



# The Rancho Mirage Instrumental Music Program and Colorguard “Weekly”

June 04 – June 08, 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/](http://www.music.fullerton.edu/)

Cal State L.A.

[www.calstatela.edu/mtd](http://www.calstatela.edu/mtd)

Cleveland Institute of Music

[www.cim.edu/admission](http://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](http://www.hartford.edu/hartt)

Ithaca College School of Music

[www.ithaca.edu/sma](http://www.ithaca.edu/sma)

Michigan State University

[www.msuc.msu.edu/explore](http://www.msuc.msu.edu/explore)

Mount San Antonio College

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

Pacific Lutheran University

[www.plu.edu/music](http://www.plu.edu/music)

Pepperdine University

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

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

- **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!

| <u>Instrument</u> | <u>Name</u>                            | <u>Email</u>   | <u>Phone Number</u> |
|-------------------|--|--|---------------------|
| Flute             | Jennifer Dean<br>Joyce Lawrence (Oboe) | <a href="mailto:jdean@psusd.us">jdean@psusd.us</a>                         | 818-606-5060        |
| Clarinet          | Thom Morales                           | <a href="mailto:thommorales@gmail.com">thommorales@gmail.com</a>           | 951-452-7676        |
| Saxophone         | Nick Casillas                          | <a href="mailto:nicholascasillas@gmail.com">nicholascasillas@gmail.com</a> | 951-515-2760        |
| Brass             | Abel Santos                            | <a href="mailto:horn4as@gmail.com">horn4as@gmail.com</a>                   | 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](http://www.bocalmajoritystore.com)

- JKEAA Music
  - 19069 Van Buren Blvd
  - Suite 113
  - Riverside, CA 92508
  - 951.789.1422
  - [jkeaamusicervices@gmail.com](mailto:jkeaamusicervices@gmail.com)
  
- Nick Rail Music
  - Bob Estopinal, Educational Sales Representative
  - 1770 Orange Tree Lane Redlands, CA 92374
  - 909.815.2814
  - [bob@nickrailmusic.com](mailto:bob@nickrailmusic.com)
  - [www.nickrailmusic.com](http://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](mailto: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](http://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, June 4, 2018

- 2018 RMHS Graduation
    - Band Room Will be open from 4:15-4:45 to pick up instruments.
    - Performers will Meet in the Band Room at **5:14pm**
    - Will proceed to the Stage together.
    - **CONCERT DRESS IS REQUIRED** – Any violation will be asked not to perform and your grade in class will be lowered.
    - All Equipment must be loaded onto (Newhouse) trailer before you are released.
    - Graduation Begins at 7:00pm – Will end approximately 8:57pm
- 

Tuesday, June 05, 2018

- 1<sup>st</sup> Day of Juries
    - Please Dress appropriately
    - Perform Solo + Scales
- 

Wednesday, May 30, 2018

- Finals Today – Periods 1 & 4
  - 2<sup>nd</sup> Day of Juries
    - Please Dress appropriately
    - Perform Solo + Scales
-

Thursday, May 31, 2018

- Finals Today – Periods 2 & 5
- 

Friday, June 1, 2018 –

- Finals Today – Periods 3 & 6
- Enjoy your Summer – Last Day of School!



# 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          |
|-----------------|-------------------|-----------------------------|---------------|----------|--------------------------|
| <b>Jan – 18</b> |                   |                             |               |          |                          |
| 1/31/18         | Jazz Band (A&B)   | Performance at PHMS Benefit | Agua Caliente | 4pm Call | Equipment Trailer needed |
| <b>Feb – 18</b> |                   |                             |               |          |                          |
| 2/3/28          | Select Performers | SCSBOA Solo & Ensemble      | RCMS          |          |                          |

