



The Rancho Mirage Instrumental Music Program and Colorguard "Weekly"

Oct 8 – Oct 14, 2017

"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand." - Vince Lombardi

General Announcements:

- **A NEW MEMBER** – Now is the best time of year to re-connect with the students that you met at Band Day, and spread the word about our program to those who weren't there. This is a great opportunity to go to the middle schools and become a mentor to students who play instruments like yours! You will not only be gaining valuable experience expanding your musical skills while you help them, but you will be assisting the RMHS Band program in expanding its interest and legacy. Visit your middle school programs and tell them why they should be a member of the **SOUND**.
- **COLLEGE BAND AUDITIONS & SCHOLARSHIP OPPORTUNITIES** – We encourage all of our Rancho Mirage musicians to consider playing in college band, whether or not they plan to be music majors. College bands provide an excellent opportunity to meet other students from across the campus and from different majors. Different colleges offer different scholarship opportunities for incoming students, both music majors and non-majors. We encourage our seniors to research the music opportunities at the colleges of their choice and to continue furthering their musical experience! While our program does not endorse one college music program over another, we occasionally receive college band audition materials in the mail and offer this information to our students. The following college programs have sent us this information:

Cal State Fullerton

www.music.fullerton.edu/

Cal State L.A.

www.calstatela.edu/mtd

Cleveland Institute of Music

www.cim.edu/admission

College of the Desert

<http://www.collegeofthedesert.edu/students/ap/sas/arts/Pages/music.aspx>

University of Hartford's "Hartt School"

www.hartford.edu/hartt

Ithaca College School of Music

www.ithaca.edu/sma

Michigan State University

www.msuic.msu.edu/explore

Mount San Antonio College

<http://www.mtsacband.com/>

Pacific Lutheran University

www.plu.edu/music

Pepperdine University

<http://seaver.pepperdine.edu/finearts/undergraduate/music/>

San Francisco Conservatory of Music	www.scfm.edu
San Jose State University School of Music	http://www.sjsu.edu/musicanddance/
Sonoma State University	www.sonoma.edu/music
Texas Christian University	www.music.tcu.edu
University of California, Davis	www.music.ucdavis.edu
University of California, Los Angeles	www.band.ucla.edu
University of California, Riverside	www.music.ucr.edu
University of the Pacific	www.go.pacific.edu/audition
University of Redlands	www.redlands.edu/music

- **COLLEGE MAJOR...MUSIC?** -- Please visit the “Forms/Docs” page of our program website at <http://www.rmhsbands.org/> and read the article entitled “What it Takes to be a Music Major.” Also, visit this great website: <http://www.majoringinmusic.com/>.
- **DONATIONS NEEDED** – The band and color guard program is in immediate need of donations of the following items. The school budget does not provide for these items. If each student could commit to bring even one item throughout the semester, it would be greatly appreciated, and will help preserve our precious budget money for more urgent issues like instrument repair. Thanks so much to those who have already donated!
 - **1” wide blue painters’ tape.**
 - **AA, AAA & 9 volt batteries for our instrument tuners and metronomes.**
 - **Electrical Tape (All Colors)**
 - **Field Marking Paint (White, Orange, Yellow)**
 - **Copier for Band Room**
 - **Lumber for Instrument Room Shelving**
 - **EZ-UP Canopies**
 - **Refrigerator for Workroom**

- **HONOR BAND & ORCHESTRA OPPORTUNITIES** – Participation in an honor bands & orchestras provides a challenging, musically rewarding opportunity for students and helps them to advance their musical knowledge and understanding beyond simply playing in their own high school groups. Honor group participation also looks great on college and university applications. Honor groups are “extra,” meaning that they are in addition to your first commitment, which is to your own program here at Rancho Mirage. Mr. Gaylord does grant some schedule exceptions to honor band students when overlaps occur, but as always it is the student’s responsibility to work this out in advance. We encourage all of our students to seek out an honor band or orchestra experience this school year.
 - **SCSBOA ALL-SOUTHERN HONOR BANDS, ORCHESTRA, AND JAZZ BAND** –Please visit www.scsboa.org and click on the “Honor Groups” tab for full information. All applications **MUST** be submitted online along with your \$30 application fee payable via credit/debit card. No other payment method will be accepted. Incomplete applications will not be processed. The time-stamped deadline for High School applications/fees is 11:59 PM on November 3, 2017. Applications/fees will not be accepted or processed after the 11:59 PM timestamp on November 3, 2017 and no audition times will be issued. No walk-in applications or payments will be accepted. Directors will receive a listing of students from their school who wish to audition for verification and audition approval. Deadline for verification to the SCSBOA office will be no later than November 10, 2017.

