

“The Weekly”

A. B. Miller H.S. Bands & Colorguard

March 2 – March 7, 2020

“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 YEAR** – First, let me welcome all of you to a new year of instrumental music and colorguard at A.B. Miller High School. I'm thrilled to be a part of this journey with you. I have 15 years of experience as a band director and music educator, and I look forward to working with you to make your experience in the bands and colorguard of A.B. Miller educational and enjoyable! Parents, this program cannot successfully run without your help! Please attend our Music Booster meetings (schedule listed below) and consider joining our Booster Board and volunteering. We ALWAYS need help scheduling and running fundraising, soliciting donations from businesses, driving the equipment trailer, uniform fitting/maintenance/cleaning, prop building, community/family outreach, moving instruments and equipment for every performance, etc. We value you and look forward to working with you!
- **BOOSTERS** – If your child is in band or colorguard, then you are a BAND BOOSTER! We need you, we VALUE you, and we cannot run this program without you! Please plan on attending our 2019-2020 Booster Meetings in the Band Room (T-2).
 - Thursday, Aug. 14 6:00-6:30PM
 - Thursday, Sept. 12 6:00-6:30PM
 - Thursday, Oct. 10 6:00-6:30PM
 - Thursday, Nov. 14 6:00-6:30PM
 - Thursday, Dec. 12 6:00-6:30PM
- **COLLEGE BAND AUDITIONS & SCHOLARSHIP OPPORTUNITIES** – We encourage all of our Rebel musicians to consider continuing their music education in college, 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. Here are some programs you may want to consider:

[Cal State Fullerton](#)

[Cal State L.A.](#)

[Cleveland Institute of Music](#)

[University of Hartford's Hartt School](#)

[Ithaca College School of Music](#)

[Michigan State University](#)

[Mount San Antonio College](#)

[Pacific Lutheran University](#)

[Pepperdine University](#)

[San Francisco Conservatory of Music](#)

[San Jose State University School of Music](#)

[Sonoma State University](#)

[Texas Christian University](#)

[University of California, Davis](#)

[University of California, Los Angeles](#)

[University of California, Riverside](#)

[University of the Pacific](#)

[University of Redlands](#)

- **DONATIONS NEEDED** – The band and color guard program is in immediate need of donations of the following items:
 - AA batteries
 - 9V batteries
 - blue painter’s tape
 - electrical tape
- **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 A.B. Miller. 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.

FONTANA UNIFIED SCHOOL DISTRICT HONOR BANDS AND ORCHESTRA

Information forthcoming!

CALIFORNIA ALL STATE HONOR BANDS & JAZZ BANDS

Please visit www.cbda.org and under the “All-State Ensembles” tab, click on “Auditions” for full information. Completed applications and recordings must be submitted online by the morning of TBA. Late applications and recordings will not be accepted.

SAN BERNARDINO COUNTY HONOR BAND

Please visit www.sbcmea.org. Under the “Instrumental Tab” select either 1) High School Honor Orchestra, 2) Basin High School Honor Band, or 3) All County Jazz All-Stars. Then click on the “High School” tab and

read the information there. If the website is not yet updated for this year, please be patient and continue to check back.

SCSBOA ALL SOUTHERN HONOR BANDS, ORCHESTRA, AND JAZZ BAND

Please visit www.scsboa.org and under the “Honor Groups” tab, select either 1) 2020 High School Honor Group Required String Scales & String Audition Excerpts or 2) 2020 High School Honor Group Required Band Scales & Band Audition Excerpts. Learn more about this honor group here: <https://www.scsboa.org/welcome-scsboa-honor-groups/>. Completed honor band, jazz band and orchestra applications and audition fee must be submitted to Mr. G by no later than TBA. Audition times will be posted on the SCSBOA prior to Thanksgiving break. Late applications will not be accepted.

PASADENA CITY COLLEGE TOURNAMENT OF ROSES HONOR BAND

March in this year’s Rose Parade! Please visit <http://www.pccb.com/tofr/index.php?seclD=tofr> for full information. Applications must be submitted by September 30, 2019 by 5pm. Late applications will not be accepted. Auditions will be held only on Sunday, October 13, 2019.

- **INSTRUMENTAL MUSIC LESSONS** – The value of a band student taking private lessons on his/her instrument cannot be overstated. Aside from daily individual practice, 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 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!

(list coming soon)

- **MISSION STATEMENT OF THE A.B. MILLER HIGH SCHOOL BANDS**

The Mission of the A.B. Miller High School Bands is to provide the student musicians a balanced, well-rounded music education. The A.B. Miller High School Bands strives to provide all students with the fundamental, historical, theoretical, and musical knowledge to allow them to progress into the study of music both at A.B. Miller High School and beyond.

