Greetings! I am so very glad you have elected to join us at camp this summer. As in years past, we’ve assembled a team of experts in the areas of conducting, guard design and instruction, dance, and marching performance to provide you with important tools for leadership in your High School band. Please read the enclosed materials carefully, giving particular attention to special instructions from Camp Directors Corey Jahlas, John Demkowicz, and Tim Mocny, that will be sent to you in the coming days.

Also, please ask your parents to complete and sign the enclosed Release Form so you can bring it when you check in to camp at **1:00 pm Sunday July 7**.

The enclosed materials will give you some very important guidelines for preparing for camp. Once here, we’ll hit the ground running so take advantage of every opportunity to be ready for a fantastic week!

Our directors, housing and instructional staff, and everyone here at CMU is looking forward to seeing you and helping you to get the most out of the Camp experience.

Fire Up Chips!

Dr. James Batcheller, Director
The Chippewa Marching Band
Executive Director, MCSC
**Things to do Immediately (TODAY)!**

Campers and Parents or Guardians make certain the Medical Information and Photo Waiver forms have been completed in your registration online. You can log back in to the original form and make any needed additions or corrections. Please complete ALL SECTIONS of the form, giving special attention to the insurance information section. This form gives us the opportunity to get campers the help they need in case of illness or injury. **PLEASE BRING A COPY OF THE CAMPER’S MEDICAL INSURANCE CARD TO CAMP.** We can help you with this at check-in or you can call 989-774-7526 for assistance. Be sure to pack over the counter medications (Tylenol, Advil, Aleve) that you can tolerate. Campers are responsible for their own medications.

If you have a physical condition or injury that may limit your participation, please provide a written description of the nature of the injury or condition; when it occurred; your physician’s assessment and instructions; medications you are taking; and any other pertinent information that will help us to assess your ability to participate at camp. If an injury occurs or a condition develops between now and the beginning of Camp, please contact us immediately.

CMU provides individuals with disabilities reasonable accommodation to participate in summer camps and clinics. Individuals with disabilities requiring accommodation are asked to include a description of specific limitations and/or needs, as well.

**Please return written descriptions of physical conditions, injuries, disabilities and/or limitations no later than July 5, 2019 to:**

CMU Marching Chips Summer Camps  
Events and Conference Services  
206 University Center  
103 E. Preston St.  
Mt. Pleasant, MI 48859

Or via email at: plan@cmich.edu

**Preparing for Camp**

Time to get in shape! A typical day at camp will include several sessions of sustained, intense physical activity. If you aren’t used to daily aerobic activity, begin WALKING at least half an hour a day for about a week. After that, you can begin more aerobic activity such as jogging or swimming, being careful to do a LIGHT stretch before and after each session. By the last couple of days before camp, you should be engaged in two or three sessions of sustained aerobic activity of around fifteen to twenty minutes each, beginning with an appropriate warm up and concluding with some relaxed walking and another light stretch.

Drink water – avoid pop (soda, not your dad)! If you don’t already consume five 8-ounce glasses of water per day, start now! If you wait until the day before camp to begin regular hydration, your body will become dehydrated during the first full day of camp, no matter how much water you drink that day, and you’ll be playing “catch-up” for the duration of the camp. In
Some people, that leads to severe dehydration, which leads to heat related health problems, which lead to illness that can end your camp experience.

**Carbonated Beverages vs. Water (from the Gatorade Sports Science Institute):**

Q: Is it true that carbonated drinks will take "wind away" from runners or other types of athletes?

A: A legitimate question, and a concern many athletes have. Carbonation will not decrease endurance (reduce one's "wind") by causing an accumulation of CO₂ in the blood. Much of the carbonation comes out of solution in the stomach and may be "belched" away before entering the intestine, where fluid and nutrients actually get absorbed. For that reason, that of the stomach bloating, carbonated drinks are not a good choice as a hydration beverage during exercise. Carbonation also causes throat burn, which may deter the sweaty athlete from consuming enough fluid to stay hydrated. The resulting dehydration WILL cut into an athlete's wind.

Craig A. Horswill, Ph.D.
Research Scientist, Gatorade Exercise Physiology Lab

All drummers, and Intermediate and Advanced conductors will be playing their instruments. And the Guard will be spinning and tossing equipment. Have your chops in good condition well before camp so we can get right to work. Novice Guard Campers are encouraged to do some upper body training, such as push ups, in preparation for learning to spin.