- **INSTRUMENTAL MUSIC LESSONS** – We cannot possibly overstate the value of a band student taking private lessons on his/her instrument. Aside from daily individual practice, obviously, there really is no other single way for a musician to improve their skills than to take individual lessons with a professional. These can be a simple half-hour a week, or an hour twice a month or (ideally) an hour a week. The band experience is a full group experience and does not contribute to individual growth of each player nearly as fast as private lessons can. Our master classes are like a group lesson, but individuals gain more from one-on-one attention. “Do you take private lessons on your instrument?” is one of the very first questions we ask students in any of our auditions; followed by, “How often?” and “With whom?” The following is a list of program-approved lessons teachers. Certainly there are other teachers in our area and many are fine people and well qualified. **THESE** folks however have our highest endorsement. We will continue to add to and amend this list as best we can. **GO FOR IT!**

<u>Instrument</u>	<u>Name</u>	<u>Email</u>	<u>Phone Number</u>
Flute	Jennifer Dean Joyce Lawrence (Oboe)	jdean@psusd.us	818-606-5060
Clarinet	Thom Morales	thommorales@gmail.com	951-452-7676
Saxophone	Nick Casillas	nicholascasillas@gmail.com	951-515-2760
Brass	Abel Santos	horn4as@gmail.com	619-402-4702

- **MUSICAL INSTRUMENT REPAIRS AND PURCHASE** – These local vendors (listed in alphabetical order and with no particular ranking) receive our program’s recommendation!
 - Bocal Majority – Double Reed Store
940.206.4527
www.bocalmajoritystore.com
 - JKEAA Music
19069 Van Buren Blvd
Suite 113
Riverside, CA 92508
951.789.1422
jkeamusicervices@gmail.com
 - Nick Rail Music
Bob Estopinal, Educational Sales Representative
1770 Orange Tree Lane Redlands, CA 92374
909.815.2814
bob@nickrailmusic.com
www.nickrailmusic.com

- **PARENTS** – Please know that Mr. Gaylord has an open door policy. If you have a concern, we are happy to address this issue with you directly. Parents are encouraged to email Mr. Gaylord at: mgaylord@psusd.us to discuss any issues, ask questions, or set-up an appointment to talk in person. Complaints sent via anonymous note or anonymous phone message are not given credence. Thanks!

- **REGISTER NOW** – *for Idyllwild Arts Camp!* Potential students and recruits, please visit the online catalog at www.idyllwildarts.org right away. The jazz camp has a capped enrollment for this upcoming summer. Open spots will fill *quickly!* Many RMHS musicians have attended this camp in past years and it is a very fine opportunity. All of our students who have attended in the past have come back as better musicians! Check it out!

- **TIPS TO BE STRESS FREE** – Rehearsal schedules, performances and other commitments can make for an exceptionally stressful time of year, especially as the weather is cold and immune systems tend to be weaker.

1) Start the day right. Try to find a routine – get up a little earlier than you typically do. Eat something before you start your day. It's important to set the tone for the rest of your day.

2) Relax. Find moments of calm in our ever-busy lives and schedules is important when it comes to maintaining a balanced lifestyle. These moments can be anything that you find relaxing, such as running, listening to music, reading a book, playing your instruments for pure enjoyment, or just sitting and breathing – we often forget to truly let our bodies and minds relax.

3) Detox from digital devices. Managing stress has become more difficult as fear of missing out has become more and more a part of our digital lives. Digital detoxing has become increasingly important as far as stress management is concerned – try turning your phone off for one day a week or a month. You might be surprised at how liberating it feels. As we continue to be more invested and deeply concerned with the online versions of our lives we bring on more stress and a more confused identity. Making time to see friends and family in person has been linked to people reporting feeling more fulfilled and happy.

4) Get some sleep. Getting plenty of rest is also a key part of stress reduction. If you have trouble falling asleep or staying asleep, try some of these tips and tricks. Keep a pad of paper and a pen next to your bed to jot down any lingering thoughts that are keeping you awake. Also, eliminate digital light in the wee hours of the night and reserve your bed for only sleep.

All in all, incorporating even just a few of these suggestions into your new health routine will have you feeling a little more at ease and stress-free. When in doubt, just take a few moments for yourself and/or a few deep calming breaths. It's truly amazing what a few breaths with intention can do.

