



2023-24

Member Handbook



Gahr High School Marching Gladiators • 11111 Artesia Blvd. • Cerritos, Ca 90703
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www.facebook.com/gahrband • @gahrband on Instagram • Federal Tax ID: 45-4683974

GAHR MARCHING GLADIATORS

Gahr Gladiator Family,

Congratulations on being a part of the Gahr High School Instrumental Music Program! Gahr High School is proud to have one of the strongest, most consistent, and most well-rounded music programs in Southern California. We are so excited you have decided to be a part of it!

Band Camp is mandatory for all students to be admitted into the field show production. Your donations help us pay for our instructional staff, field show fees & registration, production costs, equipment, and much, much more. We are unable to run the program without these funds.

Please join us for our upcoming Family Beach Bonfire. We also look forward to seeing you at our annual Band Camp Concert where you'll get a sneak preview of our field show production and check out what your child has been working on.

We will be hosting the Gahr Invitational Field Tournament on Saturday, November 4th. We're gearing up for the biggest tournament we've ever hosted, with 30 bands already signed up! We need all hands on deck for it to be successful. Please mark this date on your calendar and plan on being there to help.

We encourage all of our families to become active in the Gahr Band Boosters. Our program cannot exist without the support of... YOU! With rising costs and reduced educational budgets, everyone is required to trim expenses to a bare minimum. Although we are very frugal in our spending, the welfare of our program is at the mercy of the economic climate; our financial salvation has always been our parent booster organization. You provide us with the fuel to move forward, and we want to extend a special thanks for your priceless contributions.

Although the generation of extra funds is an important function of the boosters, it is not the organization's sole purpose. There is a much greater agenda at hand – the opportunity to create a partnership with your child and actively participate in an exciting mutual journey of success. Music is a family affair!

Please spread the good news about our program and the importance of maintaining solid music programs in schools. If you have questions concerning any aspect of our program, please do not hesitate to ask!

Musically yours,



Darren Loney
Director of Bands
darren.loney@abcusd.us



Matt Miller
Associate Director of Bands
matthew.miller@abcusd.us

WE BELIEVE THAT...

1. Everyone should have the opportunity to participate in music.
2. Music is an integral part of a student's development, both emotionally and intellectually.
3. Band develops discipline, positive work habits, and other skills necessary for success in life.
4. Achieving high standards in band and color guard transfers to all other areas of the student's life.
5. Band offers creative and aesthetic opportunities that provide for emotional development.
6. Students should be exposed to a wide variety of musical experiences and opportunities in school.
7. A student's social skills, self-esteem, and positive attitude can all be developed through band.
8. Band gives an emotional and expressive release during the day.
9. Everyone should be exposed to a wide variety of musical experiences throughout their lifetime.
10. Band teaches students to strive for excellence - a major goal in education.

Everything we do in the band program is important, which makes *you* important. Excellence is attained with this attitude, and it is this attitude that is the basis of our program.

DEPARTMENT PHILOSOPHY

THIS IS A PLACE WHERE...

- We generate powerful, emotional, and uplifting performances.
- We strive to be both a better performer and person than the day before.
- We create lasting bonds and friendships.

WE BELIEVE THAT...

- Greatness is the result of incredibly hard work.
- The concepts learned in this activity will apply to our everyday lives.
- The best way to lead is by example.

I BELIEVE THAT..

- With hard work, I am capable of amazing things.
- I have the power to positively impact this program.
- Every student in this group is important.

I HAVE AN OBLIGATION...

- To the other students in this organization.
- To the past students who came before me.
- To the future students who come after me.

PERFORMANCE ENSEMBLES

Gahr High School is fortunate to have a wide variety of performing ensembles that offer students the flexibility to choose the groups that best fit their musical or performing preferences. Within the following ensemble descriptions, references are made to the classifications of music literature set by the Southern California School Band and Orchestra Association (SCSBOA).