Make a list of all items you intend to pack and keep a copy in your suitcase or duffel bag so you can check it when you pack for home at the end of camp. Make certain you pack sufficient rehearsal wear to make it through the week: Comfortable footwear, including enough white cotton socks to allow you to change when they get wet. One pair per day is never enough! Make certain your rehearsal shoes are sturdy but well broken-in running or cross training shoes with solid arches and extra laces. NEW SHOES tend to raise blisters when worn in rehearsal 10 hours a day for a week! Bring t-shirts, shorts, sweats, etc. to last the week. Bring jeans and other casual wear for free time and after hours. DO NOT plan to wear jeans or other tight-fitting pants to rehearsal, as they tend to restrict movement in ways that lead to serious injury. Likewise, be aware that shorts and shirts that are TOO short or loose-fitting can appear immodest and can become positively embarrassing to you and those around you when you start moving! 😊

Bring an insulated water bottle or jug, a hat or cap that covers your head completely (visors and bandannas are insufficient), sunglasses with UV protection, lip protection, and sun block for rehearsals. Bring Aloe Vera for after rehearsal.

Pack light khaki shorts to wear for the final performance on Friday!
Other items to consider: Pajamas, sweater, light jacket, swimsuit, towel (residence hall towels may not be used outside the suites), alarm clock, fan, personal toiletries including feminine products, soap, shampoo, comb, brush, toothbrush, toothpaste, floss, nail clippers, cards, camera, and spending money.

*A word about nail clippers: An ingrown toenail can end a student’s camp experience suddenly and painfully, which is tragic since it is TOTALLY AVOIDABLE. Keep your toenails clean and properly trimmed so you don’t have to go home early with an infected toe!

Arrival at Camp

Registration will take place between 1:00 and 2:00 pm on **Sunday** in Kulhavi Hall room 146 at the southeast end of the Towers Residence Complex:

**From the South (US 127):** Take the first Mt. Pleasant exit (Business US 127). Go 2.5 miles to the second light (Broomfield Rd.) and turn LEFT.

**From the North (US 127):** Take the second Mt. Pleasant exit (M-20). Turn right (west) on M-20 and go 0.4 miles to the first light. Turn left (south) on Isabella Road. Go 2.0 miles to Broomfield Road. Turn right (west) and go 1.0 mile to Mission Street (Business U.S. 127), continue west across Mission.

**From the East (M-20):** Cross under US 127 and follow remaining directions from the NORTH (above).

**From the West (M-20):** As you approach Mt. Pleasant, turn RIGHT (South) on Lincoln Rd. Go 1.0 mile to Broomfield Rd. and turn LEFT (East). Go 1.6 miles, to the Events Center on your right, and make a boulevard (U) turn back toward the West.
Parking

Parents may drop campers off in **Lot 42** in front of The Towers, 204 W Broomfield Road. Campers are strongly discouraged from bringing their own vehicles to camp. Campers may park their own vehicles in **Lot 39**, north of Cobb Hall, off West Campus Drive. Keys must be deposited with the Hall staff at Registration and campers will not be allowed to drive their vehicles for the duration of the camp.

Housing

Campers will be housed in the Troutman Residence Hall, part of the Towers Residence Hall Complex. There is a phone in each suite that may be used for incoming calls. Each camper will be issued a room assignment, linens, and a room key at Registration. Meals are included in the registration fee for resident Campers. Dinner will be served at the Real Food on Campus (RFC) residential restaurant in the Towers Complex.

Campers are not permitted to carry cell phones, iPods, or other electronic devices with them during rehearsal hours, including time on the march from the Residence Hall to the rehearsal facilities. **IN AN EMERGENCY**, parents may reach campers by calling the Towers Reception Desk at (989) 774-6748.
While at camp

Medications you bring to camp must be clearly labeled with your name and the prescribed dosage. Be certain that information is included on the Medical History Form.

For their safety, Campers are NOT PERMITTED to leave the residence hall unless accompanied by camp chaperones or staff members for the duration of the camp. Doing so will result in a loss of free time privileges, at the discretion of the Directors. Exterior doors are locked nightly at 10:00 pm. All campers MUST be in the hall by that time.

Because of the intense nature of instruction, distractions during rehearsals and classes must be kept to a minimum. Parents, Guardians, Band Directors, and family members may contact Dr. Batcheller at (989) 774-3317 or via email at batch1jc@cmich.edu to arrange for a visit during free time. Students and friends who are not camp participants are not permitted to visit campers during any part of the camp.

Campers who wish to order pizza during free time are asked to do so before 10:00 pm to ensure delivery before 10:30 pm. Deliveries will not be permitted after 10:30 pm.

Snacks are available at the P.O.D. Snack Shop in Kesseler Hall, in the Towers complex.

It is the responsibility of the parent or guardian of a camper to pay for the replacement of any lost or damaged items assigned to the camper. Examples include:

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Room Key</td>
<td>$50.00</td>
</tr>
<tr>
<td>Sheet</td>
<td>$ 8.00</td>
</tr>
<tr>
<td>Bath Towel</td>
<td>$ 5.00</td>
</tr>
<tr>
<td>Pillowcase</td>
<td>$ 3.00</td>
</tr>
<tr>
<td>Washcloth</td>
<td>$ 1.00</td>
</tr>
</tbody>
</table>

Central Michigan University is not responsible for lost or stolen personal property. Participation in the Drum Major and Color Guard Camps is at the sole discretion and judgment of the participant and at their own risk. The participant and the participant’s parents or guardians assume full responsibility any injuries or damage that may occur. The participant and the participant’s parents or guardians release and agree to hold harmless Central Michigan University, its Board of Trustees, staff, students, and employees from any and all claims, action, damages, and liabilities for personal injury or damage to personal property relating to or arising out of the activity, except where the injury or damage is caused by the sole negligence of the University, its agents, or employees.

