



2010 MARCHING REBELS HANDBOOK

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Welcome to a new marching season! All FHS Marching Band members and their parents are expected to read, understand and abide by the policies contained in this handbook at all times. If you have any questions about any of the policies contained in this handbook, please contact the band office.

FORMS AND FEES

This summer mailer contains a number of forms which must be returned to the band office by the first day August rehearsals (**August 19th**). These forms are divided into three packets for your use. Forms that **MUST** be returned to the band office by **August 19th** include:

- Contact Information Form (if not already returned to the band office)
- Emergency Care Form
- Field Trip Authorization Form
- The remaining \$250 band fee if you have already paid the \$150 deposit or else the entire fee of \$400.
- T-shirt Order Form
- Shoes Order Form

There are also a number of forms in this packet that are included due to the band trip to Shrine Mont Camp in Orkney Springs, VA. **We will be having a student/parent meeting for the Orkney Springs trip at 5pm on Monday, August 23rd in the FHS Band Room. This meeting is REQUIRED for all FHS Marching Rebels and at least one parent/guardian.** During this meeting, we will be discussing details regarding the trip and the forms that FCPS requires for overnight travel – the following forms will be due by the end of the meeting:

- Permission to Travel/Authorization of Medical Treatment (*this form MUST be notarized – a notary public will be made available to parents at the August 23rd meeting, or you may have the form notarized on your own*)
- Medication form
- Orkney Springs Activities Authorization/Instrument Inventory
- FCPS Expectations Contract
- FCPS Field Trip Luggage Search Form

SCHEDULE

An updated schedule for the entire fall marching season has been included in this summer mailer and has also been posted online. This schedule supersedes all previous editions and will be the schedule that is followed during the season. Updates to this schedule, when necessary, will be announced to students at rehearsal, posted on the band's website (www.fhsbands.org) and emailed home. Students and parents are responsible for abiding by any changes that may occur to schedule mid-season.

ATTENDANCE AND GRADING POLICIES

A full FHS bands grading policy will be outlined in the FHS bands handbook which will be distributed to students on the first day of school. Although marching band rehearsals are conducted outside of the school day, it is considered an extension of the classroom and thus, Marching Rebels members are included within this grading policy. A large portion of student's individual band grade is based on attendance. It is expected that every student will be prepared technically and mentally for each performance. The primary focus of daily rehearsals is to prepare for performance; therefore, the penalty for an unexcused absence from a performance will be significant and appropriate. Each musical organization's performance is judged by our school, community, our families, and in the case of competitions, judges. One person's absence affects the entire ensemble's performance. The schedule of rehearsals and performances has been published in advance – take care of problems and conflicts **BEFORE** they happen!



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EXCUSED ABSENCES

In order for a student to be excused from a rehearsal or a performance, a note or phone call from a parent/guardian must be received, reviewed and approved by the Director as soon as the student becomes aware of the conflict. In the case of an unavoidable emergency, a note or phone call must be received on the student's first day back to school or rehearsal. Timely notification of potential conflicts allows the Director to make adjustments to the ensemble so that the program (and other students!) are not negatively affected. The schedule of rehearsals and performances has been published in advance – take care of problems and conflicts BEFORE they happen! Work schedules, other non-school activities and family vacations are not acceptable reasons for missing a rehearsal or a performance. If you are participating in other FHS clubs or sports, **ask for a complete semester calendar** for all your activities so that you have the maximum amount of time to identify and resolve potential conflicts. The only excuses that will be expected after a missed rehearsal or performance will be those involving unavoidable emergencies and sickness.

DISCIPLINE

Discipline is a quality that must come from within the individual. Because of this fact, each student is responsible for his/her own actions as a member of the FHS bands. The FHS bands are governed by Fairfax High School and Fairfax County Public Schools policies at all band functions and events. Any student that violates school rules while participating with the FHS Bands will be subject to all official school disciplinary action. In addition, students who violate school rules and/or band policies may be **subject to dismissal** and will **not** continue to perform or travel with the band.

REHEARSALS

Rehearsals will always **begin** at their stated time. It is the responsibility of each student to arrive at rehearsal early enough to assemble his/her instrument, gather the necessary equipment needed for the day's rehearsal, and report to the marching field. Arriving to rehearsal 10 minutes early is a good habit which will always ensure that students are ready for the beginning of each rehearsal and will make the best use of our valuable rehearsal time. Likewise, rehearsals will **end** promptly at the stated time.

PERFORMANCES

Whether performing at a FHS football game or at a marching band competition, Marching Rebels members are expected to conduct themselves as ambassadors not only for FHS Bands, but for Fairfax High School and the larger Fairfax community as well. It is important to understand that the behavior of each student, while attending an event or performing as a member of the FHS Marching Rebels, reflects upon the impression of the entire organization.

During football games, it is the job of the band to support the team (no matter the score!) and keep the crowd involved in the game. The band will play throughout the game – our performance does not end after halftime. Students are expected to remain with the band throughout the entire game, and only band members are allowed to sit with the band. If you must leave the stands to go to the restroom, please ask an adult for permission so that we know where everyone is at all times.