Gahr Marching Gladiators

The Gahr Marching Gladiators are Gahr High School's award-winning marching band that travels and competes throughout Southern California. The Gahr Marching Gladiators are one of the hardest working student organizations at GHS. This prestigious group is comprised of young musicians and dancers that develop and perform a field show for competition. These students share a passion for performing and strive for excellence. The Gahr Marching Gladiators perform at football games, field tournaments, pep rallies, and various campus and community events. **All students are required to be in the fall marching program in order to participate in other ensembles at Gahr High School. Students must maintain a minimum 2.0 GPA to remain eligible for after school rehearsals and performances.**



Wind Ensemble

The Wind Ensemble is an **audition-only** performing ensemble that focuses on the advanced musician. The group has a set instrumentation that sticks closely to one player per part. Auditions are held during summer Band Camp. *Past membership in the ensemble does not guarantee a spot the following year.* Students study advanced music theory, ear training, and fine-tune technical skills needed to perform advanced literature. In addition to rehearsing during the school day, the band typically has one after-school rehearsal per week to combine with percussion. The Wind Ensemble performs Grade 3, 4, and 5 literature and participates in concerts and festivals during the school year.

Concert Band

The Concert Band is an ensemble designed to focus on the developing musician. All students in the Concert Band must possess basic playing proficiency. Students get a good overview of music theory and develop the technical skills needed to advance into Wind Ensemble. In addition to rehearsing during the school day, the band typically has one after-school rehearsal per week to combine with percussion. Concert Band performs Grade 2 and 3 literature and participates in several concerts and festivals during the school year.

Jazz Band A & Jazz Band B

Jazz Band is a performance-oriented ensemble where students are introduced to a wide array of music including swing, Latin, funk, soul, and rock. Jazz Band A is **audition-only** with one player per part — students in this group typically have a few years of experience with jazz and possess the ability to perform and improvise at a high level. Jazz Band B is designed to develop students' jazz fundamentals and offers an opportunity for students to develop their skills on a secondary instrument. Jazz A and Jazz B perform at concerts, festivals, and gigs throughout second semester. Both Jazz A and Jazz B meet at zero period beginning at 7:17AM.



We have one of the most enthusiastic, active, and organized booster organizations on campus!

Color Guard

Color Guard is a year-long performance group. During the fall semester, the Color Guard performs with the Gahr Marching Gladiators. Students develop technical ability and skills using flags, sabers, and rifles, as well as dance and other interpretive movement.



Varsity Winter Guard & JV Winter Guard

During the spring semester, the Winter Guard learns their own show and performs at indoor competitions. The Varsity Winter Guard is an **audition-only** ensemble for members with advanced equipment and movement experience. The JV Winter Guard is the training guard for the Varsity team. Both the Varsity & JV Winter Guards perform at a high level and compete at indoor competitions throughout Southern California. While the Winter Guard is open to new membership, students must be enrolled in a band or color guard class to be eligible to participate.



Percussion Ensemble

Percussion Ensemble offers students a well-rounded approach to learning percussion instruments in order to develop general musicianship. Students further their percussion technique and skills, playing a variety of percussion instruments including mallets, pitched and non-pitched percussion, and auxiliary instruments. During first semester, the class focuses on the marching band field show. During second semester, students are assigned to perform with the Concert Band or Wind Ensemble.



Indoor Percussion

Indoor Percussion or "Winter Drumline" is an audition-only ensemble consisting of marching percussion (battery) and a front ensemble (pit). Rehearsals typically start after marching season, and the group rehearses outside of the regular school day. The Gahr High School Indoor Percussion Ensemble competes throughout Southern California during second semester. While Indoor Percussion is open to new membership, students must be enrolled in a band class to be eligible to participate.



GAHR BAND BOOSTERS

About the Boosters

The mission of the Gahr Band Boosters is to support the students and programs associated with the Gahr High School Instrumental Music Program, under the direction of Mr. Loney and Mr. Miller. The boosters are a non-profit organization that work to provide the students of the Gahr Marching Gladiators the best educational experience possible. Our band booster organization is one of the ways you can be actively involved in your child's high school education.

