



Regiment Camp Checklist

Before camp, complete this Workout Plan

Use this stretch routine app each day: "Start Stretching" by Gregory Dunn. If you've ever wanted to get into Yoga, now is a great time, also! (Yay, YouTube!) Don't forget to practice your instrument or guard fundamentals! 30 minutes a day will get you prepared for the hard work of camp! And avoid sodas and energy drinks, beginning July 5th. IT WILL HELP! Basically, GET OFF THE COUCH! ☺

At Camp:

1. WATER! (IT'S NEEDED FOR LIFE!!!)
2. Eat a proper breakfast: no milk or sodas, no syrup
3. Tennis shoes and many, many socks...know that they will get dirty
4. Appropriate shorts and shirts. See the handbook.
5. HATS! (REQUIRED!!!!)
6. SUNGLASSES! (HEAVILY RECOMMENDED!!!)
7. WATER!
8. Deodorant...like, for real.
9. Sun block and bug spray...the Regiment has some, but bring any "special" kind if you want it
10. A snack if needed/desired. 10 minute break at 10am each day.
11. Instrument, and lyre, if a woodwind or brass instrument.
12. Did I mention water?
13. Pencil
14. More water
15. A positive work ethic and attitude!

Also:

1. Lunch (no student may leave during lunch. Drink water or Gatorade...no sodas. Limit salt intake for lunches. Also, any parent dropping off food must do so at 12:00 precisely. No student will be permitted to leave rehearsal early or get back to rehearsal tardy because of when food was delivered. Dinner is provided each day we are there past 5pm.
2. Swim Party at Crystal Springs! Dinner served at 6pm and swim 7-9pm. (See Calendar)