowed to eat or drink while in uniform. They get a break after half-time, during third quarter, and get water. Students will wear their band t-shirt and shorts during the first football game.

**FIRST BAND ACTIVITY** - **Saturday, September 11**. We will be marching in the Roots and Heritage Parade, more details to follow soon.

**BSHS BAND WEBSITE**—Take a look at the BSHS Band website: <http://www.bryanstationband.org/> You can also find us on **Facebook: Bryan Station Marching Band**. This will help you keep up with summer and fall happenings. Make sure you check the calendar on these sites for changes and upcoming events.

**PIT CREW** – This crew of adults load everything that is needed to take to a band contest including instruments, guard flags, and props. Then when arriving at the contest sight, they unload the trailer, prepare to get what is needed onto the field, get it on and off the field quickly, then put it back in the trailer and bring it home. Last year our pit crew won a trophy at one of the contests! This is a much needed committee that needs your help. Call Ira Brown at 351-0310 and volunteer.

**COLOR GUARD** - Color guard got off to a great start during pre-camp with many new faces! Remember that band camp is required for you too. We'll be looking forward to seeing you there. Also, don't forget about earning you band points. "Get it Guard!" If you have questions about color guard, call Dana Ecton (333-5232), Candice Ford (494-9465) or Auberney Clark.

## • **BLUEGRASS PAGEANT OF BANDS** – Saturday, October 16

This year's chairperson, Katie Chapman, and the Executive Board have started the master plan. This is our biggest event of the year. All students are **required** to work it for the day, and we need many, many parents, brothers, sisters, aunts, grandparents, and friends. Signup sheets will be posted soon for specific jobs. We will host between 3,000 to 5,000 people that day.

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Cheryl Irwin (Secretary)  
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**Ads and Trophies** – Parents: look for a **large manila envelope** to come home with your student during band camp. The introductory letter inside the envelope explains the importance of selling these ads and trophies. A **large** portion of the money earned comes from the ads sold for the program. Also the money raised from this is our "insurance policy" in case it rains, or the day has to be canceled at the last minute. Think about the businesses that you have contact with and don't be afraid to ask if they will buy an ad or sponsor a trophy. It is great advertising because of the large number of people that will attend the pageant and purchase a program. Think about all of the new businesses in Hamburg. Think about all of the businesses on New Circle Road. Most of the construction supply houses are on the north side of town. Think of all of the new neighborhoods in this area, and ask the builders and realtors. They are going to spend their advertising money

somewhere. Let's give North Lexington an opportunity to support Bryan Station. They won't support us unless we ask. All ads and trophy sponsorships are tax deductible. The due date for all Ads and Trophies content and money is Tuesday,

### **Medical Personnel to work the first aid booth**

**Police Officers** – if someone in your family is a police officer and is willing to volunteer a few hours, it would save from the costs that occur from paying the officers.

**EMAIL:** Watch for a more specific email as time grows closer to the BPOB.



## **B.S.H.S. BAND BOOSTERS**

### **BAND BOOSTER GOALS AND OBJECTIVES**

- To create and maintain organized support of the BSHS Band, within the policies of the School, and with the guidance of the Director of Bands.
- To develop between the Bryan Station High School Band Program, Bryan Station High School, and General Public such united efforts so as to secure for every student the highest advantages in musical, physical, intellectual and social education.
- To provide financial aid and assistance necessary to support program needs not met through School or Board of Education finds.