- **Publicly:** They communicate the exceptional quality of the program to the community at large.
- **Physically:** They serve as volunteers whenever and wherever needed. They organize meals, drive equipment trucks to competitions, manage uniforms, run concessions, supervise car washes, build props, and complete hundreds of other jobs that have to be done.
- **Financially:** They ensure the success of the Gahr Marching Gladiators by keeping the program financially stable. They plan and organize fundraisers and sponsorships, manage student accounts, and manage the budget.

Your most important contribution will always be your presence. Simply being involved sends a powerful message to your son or daughter. There is no substitute for this precious and priceless gift.

Booster Meetings

Parents are strongly encouraged to attend to receive important information about their student's music program. **Meetings are on Tuesdays once a month at 6:30 p.m. in the Band Room (102).** Meetings are warm, welcoming, and efficient!

Official Booster Membership

We encourage all families to become official Booster Members, as our program cannot exist without your support. **Official Booster Membership is just \$25 per person and includes an official field show t-shirt and a Gahr Marching Gladiators lanyard!**

Whatever expertise you bring to the table can be employed and will be much appreciated. Backgrounds in:

Accounting - Business - Communications - Construction - Design - Driving - Electrical - Engineering - Events Planning - Inventory Management - Photography - Programming - Repair - Retail - Sales - Secretarial - Sewing - Technology - Warehousing - Writing - & More!

WEEKLY REHEARSAL SCHEDULE

Attendance at rehearsals is mandatory and vital to the entire group's success. Make sure your student is prepared for rehearsal with a hat, a one-gallon jug of water, a dot book, pencil, athletic clothing, and working equipment. It is impossible to make up the information gained in a rehearsal. Excused absences are defined as weddings, funerals, or illness requiring a doctor's immediate care. It is the student's responsibility to provide a doctor's note the following day. Examples of *unexcused absences* are things like having too much homework, conflicts with work, having to babysit, or not having a ride to rehearsal.

Mondays 3:30-5:30 p.m. Winds & Front Ensemble only
6:00-9:00 p.m. Battery only

Tuesdays 3:30-5:30 p.m. Color Guard only

Wednesdays 5:30-8:30 p.m. Full Ensemble (Everyone)

Thursdays 3:30-6:00 p.m. Full Ensemble (Everyone)

* Rehearsals start and end at the scheduled time. Please allow up to 15-20 minutes for students to put away equipment and walk back, depending on the instrument they play and the rehearsal location.

We have the following Saturday rehearsals: August 19, August 26, September 9, September 16, September 30, and October 21. The schedule for most of these rehearsals is 9:00AM-5:00PM (similar to a day of Band Camp). **These rehearsals are mandatory and cover large amounts of the field show material.**



GUIDELINES & PROTOCOL

Gahr Marching Gladiators

The Gahr Marching Gladiators is the most visible performing group at Gahr High School. We have a reputation of excellence to uphold that the Gahr Marching Gladiators has worked very hard to earn. Every performance, no matter how small, is a chance to practice our professionalism. Students must participate fully for the *entire* game, and no student may leave the band seating area or take off parts of their uniform except with permission from the Director of Bands.

Rehearsal Protocol

- **To be EARLY is to be ON TIME.**
- Fast-paced, efficient, and well-organized rehearsals are the standard.
- When you cross the sideline and step onto the field, switch to a working mentality where your goals and work ethic are clear.
- Silence on the field is required at all times. This allows everyone to hear instructions.
- Quick resets. The more times something is performed **correctly**, the better it will become.
- **Perform all the time.** Rehearse the way you want to perform.
- **Worry about your own “gig.”** It is not your job to make suggestions to the person next to you. A teacher or instructional staff member will do so at the appropriate time.
- Take criticism and make corrections. Everyone will be wrong at some point. Don’t take it personally. Without mistakes being identified and isolated, how would improvement exist?
- Push your staff by always being ready to go. Always know your dot, step-size, halfway point.
- Never stop trying to improve your own individual performance.
- **Being good is fun!**

Uniform Conduct

Members of the Gahr Marching Gladiators take great pride in the tradition of excellence, dedication, and discipline that has become a trademark of the marching band at Gahr High School. The uniform is a visual reflection of this pride. Any violation of the following rules will result in a one-third letter deduction from the overall grade.

