

Ferndale High School  
Golden Eagle  
Marching Band



INTERLOCHEN  
HANDBOOK

August 16-23, 2010

## INTRODUCTION

For the *57th consecutive year*, the FERNDALE HS GOLDEN EAGLE MARCHING BAND will be attending summer marching camp at the world-famous Interlochen Arts Academy at Interlochen, Michigan. Dates for the camp are Monday, August 16 through Monday, August 23, 2010.

Plans for our 2010 camp are coming together nicely. Band camp is a week full of music and marching, working with a dedicated and talented staff, making new friends, cabin skits, talent night, dancing, awards, and hard work to make the 2010 Golden Eagle Band the very best we can be. Our plans for the school year are as busy as usual including our home football games, competitions, parades, and more!

This handbook is designed to help you with information about our week at Interlochen -- please read it carefully! It is meant for parents and students.

If you have any questions concerning the Interlochen Band Camp, meeting the schedule of payments, or the coming year, please feel free to call Mr. Jamison at Ferndale High School at 248-586-8646.

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### **CAMP LICENSING**

Ferndale High School is licensed to operate band camp from the state of Michigan. We are inspected annually – onsite - by the Department of Human Services. Our inspection results are online and we have a paper copy as well. License # CR280303028.

By the parent meeting, each student needs the **Health and Permissions form**, completed and signed by a parent or legal guardian. It's very important that parents read the entire document as our health policies must follow the state requirements for our camp license. No student can go to Interlochen without the completed and signed form. By law, the health forms are kept locked and confidentiality is maintained. All medications are also kept locked and accessed only by our camp nurse.

### **EMERGENCY NOTIFICATION**

Our travel plans are outlined below, but should there be a last minute change, or, in case of emergency, the Ferndale contact is **Roger Smith**, Assistant Principal for Ferndale High School. He will be notified immediately of any changes in marching band travel plans or camp emergencies. Mr. Smith will be in contact with Elon Jamison and can be reached at **248-586-8626**.

Should any emergency arise with a child's health, the parents will be immediately notified by Elon Jamison or Ben Moy.

**ASSEMBLY and TRIP ITINERARY**

*Camp Travel Schedule – Monday, August 16*

ASSEMBLY TIME (at FHS Band Room).....7:30 AM

All medications (except inhalers and epi-pens) must be turned in to the Camp Nurse at that time.

DEPARTURE TIME.....8:30 AM

\*Please remember to bring a sack lunch with you for your lunch stop en route to Interlochen.

Beverages will be provided by the Boosters.

ARRIVAL TIME at INTERLOCHEN.....3:00 PM

*Home Travel Schedule – Monday, August 23*

ASSEMBLY TIME (following breakfast).....8:15 AM

DEPARTURE TIME.....9:00 AM

\*Please remember to save enough money to buy your lunch on the way home (fast food).

FHS ARRIVAL TIME.....approx. 3:30 PM

Students can only be released to a parent or designated adult as listed on permissions form.

**BASIC DAILY SCHEDULE at INTERLOCHEN**

More detailed information, which is not noted in this daily schedule, will be announced at daily formations and/or rehearsals.

- 6:15 am.....Reveille
- 7:00 am.....Morning formation – cabin inspections
- 7:15 am.....Breakfast
- 8:30 am..... Rehearsal
- 11:30 am.....Free Time
- 11:45 am.....Lunch
- 1:15 pm..... Rehearsal
- 4:15 pm.....Free Time
- 5:00 pm.....Dinner
- 6:15 pm..... Rehearsal
- 9:00 pm.....Evening Activity
- 10:30 pm.....Taps / In Cabins
- 11:00 pm.....Lights Out

**FRIDAY AND SATURDAY EVENTS:** There are several events happening these nights that are important to our band. Friday night is the dance, and Saturday night is the Senior March and the Talent Show. Parents, family, and friends are strongly encouraged to attend the Senior March (even if you don't have a senior this year!), which usually takes places around 9 pm Saturday night. However, it is important that the Dance and Talent Show be reserved for current students, staff, and chaperones.