UNIFORMS

A great deal of pride, responsibility, and respect accompanies the wearing of the FHS Marching Rebels uniform. All members are expected to wear the uniform with pride at all times. Whenever you are in uniform and/or with the band, you represent not only yourself but your family, your band and your school.

Each member is responsible for the proper care of the uniform throughout the season. Damage to the uniform and/or lost pieces becomes the financial responsibility of the student to which the uniform was issued. Marching band uniforms are expensive to replace – please take care of the uniform and do not place it in a situation where it may become dirty, damaged or lost.



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While in uniform, the FHS Marching Rebels will abide by an “all or nothing” policy. Simply put, you are either in full uniform or you are not in any of it. The uniform will be worn in its entirety while in public – students may only remove portions of the uniform (hats, jackets, gloves) when told to do so by the Director. Jackets, when worn, must always be completely zipped. White gloves must be kept clean and white. The 2010 FHS marching band t-shirt is to be worn underneath the uniform jacket as part of the uniform.

While in uniform, Marching Rebels members may not chew gum or eat and drink (other than water) without the permission of the Director. No visible jewelry, earrings, excessive makeup or fingernail polish (both males and females) may be worn while in uniform with the exception of Color guard members, who may wear face makeup. Long hair (both males and females) must be pulled back and kept up where it will not be visible outside of the band hat.

The band uniform will remain in the FHS uniform room when it is not being used by the student. In addition to the 2010 FHS marching band t-shirt, each member must provide the following items as part of the uniform:

- Clean **BLACK** socks, no patterns, all black. **Socks should come above the ankle.**
BLACK Drillmaster marching shoes. These shoes have a lifetime guarantee and should last the student for his/her entire tenure as a member of the FHS Marching Rebels. These shoes can be purchased from the FHS Band Boosters at cost for \$28 and are required for all Marching Rebels members (except color guard).
- Black cotton gloves (winds only). Members will be issued one pair of black gloves as part of the uniform. If gloves become soiled, dirty or lost, additional pairs of gloves can be purchased from the FHS Band Boosters for \$2.

At the end of the season, each member will be responsible for returning the uniform and all of its pieces to the FHS band uniform room after the last marching band event. Students must return all pieces of the uniform that they were originally issued and will be financially responsible for uniform items that are damaged beyond repair and/or lost.

NEW INSTRUCTIONS FOR UNIFORM CARE – PLEASE READ!

Our new marching uniforms have highly specialized care instructions for dry cleaning, and several parts of the uniform are designed not to be cleaned. Should your uniform become dirty or soiled throughout the season, please see Ms. Benson or our uniform moms to get a copy of the cleaning instructions before you go to the dry cleaners. Any uniform that has been cleaned incorrectly and is damaged will be replaced at the expense of the student to which it was issued.

AUGUST REHEARSALS (“BAND CAMP”)

August rehearsals begin for color guard members and section leaders on August 13th, percussion members on August 16th, with full band rehearsals beginning on August 17th for new Marching Rebels and August 19th for returning members. These rehearsals are required and attendance policies and regulations concerning excused absences will be in effect. These August rehearsals are the foundation for which we will base our **entire** 2010 season, and their importance cannot be overstated.

ATTIRE

During August rehearsals, all students are expected to wear appropriate marching attire. Acceptable footwear includes tennis shoes with socks – sandals, flip flops, Crocs, boots and dress shoes are not appropriate for marching and may cause injury to the student. Students without proper footwear will not be able to participate in marching rehearsals until the problem is resolved (this holds true for after school marching rehearsals as well – please plan ahead).

In addition, it is requested that students expect and dress appropriately for hot, humid weather. Light colored, loose fitting shorts and t-shirts are **highly** recommended; tank tops and other shirts with bare arms and shoulders may seem cooler but actually cause students to become more susceptible to heat because more of their body is exposed



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to the sun. Hats, sunglasses and SUNSCREEN should be worn to protect students from the heat and the sun's rays. Please take care of yourself and do not allowed yourself to become sunburned!

In the case of inclement or severe weather, rehearsals will be moved indoors to the FHS band room. In the case of light rain, have rain gear and be prepared to march – we have an extremely limited amount of time in which to learn portions of the field show in time for the first football game. At NO TIME will the safety of the band be jeopardized on the account of weather; rehearsals will be brought indoors whenever outdoor rehearsals are considered to be dangerous due to weather conditions.

MEALS

Lunches and most dinners will NOT be provided during August rehearsals; students are expected provide their own lunches and dinners each day. It is recommended that students bring their own lunches rather than trying to run out to grab fast food during the lunch break – students who leave FHS during the lunch break do so at their own risk. Long fast food lines and/or bad traffic will not be acceptable excuses for arriving late to afternoon or evening rehearsals; please plan accordingly.