1. **Do not run in uniform.** Even if you are late, we never give the impression that we are panicked.
2. **Do not eat in uniform.** The only exception is if the Director of Bands gives you permission.
3. **Do not use profanity in uniform.** You represent the entire Gahr Marching Gladiators and GHS.
4. **Do not travel by yourself in uniform.** You always walk somewhere in a group of two or more.
5. **Do not “hang out” with friends in uniform.** Your role as a band member is first and foremost.

Travel Protocol

Trips are a special privilege earned by the students in the GHS Band Program. It is expected that students carry themselves in a way that demonstrates **the best** of our band, school, city, state, and country. When nearing the performance site, drum majors and section leaders implement a “silent zone.” This is to encourage concentration and self-motivation. All phones and video games are to be put away to focus on the performance.

UNIFIED GRADING POLICY

To provide a clear, fair, and precise assessment of each student's progress as a member of the Gahr High School Instrumental Music Department, the following grading guidelines are in effect. The overall purpose of this grading policy is to ensure the highest standard of performance, musicianship, instrumental progress, theoretical study, and application is understood and attained by every student. Every effort will be made to ensure each student has the opportunity to receive the highest grade possible while being a member of the GHS Music Department. The required work for this course will consist of a variety of assignments, activities, and events both inside and outside the regular school day. **All students begin their participation grade with an "A."** To maintain an "A" in band, percussion, or color guard, each member must successfully complete the following:

1. Rehearsals & Sectionals

Attend all rehearsals, clinics, and scheduled sectionals occurring both inside and outside the regular school day, or as calendared for the student's ensemble. Five absences will result in an overall deduction of one letter grade. Please understand that it is impossible to make up the information gained in a rehearsal. Excused absences are defined as weddings, funerals, or illness requiring a doctor's immediate care. It is the student's responsibility to provide a doctor's note the following day. Examples of unexcused absences are things like having too much homework, conflicts with work, or not having a ride to rehearsal. Please provide a copy of the schedule to your employer and parents with your commitments highlighted. Students must be in the proper dress to receive daily credit for class participation. Proper dress is understood to be athletic clothing (gym shorts, t-shirts, track pants, etc.), tennis shoes, and a hat.

2. Performances

Performances are the culmination of hard work in preparing a field show or concert literature for an audience. Performances are the equivalent of exams in a textbook-bearing course. Missing a performance is unacceptable and will result in a letter grade deduction from the student's overall grade. If a student is late to a performance or call time, the student's grade will drop by one-third of a letter. If a student has two or more absences the week of any ensemble performance, they will not be allowed to perform, and their grade will drop accordingly.

3. Behavior

Students in the Gahr High School Instrumental Music Program are professional, mature individuals. This means no profanity, slander, or disrupting rehearsals. Inappropriate behavior will result in disciplinary action or a deduction from the student's overall grade.

4. Class Participation & Preparation

To receive credit for class attendance, students must come to class on time with proper materials and a positive attitude. If an instrument or equipment is forgotten, a student's grade will drop by a third of a letter grade. Grading for participation is done on a daily basis. Playing exams for all band classes will occur on a weekly basis. For Marching Band, students are required to have a well-maintained dot book, the equivalent of classwork in a textbook-bearing class. Dot book checks occur periodically, and any student with an incomplete or missing dot book will have one-third of a letter grade deducted from their overall grade.

5. Playing Tests

Playing tests are used to assess a student's overall preparedness *prior* to each performance during the fall. Students will be individually and collectively assessed to demonstrate performance readiness and evidence of home practice on a portion of the marching band material. Students unable to play show music memorized and in time with correct notes and rhythms will be placed on suspension. **Suspended students have up until one day before a performance to demonstrate playing proficiency.** If a student is still unable to play the show music memorized and correctly, the student will not participate in that performance. Non-performing students are still expected to travel and dress with the rest of the ensemble but only receive half-credit.