(by Haley Greenwald-Gonella as published in the January/February 2014 edition of *Halftime Magazine*)

Schedule for this week:

Monday, October 9, 2017

- NO SCHOOL / REHEARSAL TODAY
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Tuesday, October 10, 2017

- NO SCHOOL / REHEARSAL TODAY
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Wednesday, October 11, 2017

- Late Start Day
 - School starts at 9:30 AM
 - PSAT SCHEDULE TODAY
 - Stadium Marching Band Rehearsal tonight 4pm-8pm
-

Thursday, October 12, 2017

- Regular Start Day
 - Marching Band Rehearsal 7th Period
 - 3:15pm – 6:00pm
-

Friday, October 13, 2017 –

- Regular Start Day
- Marching Band Rehearsal 7th Period
 - 3:15pm – 6:00pm

Saturday, October 14, 2017 –

- NO REHEARSAL TODAY

Upcoming Events:

- **UPDATES to the schedule are listed in bold type!**
- **Please do not prioritize this list! All events listed here carry equal weight and importance in our minds and for our program. A field show competition performance is as important as a football game, as a booster club meeting, as a concert festival, as a jazz band event at the junior high school, as field show championships. If it's on this list, it's required, and it's important. Please know this!**
- In addition to the school-day class-time rehearsals and the events listed below, Sound and Pageantry (band and guard) students also participate in weekly marching band rehearsal every Wednesday evening from 4-8pm in the football stadium, beginning on the first week of school until winter break.
- In addition to the school-day class-time rehearsal and the events listed below, all Symphonic and Jazz students participate in semi-weekly master class rehearsals in the afternoon from 3:15-6:00pm at the band room, beginning the first week of second semester through until the last week of school.
- “Call Time Sheets” which give specific details (when and where to arrive, what to wear, what to bring with you, etc.) will be posted on this “Weekly” page approximately one week prior to the scheduled event.

	Who	What	Where	Time	Vehicles Needed
Aug - 17					
8/10/17	All Students	First Day of School	RMHS	Late Start Day	
8/11/17	Sound & Pageantry	First MB Rehearsal	RMHS North Field	3:15-6pm	
8/16/17	Sound & Pageantry	First Stadium Rehearsal	Jerry Argovitz Stadium	4-8pm	
8/19/17	Sound & Pageantry	March-A-Thon	Helene Galen Theater / Jerry Argovitz Stadium	TBA	
Sep - 17					
9/4/17	All Students	No School (Labor Day)			
9/6/17	All Parents & Boosters	Booster Meeting	RMHS Band Room	6:30pm	

9/8/17	Sound & Pageantry	First Home Football	Jerry Argovitz Stadium	4pm-9:30pm	
9/16/17	Sound & Pageantry	Saturday Rehearsal	RMHS	9-12	
9/29/17	Sound & Pageantry	Home Football	Stadium	4pm-9:30pm	
9/30/17	Sound & Pageantry	Saturday Rehearsal	RMHS	9-12	
10/3/17	Sound & Pageantry	Community Performance	Omni Resort	TBA	Bus/Trailer
10/4/17	All Parents & Boosters	Booster Meeting	RMHS Band Room	6:30pm	
10/7/17	Sound & Pageantry	WBA Show	Vista Murrieta HS	TBA	Trailer
10/20/17	Sound & Pageantry	Home Football (MS Band Night)	Jerry Argovitz Stadium	7pm	
10/21/17	Sound & Pageantry	WBA Show	Palm Desert HS	TBA	Trailer
10/27/17	Sound & Pageantry	Home Football (Homecoming)	Jerry Argovitz Stadium	7pm	
10/28/17	Sound & Pageantry	WBA Show	Riverside City College	TBA	Trailer
Nov -17					
11/1/17	All Parents & Boosters	Booster Meeting	RMHS Band Room	6:30pm	
11/3/17	Sound & Pageantry	Home Football	Jerry Argovitz Stadium	7pm	GET TOGETHER WITH DSHS
11/7/17	Sound & Pageantry	SCSBOA Show	Shadow Hills HS	TBA	
11/20-24/17	All Students	No School	Thanksgiving Break		
Dec -17					
12/5/17	Symphonic Winds	Joint COD Concert	Indian Wells Theater	TBA	
12/6/17	All Parents & Boosters	Booster Meeting	RMHS Band Room	6:30pm	
12/7-8/17	Symphonic Winds	1 st Semester Juries	Band Room	TBA	
12/9-11/17	Colorguard	Winter Guard Tryouts	Band Room	4-7pm	
12/16 – 1/9/18	All Students	Winter Break			

***Please make note of these important dates as you plan your schedules – students who are absent from the activities listed above may be dropped from the program.**

***Again, Please do not prioritize this list! All events listed here carry equal weight and importance in our minds and for our program.**

***Advanced-planning and accountability are very crucial to the success of our program!**

SOUND STRONG!