

2015-16  
Tucson High School  
Marching Band Ensembles  
Handbook

Lucy Huestis  
Director

## Forward

In order to assist band members and parents in understanding areas of responsibility, a statement of band policy is herein set forth. Becoming familiar with this policy will enable each individual to make the most of their opportunity to be a member of the Marching Band programs at Tucson High. These policies have been created over the years, by the band and its leadership staff to address specific issues that arise regularly.

*The Tucson High Marching 100* is a great many things to many different people. To the community, it is a source of pride & spirit; a team of ambassadors to represent the school across the state & nationally; and role-model for young people to aspire to reach their individual levels of excellence. To its members *past, present, and future*, the 100 represents the *longest standing high school band tradition in the city of Tucson*. This is a tradition of *Strength, Pride, Musicianship, Respect, Camaraderie, Artistry and Integrity*.

The members of the Marching 100 take this tradition very seriously. We take care of our bodies and ourselves through proper exercise, diet, hydration and rest so that we have the *Strength* to perform at our best; not just for our audience, but for our band-mates and for ourselves. Band is an incredibly demanding lifestyle choice. It takes a special kind of human being to recognize the mountain of challenge and inconvenience that comes with a season of Marching Band, and go after it anyway. You will be filled with a real sense of *Pride* when you realize that you are standing among people of this caliber.

*Musicianship* at Tucson High is something that we take *very seriously*. Each band student is expected to make a real commitment to the art of playing their instrument with technique, clarity, and expression. It takes more than perfect attendance to earn an “A” in Band. You will be expected to practice by yourself, for yourself and your band, daily. When it becomes clear that people can count on you to be musically prepared, you will have earned more than just an “A”; you will have earned their *Respect*.

It has long been known that in band you can spend hours working incredibly hard with the group, and still somehow manage to have a lot of fun. This is often the way it is when you are surrounded by other hard-working individuals you can trust. This lighthearted spirit of familiarity and trust among friends is called *Camaraderie*, and it is the glue that holds our family of performers together.

*Artistry* is about engaged and mindful performance. Even during rehearsal, members of the Marching 100 play, march and perform with serious artistic intent. We are never just “going through the motions” or “phoning it in”. We are in the business of making art, and art is nothing if not sincere and genuine.

In addition to being the face of Tucson High to the community, we often function as ambassadors and role-models unto the greater student body. Band Members are expected to adhere to the highest level of personal behavior and accountability. The number 100 in our name is not merely a statement of “how many”; instead it is a tradition of “how much”... 100%. This includes a lifestyle of academic responsibility, exemplary conduct on and off campus, a commitment to being 100% alcohol and drug free, and spending our time in the company of others who share these values. *Integrity* is who you are when nobody else is looking.

Every season, each of us strives for our own personal 100. This challenge can mean anything from learning to get to school on time each day--to enrolling in weekly private lessons on your instrument—to using language that is free from expletives—to getting in the best physical shape of your life... and everything in between. The Marching 100 is exactly that; a human manifestation of perfection... on parade. Welcome to the band.

-Lucy Huestis  
Director of Bands  
Tucson High Magnet School

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## **2015 – 2016 THS “Marching 100” Band Staff:**

### ***THS Band Faculty***

Director: Lucy Huestis

Assistant Director: Dean Moore

### ***Adult Professional Staff (subject to change)***

Drum Line Instructor: Dean Moore

### ***Drum Majors***

Head Drum Major: Jameiz Grigsby

Assistant Drum Majors: Meranda Romero & Soraya Sandoval

### ***Section Leaders/Captains***

Percussion Captain: David Ingram

Assistant Percussion Captain: Anthony Silva

Front Ensemble Sectional Leader: Selena Luna

Flute Section Leader/Woodwind Captain: Emily Drum

Clarinet Section Leader: Lulu Barrandey

Assistant Clarinet Section Leader: Gabby Parra

Saxophone Section Leader: Elizabeth Garcia

Saxophone Assistant Section Leader: Gabriel Garcia

Trombone Section Leader: April Flores

Trumpet Section Leader: Javier Casarez

FHN/Mello Section Leader/Brass Captain: Ricardo Calderon

Baritone Section Leader: Alexander Frieden

Tuba Section Leader: Carlos Frisby

### ***Drill Coordinator***

Raquel Stevens

### ***Equipment Staff***

Carlos Frisby

Brad Atkinson

### ***Librarians***

Nicole Stanton

## **The Chain of Command:**

As in any large group of individuals, there will be far too many tasks and responsibilities for any one person to handle by themselves... including the Band Director. For this reason, we must all follow the *chain of command* when we have a question or concern. This includes email. Always seek to address an issue at your own level of the chain first.