6. Timeliness

"To be EARLY is to be ON TIME." Being on time to rehearsals, sectionals, and performances means being in your chair or on the field *before* the start time. Plan on arriving 15 minutes prior to any band event to get your materials, warm up, and check for new information. **Please note: "I could not get a ride," or "My parent was late," are never acceptable excuses for being late.**

7. Make-Up Work

All tests, exams, and assignments are to be completed on time as they are assigned. If a student is absent when one of these assignments is presented, they must see Mr. Loney or Mr. Miller the next day to set alternative options for the assignment. Extra credit work may be assigned only at the discretion of Mr. Loney and Mr. Miller.

8. Music

Students are required to have a black binder to keep their music organized. Students must arrive to rehearsal using their own music in order to receive proper credit for band. Losing music is not acceptable, and any music found on the floor - or anywhere outside of a student's cubbies - will result in a significant point deduction from the student's overall grade or loss of cubby privileges.

9. Home Practice

Practice at home **daily** for a minimum of 25 minutes. *This is your homework for band class!*

FOOTBALL GAMES

When are they?

Varsity football games are typically held on Friday evenings throughout September, October, and November. Occasionally we may have a Thursday home game, so please check the calendar for the exact dates.

Where are they?

All home games are played at the Gahr High School Stadium located on campus.

How do we get there?

Students provide their own transportation to the Gahr High School stadium for home games. Bus transportation will be provided for any away games.

What is the "call time"?

Students are given a specific time to report to the Band Room (102). Students typically do a run-through of the show, have a dinner break, then change into uniform and walk from the Band Room to the stadium.

Uniforms?

During the first part of the season, the students wear the show shirt, athletic shorts, and tennis shoes. Later in the season, the students wear the regular marching band uniform. **Students are not allowed to eat in uniform.** Please eat *before* changing.

Equipment?

Cases are left neatly organized in the Band Room and instruments are carried to the stadium. Percussion instruments are pushed to the stadium.

Tickets?

Parent volunteers get in to HOME GAMES for free with your field show t-shirt. Get a field show t-shirt by becoming an official booster member for just \$25. All family and friends need to purchase a ticket to enter the stadium, even if they are just coming to see the band perform. Tickets can be purchased at the stadium or by pre-sale on campus the week of the game. **Your field show t-shirt does NOT get you in for free to away games or field show competitions hosted at other schools.**

FIELD SHOW COMPETITIONS

What are they?

Field tournaments are band competitions in front of a panel of judges and an audience.

When are they?

Field show competitions are held on various Saturdays throughout the fall season. They are usually late afternoon events with a dress rehearsal before departing. Be sure to keep your calendar clear on these very important events. Unfortunately, we do not know the exact performance times until the week of each tournament.

Who do we compete against?

We compete against schools of approximately the same band size from throughout Southern California.

How are we judged?

A panel of experienced adjudicators evaluate the band on music, marching, color guard, percussion, and the overall general effect of our field show. Points are awarded in each of these categories and are added together for an overall score. Constructive criticism and comments are also provided to our staff so we know what needs to be improved before the next competition or performance.

How do we get there?

Bus transportation to and from Gahr High School is provided for the students. Maps and addresses are provided on the website. The transportation fee to Gahr High School helps cover these expenses.

What does my student need to bring?

Besides the essentials (uniform, marching shoes, compression shirt/shorts, instrument, equipment), students should bring warm clothes, their hoodie / color guard warm ups, and either a sack lunch or money for lunch/dinner.

Parent support?

Parent support is needed at these tournaments, whether you are helping the students to get ready, moving props, or are an active audience participant. Usually, if the audience likes it, so do the judges. Plan ahead so you can support the Gahr Marching Gladiators and see your child perform!

Cost?

Competitions typically cost \$10-15 per person and proceeds go to the hosting school.