**SUNDAY SCHEDULE:** We perform our show at 10:00 am on Sunday, August 22 at the marching band field (Opera Field). **Everyone is invited to attend.** There is no admission fee. We greatly encourage **all family and friends** to come and see the end result of our week and the beginning of our new show. Shirts for this year's show will be available for purchase.

Following the marching show, parents are free to take their children out to lunch. However, they must be back at camp by **1:00 pm sharp**. At that time, we depart for the Sleeping Bear Dunes National Lakeshore where the students will be allowed to climb the dunes.

At approximately 4:30 PM we will leave the dunes and head for Glen Haven beach on Lake Michigan, where we will have a BBQ dinner. Glen Haven beach is just a couple miles north of the dune climb. This activity, as with all activities, is designed for the entire band to take part. Family and friends are welcome, if they so desire, to attend the dunes and beach with us. However, the BBQ dinner is provided only for students, staff and chaperones. **Families who accompany us to the beach must bring their own food.** The evening concludes with our paper plate awards and senior tributes back at camp. This activity is for band students, staff and chaperones only.

### **SLEEPING BEAR DUNES POLICIES**

Sleeping Bear Dunes National Lakeshore is meant to be enjoyed, but can be dangerous, so it is imperative to follow these policies and to listen to the chaperones and staff.

1. No one goes anywhere alone. Students must have at least one partner.
2. The hike to Lake Michigan at the Dunes climb is about 3.5 miles round-trip over many steep hills. Those who intend to make the trip **must sign up first**, so we know who is making the trip. One person in each group must have a cell phone with them.
3. Wear sunscreen (lots of it), use a hat, and have water and shoes with you.
4. If you make the Lake Michigan Dune trip, here is some further information and advice.
  - Make sure to have a plan and communicate it with your group, and stick to it.
  - Cell phone coverage is not always reliable in the lakeshore area
  - It is easy to get turned around on the dunes and lose your sense of direction. The best plan is to follow one of the marked hiking trails and carry a map and compass. The trails in the dunes are marked with blue-topped posts.
  - Resist walking on ridges or steep sandy slopes. These can be hazardous and can trigger a sand slide.
  - Again, take shoes and use them – walking in the sand is much harder work than walking on solid ground. The sand can be very hot and abrasive, and shoots of dune grass can stab your feet.
  - Remember to bring plenty of water and sunscreen.
  - Do not swim in Lake Michigan should you make it there. Swimming is only allowed at Glen Haven beach with a certified lifeguard.
5. Digging holes on the dunes IS allowed, but only to thigh level. No hole can be dug deeper than 3 feet, and no one is allowed to crouch in a hole.
6. Ferndale will run down the main dune at **4:15 PM** as a group. Be at the top on time, ready to run. There will be a few minutes afterwards for the restroom and water before we leave for Glen Haven Beach.

## GLEN HAVEN BEACH POLICIES

1. Swimming is allowed as long as the weather and water conditions permit it. If we do not have a certified lifeguard, then swimming will be canceled. If there are Coast Guard warnings about riptides at the Beach, swimming may be canceled. However, our swim area is located in a bay, which usually means calmer waters and a much lesser occurrence of rip tides.
2. Only those with parental permission to swim in Lake Michigan will be allowed to swim. We will have a list of swimmers with and without permission.
3. Everyone must swim with at least one partner and is required to check with an adult observer before entering the water.
4. There is only one swimming area, which is clearly marked with buoy boundaries. No one is allowed to swim outside the boundaries. Everyone is expected to comply with Lifeguard and adult instruction or lose swimming privileges.
5. Swimmers are allowed to swim to waist-deep levels. In case of huge wave swells, that may be altered to a lower depth.
6. In addition to a certified lifeguard, adults will be watching swimmers and some will be in the water with the kids.
7. No rough horseplay in or near the water, i.e. holding someone underwater, throwing sand or rocks towards swimmers, etc. Please remember this is meant to be a fun and safe activity.
8. If the whistle is blown, everyone must stop, check for their partner and approach the shore for instructions.