*The Chain of Command*  
**Band Director**  
**Assistant Director**  
**Adult Professional Staff**  
**Adult Volunteer Staff**  
**Head Drum Major**

*Assistant Drum Major  
Section Leaders/Captains  
Assistant Section Leaders/Captains  
Returning Members  
New Members  
Non-Members*

If your issue cannot be resolved at the level you occupy in the chain then proceed up the chain *one level at a time*, until your question or concern is addressed. *Do not skip levels!!!* In order to address the Band Director, you will need to bring a Drum Major with you, to show that you have first used the chain.

If you have an academic issue pertaining to your status in any band class, you may set up an appointment with the Band Director independently. The Chain of Command is a necessary tool when dealing with a very large group of people, and will never serve to substitute for your *Student Rights* as stated in the THS Student Handbook.

### **The Rule of Three**

As in any group of people who spend a lot of time together, there will be occasional conflicts, misunderstandings, and disagreements between band members. Before you bring these up the Chain of Command, you are required to document three separate attempts to work out the issues directly with the other person/people involved. After three documented (failed) attempts to resolve the problem with the other band member(s) involved, you may proceed to the next level up the chain of command for assistance.

Having followed the Rule of Three, each level of the chain should either make an attempt to help resolve the issue at hand peacefully, or seek guidance further up the chain. A Drum Major must be present to bring the problem to the director, *unless there is a privacy, grading or student safety issue involved*.

### **Physical Demands of Today's Marching Ensembles**

Make no mistake, Marching Band is sport and artistry rolled into one. You will need to participate in some physical conditioning as part of your regular marching band rehearsal. Our half-time show is almost nine minutes of non-stop movement and sound. One member even described it as: "like running the 100-yard dash while holding your breath, over and over again".

For your safety and the safety of others, you will need enough strength and flexibility in your muscles and joints to exert yourself in rehearsal and performance without injury or mishap. You will need enough aerobic capacity to keep up with the tempo of music and movement in the show without compromising your sound quality, even when fatigued.

Part of our group preparation for these demands includes a series of light calisthenics and stretches, as well as a group jog around the track. We begin with a single lap at Band Camp, adding a half-lap (1/8<sup>th</sup> mile) at the beginning of each month. At the end of the season, the group is jogging 2.5 laps (5/8ths of a mile) at the start of practice.

*Members with a documented medical condition that would prevent participation in the laps may participate in alternate conditioning exercises on the field while the jogging takes place.* Please remember that this moderate physical conditioning is necessary to prevent injury and to produce an acceptable sound outdoors. Please seek alternate conditioning only if absolutely necessary. You will be surprised at what you can do if you just keep trying.

## Nutrition

You will need to be responsible for feeding and hydrating your body regularly. Do not start a diet or weight-loss program during Band Season, unless under the direction of a physician that understands the physical demands of today's marching band activity. It is not only expected that each member eat a good meal before arriving at band practice or band class at the start of the school day, ***it is required for your safety and the safety of others.***

If you are in financial need of free and/or reduced cost meals at school, ***please fill out the appropriate form through THMS Administration, and get fed.*** . The band is depending on you to be strong and healthy.

## The Arizona Sunshine

Sun exposure, particularly in the Arizona desert climate, is no joke. Unless it is already dark when you arrive to an outdoor band rehearsal, ***you must apply sunscreen before band.*** Regardless of your skin type or desire to tan, an SPF of 30 or greater is recommended.

Hats, although prohibited inside the school buildings, are a MUST for outdoor band rehearsals. Keeping your head protected from the direct sunrays will not only help you feel better during rehearsal, it will also enable you to follow the drum-majors more easily. Sunglasses are also recommended, both for comfort and safety.