MARCHING BAND UNIFORM

Every wind, battery, and front ensemble student is assigned a numbered jacket, pants (overall style), sequined compression top, and shako. Uniforms are kept at school and taken home only if directed by Mr. Loney or Mr. Miller. **It is imperative that the uniforms are hung correctly so that they look sharp for the following performance/competition!** Garment bags store the pants, sash, and gauntlets. **Dirty laundry and marching shoes must be taken home and cleaned after every performance.**

- **Compression Sleeve:** This is to be worn with the uniform. Write your initials and don't lost it!
- **Shoes:** Black marching shoes are to be purchased through the boosters and cost \$45. They will typically last two or more years if taken care of. **Shoes must be cleaned for every performance.** Use black shoe polish or *non-acetone* nail polish remover on black scuff marks. **Write your name inside each shoe in case they get mixed up!**
- **Socks:** We wear black, knee-length, cotton socks (not provided). No ankle socks.

PERFORMANCE APPAREL

- **Field Show T-Shirt (\$20):** Required for all students in the Gahr Marching Gladiators. *The show shirt is included in the Band Camp Donation for students.* Additional 2023 field show t-shirts for friends & family are available for just \$20 each. Parents wear this to show their support at football games and field show competitions.
- **Gahr Marching Gladiator Hoodie (\$47):** All winds, battery, and front ensemble members must have a Gahr Marching Gladiators hoodie or the new band jacket to wear for field tournaments, away games, and performance events. These make great gifts for friends and family!
- **Performance Band Polo Shirt (\$35):** A black, embroidered Gahr Band polo shirt. This shirt was previously used for performances but is now optional to purchase!
- **Official Band Jacket (\$135):** Embroidered "Gahr Band" logo on front chest, "Gahr High School Marching Gladiators" on back. Includes first name, last initial, and instrument. This is the perfect way to display your band patches and represent the Gahr Marching Gladiators!

If you have any financial issues or need fundraisers to help offset the cost for these items, please speak to Mr. Loney, Director of Bands.

PARENT EXPECTATIONS

Marching Band Performance Etiquette

- Wear your booster attire! Parents wear the current field show t-shirt at tournaments.
- If you arrive late to a performance or leave early, do so in between performing groups.
- Refrain from conversation while any group is performing.
- Be sure your phone is off or on vibrate during the performance.
- Avoid walking in front of other audience members while the performance is taking place.
- Feel free to videotape the performance at football games.
- Please show your appreciation by cheering; however, please do not use noisemakers, air horns, or do anything that might detract from the performance for the students or other audience members.
- Be sure to let the students know how great their performance was!
- **Never say anything negative about another group. You never know who is sitting around you!**
- Remember, you also represent the Gahr Marching Gladiators!

Concert & Festival Performance Etiquette

- Enter and exit your seat only between selections. If possible, wait until the audience is applauding before moving. The only exception is to remove a restless or crying child.
- Don't talk during a performance.
- Turn your cell phone off or on vibrate.
- Do not unwrap candy or slurp soda while the musicians are playing.
- It is customary to applaud when the conductor first comes out to the stage. He or she will bow to acknowledge the audience's applause and the concert will begin.
- Some pieces of music are broken down into parts called "movements." In between these movements, the music will stop for a few seconds. Do not applaud until the conductor has dropped his hands and turned around to acknowledge the audience.

General Expectations

1. Parents will ensure their student arrives early to scheduled rehearsals and performances.
2. Parents will ensure that their student's instrument is kept in pristine working condition.
3. Parents will support student achievement in the Gahr Marching Gladiators and other ensembles by observing and enforcing home practice.
4. Parents will ensure that all student band fees are paid and all forms are completed on time.
5. Parents will support student achievement in band by attendance at concerts and performances.
6. Parents will communicate with the band director regularly to relay pertinent information regarding the student band experience or home concerns.
7. Parents will act responsibly during football games, field tournaments, and concerts.
8. **Any announcements or instructions for the Gahr Marching Gladiators must be given by Mr. Loney, Mr. Miller, or the drum majors.** Please let Mr. Loney or Mr. Miller know immediately if there are any problems.

