

Marching Band Essentials

Spend time stretching, and walking or jogging outside during the summer in the morning or evening. Also go out in the heat periodically to get use to the weather. (We sometimes are required to perform in the afternoons at marching competitions)

At least 45 minutes 4 or 5 days a week
Don't just play video games inside all summer

Summer Band

Limit soda intake every day. NO energy drinks.

Drink fluids (Water or Gatorade type) the night before for hydration and have your water jug every day.

Eat light meals especially for breakfast and no dairy products before exercise. Be careful what you eat.

Wear a hat, shorts not covering the knee, a white or light grey T-shirt, and appropriate tennis shoes. (No Skater Shoes, Toms or any others...)

Bring sun screen, sun glasses, and insect repellent.

Get a Good Night's Sleep for body and mind.

Instrument Care

Be sure you have the needed supplies to perform at maximum level. Just like we put gas, oil, and air in the tires, every instrument has its needs:

Woodwinds: Swab, multiple (at least 3) working reeds, cork grease, cleaning cloth

Brass: Valve oil (slide cream for trombones), slide grease, cleaning cloth, gloves, mouthpiece brush

Music Practice

This should be done like the exercising and done at least 45 minutes a day, every day, if possible.

The saying is not "Practice Makes Perfect", it's "Perfect Practice Makes Perfect". If you practice something wrong (too fast), you have learned it wrong! It takes longer to correct mistakes than to make good habits.

Go over the music before playing and note with a pencil any items you don't understand and if you can't figure it out, wait for help, but ask! Speed kills, so use a metronome always, and at a slower speed to practice and just fingering is OK also. Practice short sections to perfect them.

Practice sight-reading every day. At some point while you're practicing, open up an etude book to a page that you've never seen, give yourself a minute to look over the music (key signature, tempo markings, meter, articulations, dynamics ...) and give it your all. Record yourself and do a self evaluation and perform in front of people. Sight read an etude a day.