WATER is perhaps the most important aspect to maintaining good health during band camp. Although we will have water available on the marching field during August rehearsals, each band member is expected to bring his/her **own large water bottle** to the rehearsal field each day. During short water breaks, students will not have enough time to run into the school for water – please bring it with you. In addition, please take care to limit your intake of carbonated beverages and sodas during August rehearsals, as these drinks will dehydrate you and make you more susceptible to the heat.

EQUIPMENT

All students are required to have their instrument in good working order for all rehearsals and performances. In addition to having a well-maintained instrument and mouthpiece, each student is expected to have the following equipment at every marching rehearsal:

- Woodwind players must have at **least 4** working and usable reeds, cork grease and swabs.
- Brass players must have valve and slide oil; trombones should have slide cream and water bottles.
- Drumline members must have two pairs of matching, taped marching percussion sticks. Heads must be kept in good playing condition and all percussion equipment must be put away after each use.
- Color guard members must have all practice flags, gloves, poles and other auxiliary equipment.

In addition to the above, all wind players are required to purchase a flip folder and lyre appropriate for your instrument. These can be easily purchased at a local music store. Although show music will be memorized, flip folders are required for stands tunes during all home football games. If possible, consider buying all-metal lyres instead of plastic lyres (plastic lyres are more susceptible to breakage and will need to be replaced if they break before the season is over).

ALL FHS Marching Rebels members are expected to have their music with them at every rehearsal (even if it is already memorized). Each student is also required to have a pencil at every rehearsal so that changes can be marked into their music – music is never to be marked with a pen (pencil only!)

In addition, **ALL** FHS Marching Rebels are required to have the following for drill rehearsals:

- Approximately 6 poker chips (used to mark new coordinates when learning drill; chips can be marked with students initials for easy identification)
- Wire-bound 3x5 index cards (students will issued printed coordinates ONCE for each page and will need to permanently mount the printout and carry it at every rehearsal for reference). Several students find that



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looping a rope, ribbon or piece of string through the wire binding allows them to carry their coordinates easily, even while playing and marching.

- All drum majors, section leaders and field captains must have a 3-ring binder with clear plastic sheet protectors (these students will be issued full copies of the drill so that they may assist others in their sections find their locations in the forms). Several students find that looping a rope or ribbon through the ring binders allows them to carry their notebooks easily, even while playing and marching.

School instruments are available to any student who does not have his/her own instrument. In the event of damage to a school instrument, the Director must be informed as soon as possible. Damage to an instrument that is the result of negligence or carelessness of the student will become the financial responsibility of the student to which that instrument was issued.

MUSIC MEMORIZATION

The field show music must be memorized by all Marching Rebels members. All of these pieces were sent via email in early July, and all titles **MUST** be memorized by the first day of band camp for all (August 19th). If you need help memorizing your music, you may talk with your section leader, a drum major, or the Director.

The FHS Fight Song, the National Anthem, and other chants, cheers, and stands tunes played during fall football games will be put into a flip folder and will not have to be memorized. These pieces will be passed out to students during August band camp.

FUNDRAISERS

Our first fundraiser of the season is a Car Wash scheduled for August 14th, 10am-2pm at the Mosby Woods Sunoco (Plantation Pkwy and Rt. 50). Parent volunteers are needed throughout the day to supervise the car wash. Please contact Diane Smith, FHS Band Booster Volunteer Coordinator, at wdqnsmith@msn.com if you are able to assist with the car wash and/or anything else throughout the year – we can't do what we do without YOU!

Attendance at the August 14th Car Wash is expected of ALL FHS Marching Rebels members; the more students we have work the car wash the more money we make. The FHS Band Boosters provides almost all of the financial support that operates ALL of the FHS ensembles. The Boosters depend on fundraisers such as this one to help support our band and keep our band fees amongst the lowest in Fairfax County. Should the August 14th date need to be cancelled due to inclement weather, and email will be sent informing all of the cancellation. Our rain-date for the car wash is August 21st, at the same time and in the same place.

PARENT VOLUNTEER OPPORTUNITIES

Volunteers of all abilities are needed for all FHS bands to have a successful season! Regardless of whether you may be able to volunteer for various events, there are still simple and easy ways in which you can support the FHS bands and the Marching Rebels:

- Attend the FHS football games and marching competitions. Wear FHS blue and cheer on our band! Nothing raises the morale of the performers more than a loud and supportive crowd.
- Support the band boosters and the various band fundraisers. These fundraisers are critical to ensuring that the band has the funds it needs to provide excellent musical instruction to our students.
- Talk up the band to friends and co-workers. Invite others to concerts, football games and other performances and tell them about what the FHS bands are doing.

BAND NEWSLETTER AND WEBSITE

During the school year, monthly newsletters and Director's corner messages will be posted online on the band's website (www.fhsbands.org) and emailed to the FHS bands email list. The website, in tandem with email, is the fastest and most efficient way to disseminate information quickly, so please bookmark our site in your browser and



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check it often for updates. **Students and parents are responsible for abiding by any changes that may occur to handbook or schedule mid-season.**

A SUCCESSFUL MARCHING SEASON BEGINS WITH YOU! – REBEL PRIDE!!