Lastly, ***all band members are responsible for bringing their own hydration to rehearsal.*** During Band Camp, the Boosters provide refill stations, however these are not intended for primary hydration. Again, it's a numbers game: When 100 or more band members have to wait in line for hydration we lose so much rehearsal time it is almost not worth being outdoors in the first place. Individual water-bottles ***SAVE VALUABLE REHEARSAL TIME!!!*** This loss happens by degree, every time someone forgets to bring their own and has to ask another member to share.

## The Opt Out Policy

Only you know your own body. You need to know the difference between, "this is really hard, I'm really tired, my body hurts" and "I think I'm in trouble... I may have injured something, I'm dizzy or dehydrated, something's wrong." If you are feeling sick, or injured, or in danger of hurting yourself by continuing, ***please opt out and seek shade and hydration off the practice field.*** Note: this is intended as a safety measure, and not as a long-term rehearsal option. After a minimum 5-minutes seated in the shade and hydrating, you are expected to see if you can stand up. After another 5-minutes of "standing-recovery", you are expected to either return to field rehearsal, or acknowledge the fact that you are not physically able to continue rehearsal, and go to the school nurse (during the school day), or have your parent/guardian come and take you home.

Again, you would be amazed at the difference a sensible meal and proper hydration will make in your ability to handle an outdoor rehearsal.

## Attendance Policy:

More than any other activity, Marching Band depends on regular attendance. Individuals depend on each other in so many ways, just to be able to get through musical material and push ahead in the field-show drill. When one person is absent, the entire group must bear the weight of positioning on the field that is harder to read, as well as an unreliable sound that can cause even experienced players to question the correctness of their parts.

All of this confusion costs the band precious rehearsal time during the absence, and again following the absence when the returning band member must be brought up to speed. Think about this the next time you are considering arriving late to band: *In a 100 member band, five minutes of wasted rehearsal time amounts to over EIGHT MAN-HOURS LOST by the group.*

For this reason, **attendance at all rehearsals, camps and performances is mandatory.** Only excused absence from school due to illness, hospitalization, or bereavement will prevent the student's grade from being affected by a missed rehearsal or performance.

**Late to Rehearsal (arrival within first 30 minutes) = Run an additional lap around track & loss of one point on quarter grade.**

**Missed Rehearsal (arrival after first 30 minutes, or unexcused absence) = Run an additional lap at next rehearsal & loss of 5 points on quarter grade.**

**Missed Performance (unexcused) = Loss of 10 points or a full letter-grade on quarter grade.**

**Missed Band Camp = Loss of drill spot in field show and potential alternate performer status.**

**Absences & Tardies during the school day will be handled according to the Tucson High Discipline Code.**

*Examples of UNEXCUSED absences:*

- *Anybody's Birthday Party*
- *Work/Job (You have the band schedule for the whole season months in advance; your boss needs to understand that until you graduate, school comes first.)*
- *Concert Tickets (Even the Band Director has to pass up great concert tickets during Band Season).*
- *Family Vacation During the School Year (Your education is way more important during this time.)*
- *Didn't have a ride (Ask another band member or take the bus.)*
- *Seeing a Teacher for extra help during band rehearsal (plan ahead!)*

**Other conflicts will be handled individually on a case-by-case basis, with absolutely no influence from past scenarios with other students, and with no bearing on future students in similar scenarios.**

\*\*\*\*\*Please use the GOOGLE CALENDAR and PLAN AHEAD!!!!\*\*\*\*\*

### **Band Camp:**

Band Camp is where we build a marching band from nothing but attendance and a shared vision. Without it, there is no band. *Students who miss Band Camp for any reason will continue as an alternate performer in the Marching 100.* Students who attend Band Camp are in for an experience they will remember well into their adulthood.

Because the Marching 100 is expected to perform very early in the school year (even before the start of classes in 2011!), members must learn all of their marching fundamentals, how to stand, how to play their instruments correctly, most of their field-show music, the National Anthem, the School Song(s), get fitted for uniforms, and *memorize everything...* all at Band Camp.

**\*A typical full-day camp schedule looks something like this:**

7:45AM- Band Facility Open

8:30AM- Full Band in E104: Attendance & General Meeting/present day's schedule.