|                       |   |                                |                                      |                                |                   |
|-----------------------|---|--------------------------------|--------------------------------------|--------------------------------|-------------------|
| 2/10/18               | Winterguard   | WCWG Competition               | Murrieta Mesa HS                     | TBA                            |                   |
| 2/28/18               | All Programs  | Parent Meeting                 | RMHS Band Room                       | 6:00 pm                        |                   |
| <b>Mar – 18</b>       |   |                                |                                      |                                |                   |
| 3/2/18                | Pit Band  | Oklahoma Performance           | HGPAC                                | 5pm Call                       |                   |
| 3/3/18                | Pit Band  | Oklahoma Performance           | HGPAC                                | 5pm Call                       |                   |
| 3/3/18                | Symphonic Winds, Concert Band, & Winter Colorguard        | Stardust Performance           | CCHS                                 | Call time 10:00 am             | Equipment Trailer |
| 3/4/18                | Pit Band  | Oklahoma Performance           | HGPAC                                | 12pm Call                      |                   |
| 3/6/18                | Symphonic Winds   | RCC Festival                   | Riverside City College               | 3pm Depart<br>5:30 Performance |                   |
| 3/8/18                | Symphonic Winds   | Champions of Excellence        | Hyatt Regency Indian Wells           | TBA                            |                   |
| <b>3/17/18</b>        | <b>Symphonic Winds</b>                                    | <b>Mt. SAC Festival</b>        | <b>Mt. San Antonio College</b>       | <b>TBA</b>                     |                   |
| <b>3/18/18</b>        | <b>Winterguard</b>  | <b>WCWG Competition</b>        | <b>Colony HS</b>                     | <b>TBA</b>                     |                   |
| <b>3/18/18</b>        | <b>All RMHS S&amp;P Programs</b>                          | <b>Mattress Sale</b>           | <b>RMHS Band Room</b>                | <b>All DAY</b>                 |                   |
| 3/22/18               | Percussion  | Recital                        | RMHS Band Room                       |                                |                   |
| <b>3/26/18-4/8/18</b> | <b>All Program</b>  | <b>Spring Break</b>            |                                      |                                |                   |
|                       |   |                                |                                      |                                |                   |
| <b>Apr – 18</b>       |   |                                |                                      |                                |                   |
| 4/7/18                | Winterguard   | WCWG Championships             | San Marcos HS                        | TBA                            |                   |
| 4/21/18               | Percussion  | RMHS Day of Percussion         | RMHS HGPAC                           | All Day                        |                   |
| <del>4/21/18</del>    | <del>Winterguard</del>                                    | <del>WGASC Championships</del> | <del>Orange County High School</del> | <del>Cancelled</del>           |                   |
| <b>4/26/18</b>        | <b>Symphonic Winds, Concert Band, Percussion, Strings</b> | <b>Dinner Concert</b>          | <b>RMHS Cafeteria</b>                | <b>4pm call, 6pm start</b>     |                   |
| 4/28/18               | Percussion  | PAS Percussion                 | Lakeside High School                 | All Day                        |                   |

|                  |  |                                |                            |                     |  |
|------------------|--|--------------------------------|----------------------------|---------------------|--|
|                  |  |                                |                            |                     |  |
| <b>May – 18</b>  |  |                                |                            |                     |  |
| <b>5/5&amp;6</b> | <b>Jazz Band A</b>                       | <b>Oceanside Jazz Festival</b> | <b>Mira Coasta College</b> | <b>Overnight</b>    |  |
| 5/10/18          | Jazz Band (A&B)                          | Jazz Performance               | Workman Middle School      | 5pm                 |  |
| 5/12/18          |  |                                |                            |                     |  |
| <b>5/18/18</b>   | <b>All Program Members</b>               | <b>Awards Banquet</b>          | <b>Cafeteria</b>           | <b>6pm</b>          |  |
| <b>5/22/18</b>   | <b>Jazz Band/Concert Band/Percussion</b> | <b>SPRING CONCERT</b>          | <b>HGPAC</b>               | <b>6pm Call</b>     |  |
| <b>5/23/18</b>   | <b>Symphonic Winds</b>                   | <b>Spring Concert</b>          | <b>HGPAC</b>               | <b>6pm Call</b>     |  |
|                  |  |                                |                            |                     |  |
| <b>June - 18</b> |  |                                |                            |                     |  |
| 6/4/18           | All Instrumental Performers              | Graduation                     | Agua Caliente              |                     |  |
| <b>6/5- 6/6</b>  | <b>All Instrumental Performers</b>       | <b>Spring Juries</b>           | <b>HGPAC</b>               | <b>After School</b> |  |
|                  |  |                                |                            |                     |  |
|                  |  |                                |                            |                     |  |
|                  |  |                                |                            |                     |  |
|                  |  |                                |                            |                     |  |
|                  |  |                                |                            |                     |  |

**\*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!***