Rules for Camp Behavior

All rules and guidelines established by the camp and its staff will be strictly enforced. Rules are designed to promote the safety of all participants and to ensure compliance with state law and university policies. Violations of rules and guidelines will result in disciplinary action up to and including payment of replacement costs for damages and dismissal from camp, at the discretion of the Executive Director upon recommendation of the Camp Directors.

Roll will be taken at all class sessions, rehearsals, floor meetings, and other required activities. Campers are required to attend each rehearsal and session unless excused for medical reasons. If you feel ill, report to your director, a counselor, or to a member of the desk staff immediately!
Campers may choose to use the recreation and fitness facilities at CMU’s Student Activity Center (SAC) at a cost of $6 per day ONLY if the additional SAC RELEASE FORM is completed.

Campers must be in their rooms by 10:30 pm, with lights out at 11:00 pm nightly. Accommodation will be made on Friday night for the closing night activity, at the discretion of the Executive Director.

With the exception of camp staff, men are not permitted to enter women’s suites and women are not permitted to enter men’s suites at any time, for any reason.

Shirts and Shoes are to be worn to all activities and meals. Shoes are to be worn AT ALL TIMES WHEN CAMPERS ARE OUTDOORS.

Food may not be removed from RFoC.

The burning of candles, incense, or any other materials is prohibited.

Excessive noise, horseplay, and verbal altercations are to be avoided at all times.

Physical violence of any kind will not be tolerated for any reason.

Verbal, Sexual, and/or Cultural Harassment of any person or group of persons will not be tolerated for any reason.

The use or possession of alcoholic beverages, tobacco products, illegal drugs, fireworks or other explosives, weapons, or dangerous substances – either on or off campus – is prohibited. Campers found to be in violation of this rule will be dismissed from camp without exception.

Tampering with fire alarms, fire fighting equipment, elevators, or other safety and security devices and equipment is prohibited. Campers found to be in violation of this rule will be dismissed from camp without exception.

Campers are subject to the laws of the State of Michigan and the City of Mount Pleasant. Law Enforcement Officials will be notified when laws are broken.

Other behavior that will result in disciplinary action up to and including dismissal from camp include: theft or damage of University or personal property, unauthorized overnight guests in suites, excessive accumulation of trash, gambling, removal of University property from public areas, pets in suites.

Campers are expected to support one another as fellow students and musicians. Leaders take the initiative to lead by making an honest effort to be of service to one another.

You are encouraged to follow the example of the Chippewa Marching Band at CMU. Our principal guiding purpose is to:

Play With the Heart of a True Champion

And the guiding principle of our student leadership team is to:

Lead With the Heart of a True Servant

Each and every camper has the opportunity to lead this week. The decision is YOURS!
**Final Performance**

Parents, family, and friends are invited to attend a demonstration of skills and presentation of awards at 11:00 am on Friday July 12. Because of campus construction projects, details and parking instructions will be available when campers check in for camp. We’ll make sure we have accurate email information so we can contact you with updates as they occur. Parents and friends should also keep a watchful eye on the weather forecast for the day.

**Departure from Camp**

Following the final performance, campers will return to Troutman Hall to check out. Parents may meet their campers in the Towers Lobby or in Lot 42 or 39. In order to minimize congestion and confusion, we ask that ONLY CAMPERS go onto the Suite Floors during checkout.

CMU is unable to register campers who have prior engagements that require them to leave camp at any time during the week. If you are unable to participate in the full week of camp, please contact Dr. Batcheller at (989) 774-3317 or via email at batch1jc@cmich.edu to arrange for a refund of camp fees.

In case of a FAMILY EMERGENCY, parents or guardians may request, via email or FAX if possible, that their child leave camp early. The camper’s legal guardian must come to campus to take custody of his or her child complete and sign a release waiver. In most cases, the camper will not be permitted to return to camp. A prorated refund of camp fees is available upon written request sent by parents or guardians to Events and Conference Services, 206 University Center, 103 E. Preston Mt. Pleasant, MI 48859 or by email at PLAN@cmich.edu

In case of an injury, homesickness, or for disciplinary action, parents or guardians will be required to come to campus and retrieve their child. A release waiver must be completed and signed upon arrival. Campers sent home will not be permitted to return to camp. In case of injury, a prorated refund of camp fees is available upon written request, as described above.