8:45AM- Full Band to Field for Physical Training & Marching Fundamentals.

\*\*\*Hydration & Shade Breaks Throughout\*\*\*

11:30AM- Lunch Break (on site. No one leaves campus during band camp)

12:30PM- Full Band in E104: Attendance & Short Meeting

1:30PM- Sectionals

2:30PM- Full Band in E104; percussion in Ramada; Guard in gym

4:15PM- Full Band with Guard @ ramada for "chunking" rehearsal.

5:00PM- Dismissal

5:15PM- Staff Meeting

6:00PM- Band Facility Closed

\*Actual times and activities may vary, but this is the basic template for a day of THS Band Camp.

### **What to bring to band camp:**

- Your instrument and all accessories (reeds, neck-strap, sticks, mouthpiece, valve oil, etc...)
- All of Your Music (printed from the band website [www.tucsonhighbands.org](http://www.tucsonhighbands.org) members page)
- Wear light athletic type clothing. No jeans, flip-flops, or heavy jackets. Be smart in the sun: "all black" is not a fashion statement you'll be happy with in the Arizona heat.
- Water container (full), and possible Sports drink & snack for off the field.
- Sack-lunch (no refrigeration) or minimum \$3 to purchase lunch from boosters or off site in groups of 3 or more.
- Inhaler if you have asthma, and any necessary medical supplies that may be a part of your lifestyle. These will be kept with the Band Nurse.
- A mechanical pencil & a three-ring binder with 30 clear sheet protectors inside.

### **The Band Room (E104):**

This is our home away from home. The work we do in this space is meaningful and important to all of us. Treat our Band Room with respect. ***There is absolutely no food or drink ever allowed in the band room!*** This is not just a guideline we try to follow, **it is the law 100% of the time; no exceptions.** Plain water is allowed for hydration purposes. That is all. Even the Band Director adheres to this.

We do not deface, tag, carve, mutilate or otherwise intentionally damage any part of the band room or its contents. This includes the inside and outside of the band lockers. Ask an upperclassman how long they took to clean and repaint them last summer. Vandalism will not be tolerated, and will be prosecuted to the fullest extent of the discipline code on the very first offense. Many of the repairs & renovations in this facility were done by the band members themselves, and you can bet they will take it personally. If you want to express something to the world, do it through an amazing performance.

### **Lockers:**

Tucson High is a locker-free campus for safety reasons. The only reason we have storage lockers for band, is that band members would have too much school stuff to physically carry around all day if we didn't. The student's band locker is for BAND INSTRUMENTS AND ACCESSORIES ONLY during school.

During the first week of classes all band students with instrumental storage needs will be issued lockers and locks. Due to the size of the Band Program and limited space, students who play the flute or clarinet are required to share. You may not bring in your own lock. The school combination locks are keyed for

emergencies. Never trade lockers with another student. You will be held accountable for its contents regardless of the trade. If you are having a problem with the locker you have been assigned, speak to the staff about it. We can usually work it out.

During after school Band Practice, when the instrument is out and in use, students should secure their personal belongings in their locker **and lock the lock!** Over the years, we have had a few thefts from the band room while the group is down on the field practicing (yes, even with the doors locked). Be smart and secure your things. After band, your instrument & accessories go into the locker, and your personal items come out.

Lockers will occasionally be inspected for contra-band. ***Anyone found to be keeping alcohol, drugs, or weapons in their locker will be disciplined according to the full extent of the THS Discipline Code, reported to the police and then dismissed from the THS Band Programs indefinitely.***

This one seems obvious, but unfortunately many miss it: **ACTUALLY LOCK YOUR LOCK ON YOUR LOCKER WHEN YOU CLOSE IT!!!!** Don't just loop it through and hang it there. The band room is a very busy place, and people are always bumping into things. This is the most common way to lose your lock (HOW EMBARRASSING....IT'S A LOCK). Usually, the lock gets bumped and falls to the floor. Then, the person who bumped it tries to do the right thing and put it back. But it usually gets snapped on the wrong locker. This leads to problems... especially if the person with the new locker was just too lazy to hang their lock at all. Now we have a student that believes their lock was stolen, and another who will eventually find themselves locked out of their own locker. All of this costs the band... you guessed it: precious rehearsal time wasted.