STUDENT DONATIONS & FUNDRAISERS

Student Donations

The total operating budget for the Gahr Marching Gladiators fall season is approximately \$140,000. This budget includes major items such as instructional staff, equipment and instruments, uniforms, production costs, transportation, and food. We are able to offset this cost with general account fundraisers such as car washes and Popcornopolis. **The remaining student donation for this year is \$675.** This donation can be paid all at once (preferred), or can be broken down into this payment schedule:

\$225 Marching Band Deposit

Due by June 15, 2023

\$150 Payment #2

Due August 4, 2023

\$150 Payment #3

Due September 1, 2023

\$150 Payment #4

Due October 6, 2023

- * There is typically an optional fundraiser associated with each payment. Keep in mind that *it is possible* to fundraise the entire student obligation.
- * Scheduled deadlines mark the day a donation is due (as well as the end of a fundraiser). **It is crucial that 100% of the donations are submitted on time so we can pay our instructional staff!** *If you need to work out a different payment plan or schedule, speak to Mr. Loney or Mr. Miller so we can set one up.*

Sponsorship Program

The Gahr Marching Gladiator Sponsorship Program is a great way to raise money for your donation. Students can download and print the Sponsorship Letter & Instructions on our website, and then send it to family, parents' friends, and vendors. Getting sponsors does take some work, but if you spend 2-3 hours and make a few hundred dollars, that's a great financial return!

Sibling Discount

Families with two or more children currently enrolled in the program will receive a \$75 discount per student (applied to the final donation).

CONCERTS

What are they?

Each concert group performs two to four pieces selected by the director to fit a specific concert theme.

When are they?

Concerts are usually held in December, March, and May. Concerts usually begin at 7:00 p.m. Students have a sound check on stage before the doors open to the audience.

Where are they held?

Most of our concerts are held at Gahr High School or the Whitney High School MAC.

What does my student need to wear?

Students must be dressed in proper performance attire as addressed in this Member Handbook. Students not wearing the correct attire will not be allowed to perform.

What does my student need to bring?

Students need to bring their instrument, percussion equipment, music in a black folder, and anything else needed for the performance.

Parent Support?

Parents are strongly encouraged to attend concerts. Our students work very hard to prepare for these performances and enjoy having their friends and family support their efforts.



FESTIVALS

What are they?

Music festivals are similar to a competition, but students are competing against themselves rather than other groups. Each concert group performs two or three pieces selected from a music classification list.

When are they?

Festivals are held during the spring semester. Regional Festivals may be held on a school day, and the performance becomes a field trip.

How do we get there?

Students provide their own transportation to and from the festival. For some festivals that are further away, we will take a bus.

How are we judged?

A panel of three experienced adjudicators will evaluate each group's performance of the selected pieces. They evaluate everything from interpretation and tone quality to playing the right notes and rhythms. Each judge will give their overall rating V=Poor, IV=Fair, III=Good, II=Excellent, I=Superior. The three adjudicator's ratings are then averaged together for an overall rating. The highest rating attainable is a unanimous superior.

Sight-reading?

Sight-reading is another part of the festival experience. After the performance of the prepared pieces, the students go into the sight-reading room and are greeted by another adjudicator. This judge evaluates the group on how well they play a piece of music they have never seen before. At the end of the performance, the adjudicator discusses some ways to improve the process and assigns a rating. Parents are highly encouraged to watch this unique experience.

What does my student need to bring?

Besides the essentials (instrument and music), students can bring a sack lunch or money. Medals and stickers are available for the student to purchase after their rating is posted. Correct concert attire is required.

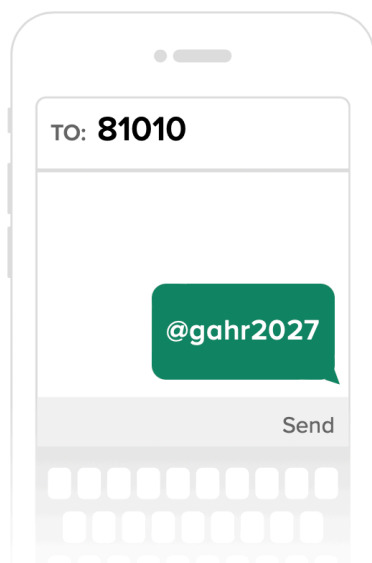
Parent support?

Parents are encouraged to attend festivals. Festivals are usually free and open to the public.

