The Rancho Mirage Instrumental Music Program and Colorguard

"Weekly"

Oct 7 – Oct 12, 2018

"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.ucdavic.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.

- **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!

Instrument	Name	Email	Phone Number
Flute	Jennifer Dean	jdean@psusd.us	
	Joyce Lawrence (Oboe)		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
  jkeaamusicservices@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

- Master Musician – Local Music Store
  - 3800 E Vista Chino, Palm Springs, CA 92262
    (760) 832-8996

- **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 8, 2018

- NO SCHOOL / REHEARSAL TODAY

Tuesday, October 9, 2018

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

Wednesday, October 10, 2018

- Late Start Day
    - School starts at 9:30 AM
    - PSAT/COLLEGE DAY SCHEDULE TODAY
    - Marching Band Rehearsal tonight 4:00 pm-8pm

Thursday, October 11, 2018

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

Friday, October 12, 2018

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

Saturday, October 13, 2018

- 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 – 18					
8/8/18	RMHS Students	First Day of School	RMHS		
8/9/18	RMHS S&P	First 7th period Rehearsal	RMHS Band Field	3:15-6pm	
8/15/18	RMHS S&P	First Stadium Rehearsal	RMHS Stadium	4:30-8pm	
8/24/18	RMHS S&P	Football @ Home	RMHS Stadium	4:30 CALL	

8/25/18	RMHS S&P	March-a-Thon	RMHS Stadium & HGPAC	TBA	
8/31/18	RMHS S&P	Football @ Home	RMHS Stadium	4:30 call	
Sep – 18					
9/3/18	ALL RMHS Students	Labor Day (No School)			
9/14/18	RMHS S&P	Football @ Home MS BAND NIGHT	RMHS Stadium	4:30 Call	
9/20/18	RMHS S&P	LACF Parade	LAC Fairgrounds Pomona, CA	TBA	
9/28/18	RMHS S&P	Football @ Home	RMHS Stadium	4:30 Call	
Oct – 18					
10/03/18	RMHSIMP Parents	Booster Meeting	Band Room	6pm	
10/5/18	RMHS S&P	WBA Vista Murrieta	Vista Murrieta HS	TBA	
10/19/18	RMHS S&P	Football @ Home	RMHS Stadium	4:30 Call	
10/20/18	RMHS S&P	WBA RCC	Riverside City College	TBA	
Nov – 18					
11/03/18	RMHS S&P	WBA Palm Desert	Palm Desert HS	TBA	
11/06/18	RMHS S&P	SCSBOA Shadow Hills	Shadow Hills High School	TBA	
11/09/18	RMHSIMP Parents	Booster Meeting	Band Room	6pm	
11/10/18	RMHS S&P	SCSBOA Riverside	Ramona High School	TBA	
11/15-18/18	RMHS S&P	Possible WBA Championships Trip	Bakersfield	TBA	
Dec – 18					
12/05/18	RMHSIMP Parents	Booster Meeting	Band Room	6pm	
12/6-8/18	All RMHS instrumental Musicians	1st Semester Juries	HGPAC	TBA	

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

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

SOUND STRONG!