Furthermore, the A.B. Miller High School Bands aim to provide students with positive, life-changing experiences that will serve to broaden their education, and allow them to personally experience new and unique performance opportunities, cultures, and repertoire. The A.B. Miller School Bands believe in the expectation of musical excellence. Through music, students will be taught discipline, citizenship, teamwork, goal-setting and fulfillment, work-ethic, musicality, and to realize their own skills and talents through individual and collective challenge. Students in the Band Program will be positive representatives of A.B. Miller High School, and students will learn first-hand the strength that diversity of culture, thought, and ethnicity can bring to an organization.

As a musical organization, the A.B. Miller High School Bands will provide all students with quality, level–appropriate literature. With musical excellence as the foundation, the A.B. Miller High School Bands will perform in concert with musicality; and students will develop a passion for music as a basis for all that the bands endeavor to rehearse and present. Lastly, all students in the A.B. Miller High School Bands will find an environment that enables successful learning to take place with an emphasis on Excellence, Integrity, Family, and Personal Responsibility.

- **MUSICAL INSTRUMENT REPAIRS AND PURCHASE** – These local vendors (not listed in any particular order) 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
jkeaamusicsservices@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
 - The Boneyard
Brass Instrument Repair
John Sandhagen, Repairman
909.626.2796
tromboneyard@yahoo.com
 - DeMarco Musical Instrument Repair
Andy DeMarco, Repairman
909.677.7985
ajdemarco@verizon.net
 - Music & Arts Center
8611 Baseline Road
Rancho Cucamonga, CA 91730
909.912.9363
www.musicarts.com

- **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: **gaylmc@fusd.net** to discuss any issues, ask questions, or set-up an appointment to talk in person.
- **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 of my former students have attended this camp and it is a very fine opportunity. All of my students who have attended in the past have come back as better musicians! Check it out!
- **TIPS TO BE STRESS FREE** – Rehearsal schedules, performances, studying, homework, friends, family commitments, and other aspects of our lives can make us stress! Here are some tips to manage stress and maintain a healthy body and mind.

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 only for 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*)



Sign up for important updates from Mr. Gaylord.

Get information for **AB Miller Marching Rebels** right on your phone—not on handouts.

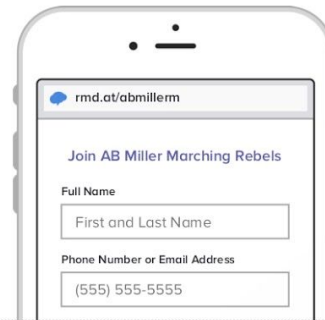
Pick a way to receive messages for **AB Miller Marching Rebels**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/abmillerm

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

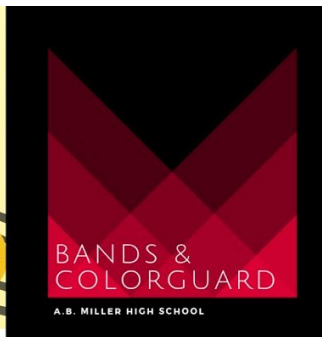
Text the message **@abmillerm** to the number **81010**.

If you're having trouble with **81010**, try texting **@abmillerm** to (909) 726-5424.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/abmillerm on a desktop computer to sign up for email notifications.



2019-2020 **MARCHING REBELS** INFO

Director: Mr. Mike Gaylord

Email: gaylmc@fUSD.net

Website: www.ABMillerBands.org

For ALL the updated info: **THE WEEKLY**

(linked prominently on the website -- updated every Sunday night)

For last minute reminders/announcements:

REMIND app

(download app for free, enter class code: **abmillerm**)

HOW TO MAKE THIS YEAR A SUCCESS:

WE NEED YOU!

Our program could *not* exist without parent volunteers and donations! Please attend our Booster Meetings!

The next A.B. Miller Music Booster Meeting is
Wed., Aug. 14th @ 6:30pm in the band room (T-2).



Follow us on Facebook:
A.B. Miller Music Boosters



Rehearsal schedule, Spirit Pack purchase info,
and full calendar **COMING SOON!**

Thank you for being here today!

We are looking forward to a **FANTASTIC** year!