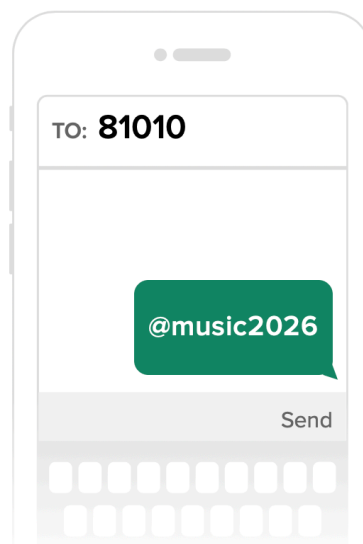


Sign up for important updates from Mr. Loney.

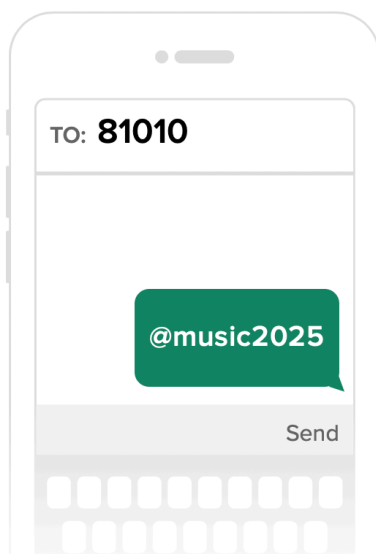
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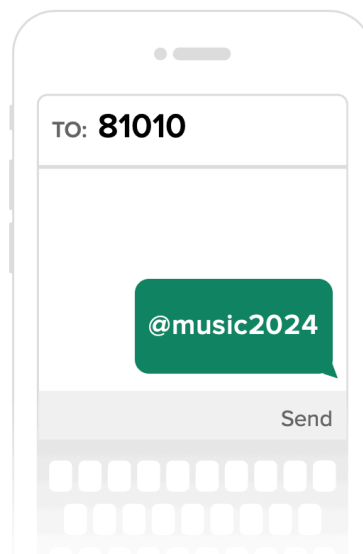
SOPHOMORES



JUNIORS



SENIORS



FOR MORE INFORMATION PLEASE VISIT:

www.gahrband.org

HOW TO PRACTICE

Daily practice is done individually to prepare yourself for a successful rehearsal. **Daily practice is your homework in band class.** Practice your instrument **daily**, *slowly* working on the technical and challenging aspects of the literature. The best bands are built of dedicated, committed individuals who are all working daily to make the band the best it can possibly be technically *and musically*.

We don't come to rehearsal to learn our own parts, but rather to learn everybody else's. It is expected that all students come prepared to rehearsal. Only when work is done individually can we create an extraordinary *ensemble* experience. There is nothing as frustrating for the director and the other students as participating in a rehearsal where members are “practicing” the material.

When to Practice

- Stick to a daily routine that you, your family, and your friends will respect.
- Practice at approximately the same time every day in 30-minute intervals.
- Practice at a time when you are mentally and physically alert.
- Practice at a time where there are no distractions.
- Take your instrument out of the case when you get home so you'll be inclined to play.

Equipment

- For good posture, use a chair with a straight back and no arms, or simply stand.
- Use an actual music stand.
- Use a mirror to view hand, body, and embouchure position.
- **ALWAYS PRACTICE WITH A METRONOME. Get a free met app for your phone!**
- Use a tuner to check your pitch tendencies. You can get a tuner app for your smartphone.
- Record yourself to hear what you *really* sound like.
- **Find recordings of professionals playing your instrument online (YouTube, Spotify, etc.).**

What to Practice

Use a four-part practice session:

- **Part I:** Practice breathing exercises, long tones, buzzing for brass players, technique builders
- **Part II:** Learn new scales, exercises, expand technical facility and range
- **Part III:** Focus on small sections of music that are challenging or need attention. Slow sections down to work out hard passages. Air and finger to avoid bad habits. Then play larger chunks of your music for endurance, memorization, continuity, etc.
- **Part IV:** Play music you enjoy! End with a warm down. Sightread any music you can find.