## WHAT TO BRING TO CAMP

One suitcase

Sleeping bag (extra blankets)

Pillow

Bath towels – wash cloths

Soap in container and shampoo

Comb/brush

Toothbrush/toothpaste

Deodorant/anti-perspirant

Plastic drinking cup

T-shirts, blouses, sport shirts, sweatshirts

Sweater, jacket (it does get cold and we do march in the cold)

Raingear/poncho (it does rain and we do march in the rain)

Pants, blue jeans, shorts (one pair must be blue for our performance)

Underwear

Pajamas/robe

Shoes suitable for marching (two pairs recommended – no flip-flops except in showers)

Socks (more pairs than 1 per day)

Swimsuit and beach towel

Laundry bag (there are facilities for washing at a small cost)

Flashlight

Wrist-watch

Insect repellent AND sunscreen

Hat AND sunglasses

Ace Bandage, also any knee, wrist, etc. brace that is used. We will **not** be purchasing ace bandages.

Pencils

Music and 3-ring binder with plastic sheets

Water bottle (labeled with name) for field rehearsals (the larger the better – good hydration is crucial)  
Snack food in small amounts (slow burning healthy carbs – avoid sugar and caffeine)  
Instrument (with all required accessories) OR flags/rifle.

Please make sure all instruments are in working order before leaving for camp. Interlochen **does not** have an instrument repair service available during our week. Check for valve oil, cork grease, extra reeds, ligatures, neck straps, mutes, swabs, sticks, tape, etc.

Sports and recreation equipment will be checked out from our headquarters. Our camp also has a basketball court, tennis court and sand volleyball.

**MONEY:** Bring enough money with you. There is a Melody Freeze on the grounds and also a camp store that sells all kinds of Interlochen souvenirs. You will also want to set money aside for the Pirate’s Cove Water Park in Traverse City Monday night, should you choose to go. **Remember to save enough money for the lunch stop on the way home from Interlochen!**

**HEALTH:** All students must have turned in all health and permissions forms before camp. We have stricter policies regarding prescription and non-prescription medication. As stated on the health forms, all medications must be turned over to the Camp Nurse before leaving Ferndale High School. All medications must be in original containers and prescription medicines must include the doctor’s prescription on the label. The Camp Nurse will administer all medications according to doctors’ or parents’ instructions. No child may carry any medication on them except for inhalers and epi-pens. A copy of camp Health Policies and Guidelines are available for more details.

**CAMP POLICIES:** A few reminders about our policies follow:  
Electronic devices such as cell phones, iPods, CD players and MP3 players are allowed; however they must be left in the cabin and are not allowed with you during any phase of rehearsal or group activity. Further, these devices are brought at your own risk, and Ferndale High School and the Ferndale Marching Band take no responsibility for loss or damage, including theft. Finally, they must be off after lights-out and must never be used in a way that would prevent another person from working or sleeping.

The Ferndale HS Code of Conduct and the Ferndale HS Marching Band Goals, Expectations and Policies are both in full effect throughout band camp. This includes bans on tobacco and alcohol products, as well as any illicit drugs. It also includes every aspect of the Human Dignity policy, and requires every student show respect to every other person (student, staff and parent) throughout camp. Any student failing to follow these policies may be sent home immediately at their expense and be removed from the Ferndale HS Marching Band for the remainder of the season.

The sleeping arrangements at Interlochen are strictly ‘same-gender’. No boy may enter a girl cabin, and no girl may enter a boy cabin. There will always be at least one adult chaperone present in each cabin when students are out of rehearsal and at night. Each cabin is equipped with multiple sinks, showers, and toilets. It is expected that they will be kept clean, and will be inspected each day by the directors.

**INTERLOCHEN TELEPHONE NUMBERS:** 1-231-276-7280. Ask for the Ferndale High School Band. We are staying in the “All-State Girls” compound. *The 24 hr. emergency number that is available is 1-231-276-7200.*

**MAILING ADDRESS:** Name of Student  
P.O. Box 199  
Ferndale High School Band  
Interlochen, Michigan 49643