Schedule for this week:

Monday, March 2, 2020

- Symphonic Band Rehearsal 2:45-4:00
- Percussion Rehearsal 4:00-7:00

Tuesday, March 3, 2020

- JACK-IN-THE-BOX GRAND OPENING - TODAY!
 - Meet at the band room 2nd Period
 - Bus leaves @ 10:45
 - Ceremony @ 11:30
 - Fight Song
 - National Anthem
 - Celebration
 - Return @ 12:30
- Guard Rehearsal 3:30pm

Wednesday, March 4, 2020

- Symphonic Band Rehearsal 2:45-5:00
- Percussion Rehearsal 5:00-6:30

Thursday, March 05, 2019

- Symphonic Band Rehearsal 2:45-4:45
- Guard Rehearsal 3:30pm

Friday, March 6, 2020

- Symphonic Band Rehearsal 2:30-4:30
 - Percussion Rehearsal 4:30-6:30
-

Saturday, March 7, 2020

Drumline Competition @ Ramona High School - TBA

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, MARCHING REBELS (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.

- Our Google calendar (link on the website -- abmillerbands.org) will contain the event name and time, but more detailed information is listed below.

	Who	What	Where	Time	Vehicles Needed
JULY 2019					
7/22/19	all Marching Rebels members	BAND CAMP DAY #1	band room	10am-5pm	
7/23/19	all Marching Rebels members	BAND CAMP DAY #2	band room	10am-5pm	
7/24/19	all Marching Rebels members	BAND CAMP DAY #3	band room	10am-5pm	
7/25/19	all Marching Rebels members	BAND CAMP DAY #4	band room	10am-5pm	
7/26/19	all Marching Rebels members	BAND CAMP DAY #5	band room	10am-5pm	
7/27/19	all Marching Rebels members	BAND CAMP DAY #1	band room	10am-5pm	
August 2019					
8/7/19	All Students	1st day of school			
8/8/19	all Marching Rebels members	1st after school rehearsal		2:30-4:30	
8/14/19	Boosters	Booster Meeting	band room	6:30	
8/24/19	all Marching Rebels Members	Saturday Rehearsal	Band Room/Campus	10am-4pm	
8/30/19	all Marching Rebels Members	Football Game v. Jurupa Valley	Stadium	4:30 Call	
September 2019					
9/4/19	all Marching Rebels Members	LA Co. Fair Parade	Fairplex	11am-9pm	

9/6/19	all Marching Rebels Members	Football Game v. Bloomington	Stadium	4:30 Call	
9/10/19	all Marching Rebels Members	Community Performance	Oggi's Restaurant	TBA	
9/13/19	All AB Miller Music Program Members	Dine-out Night	Dickies BBQ 16391 Sierra Lakes Parkway, Fontana, CA 92336	2-8pm	
9/20/19	all Marching Rebels Members	Football Game v. Pacific	Stadium	4:30 Call	
9/21/19	All AB Miller Music Program Members	Dine-out Night	Chipotle 16595 Sierra Lakes Parkway, Fontana, CA 92336	5-9pm	
9/27/19	all Marching Rebels Members	Football Game v. San Bernardino	Stadium	4:30 Call	
9/28/19	all Marching Rebels Members	Saturday Rehearsal	Band Room/Campus	8am-12pm	
October 2019					
10/2/19	All AB Miller Music Program Members	Dine-out Night	Raising Cane's 16988 S Highland Ave Fontana, CA 92336	4-9pm	
10/10/19	ALL PARENT MEETING	Booster Meeting	AB Miller Cafeteria	6:00	
10/12/19	All AB Miller Music Program Members	Dine-out Night	Mod Pizza 16421 Sierra Lakes Pkwy, Ste. 100, Fontana, CA, US 92336	8:00am-6:00pm	
10/12/19	all Marching Rebels Members	March-A-Thon	Stadium	TBA	
10/19/19	all Marching Rebels members	Chaffey Tournament	Chaffey HS Ontario, Ca	9AM	

10/24/19	all Marching Rebels members	Colony Tournament	Colony HS Ontario, Ca	TBA	
10/25/19	all Marching Rebels Members	Football Game v. Vista Del Lago	Stadium	4:30 Call	
10/28/19	All AB Miller Music Program Members	Dine-out Night	Panda Express 16645 Sierra Lakes Pkwy, #130 Fontana, CA 92336	5-11pm	
November 2019					
11/2/19	all Marching Rebels members	Lester Oaks Tournament	King HS Riverside, CA	TBA	
11/9/19	all Marching Rebels members	Savanna	Savanna HS Anaheim, CA	TBA	
December 2019					
12/5/19	All AB Miller Music Program Members	Dine-out Night	Mod Pizza 16421 Sierra Lakes Pkwy, Ste. 100, Fontana, CA, US 92336	10:30am-10pm	
12/12/19	All AB Miller Music Program Members	Winter Concert	Theater	7:00pm	
January 2020					
01/25/20	All AB Miller Music Program Members/Parents	ADLA Classification Show	A.B. Miller HS	All DAY	
February 2019					
March 2019					
03/21/20	All AB Miller Music Program Members/Parents	ADLA Show	A.B. Miller HS	All DAY	

***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!**