It's normal to have trouble working the combination lock at first. Just keep practicing it every day when you bring in your instrument in the morning. Before long you'll be showing another student how to do theirs.

### **School-Owned Instruments:**

It's a simple policy. If the instrument is not assigned to you, don't touch it. That includes all percussion equipment (especially the stuff that looks like toys), the piano, and school-owned lower brass instruments. I know it looks like fun, but *we have no money! Really, none!* So when something breaks, not only does it take time to fix; it also takes time to get the money to fix it. In the end, all of that lost time with the instrument hurts the whole band. It's just not worth it. If you are interested in trying a new instrument, make an appointment at the end of the season to do so with a qualified teacher or coach.

Those using school instruments (including drumline), will need to complete the appropriate form and be responsible for the proper care and maintenance of the instrument while it is in their custody. If you have an accident and break your school instrument, or accidentally damage someone else's instrument (school-owned or otherwise), ***Please notify an adult staff-member immediately!*** Often a seemingly harmless ding can create a leak on a woodwind instrument, or freeze a valve on a brass instrument. This may not reveal itself until the temperature drops (like at night during a performance). Just take responsibility for your actions, and let us start addressing the problem while it is still easy to fix, and there isn't an audience waiting.

### **Citizenship**

We are all part of the Tucson community. Regardless of what some may choose to complain about, there are benefits to living and working in such close proximity with one another. Furthermore, we all benefit from the achievements of the citizens that have come before us.

On occasion, it will be necessary as a band to take part in community events and performances. Sometimes we know about them well in advance (like the annual Rodeo Parade); sometimes they come up suddenly and it can

be a challenge getting the band together. It is important that we make every effort as individuals to participate in these performances, and give something back to our community.

For those of you thinking about band fees, the community still covers 2/3 of what it costs for a season of marching band at Tucson High.

### **Smart Phones, Mobile Devices, iPods & Music Players:**

All phones, mobile devices, iPods & music players must be turned off and left in a bag. These items may not be out at any time during band rehearsal and may not be out on the field. Students who have tuners on their phones may use them to tune, but then must put them away so they are not a distraction.

In cases when the director is going over scheduling information and the calendar, the group will be told when it is ok to use their available technology for the task. After which, everyone powers down, and devices are returned to bags.

### **Substance Abuse, Hazing & Bullying**

There is no place in band for abusive behavior of any kind; be it abuse of self, of others, or of the program and our facility. If you have a problem with substance abuse, please talk with the staff, and seek help immediately. If you are found to be using or in possession of illegal controlled substances or alcohol whether on or off campus, with or without other band students, you will be prosecuted to the fullest extent of the school discipline code, the police will be notified, and you will be **dismissed from the THS Bands indefinitely.**

If you are at a party or with friends engaging in illegal activity, LEAVE IMMEDIATELY. It's hard to play in the mud without getting dirty. If anyone is caught, you will likely pay the consequences for their actions. Furthermore, you are a representative of the Marching 100, 100% of the time. From now on, wherever you go and whatever you do, people will *see the band behind you*. It only takes a moment of poor judgment to ruin a reputation that has taken years to build.

Not only are Hazing and Bullying both cruel & cowardly behaviors, they are also becoming increasingly *dated*. Nowadays, we demonstrate strength through positive leadership and by attracting people to our group instead of driving them away. Anyone involved in hazing or bullying in the band will be immediately pulled from the group until after a parent conference. If the abusive behavior continues, the bully will be removed from the band permanently.

### **A Living Document**

As extensive as this handbook of procedures and norms has become over the years, there will still be occasions where circumstances will arise that fall outside the realm of the policies contained in this document. In those instances, we begin with the Tucson High Student Rights and Responsibilities document and work from there with the Band Director and appropriate school administration to resolve issues as they arise.

For this reason, the Band Handbook is updated and edited each summer. Please be sure that you are referencing the most current version of the handbook when researching band policies.

In the end, all of this is intended to help keep the band members focused on the task of making our band the best it can be for the membership, the THS student body, and the community. Welcome to the THS Band Program.