

**LCHS BAND AND COLOR GUARD
TENTATIVE SCHEDULE
2022-23**

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>	<u>TIME</u>
TBA	Spring Band Camp	LCHS	TBA
TBA	Summer Music Clinics	LCHS	TBA
TBA	Summer Guard Clinics	LCHS	TBA
TBA	Summer Percussion Clinics	LCHS	TBA
7/15-7/16/22	Band Leadership Training	LCHS	TBA
7/18/7/19/22	Leadership Work Days	LCHS	9 AM - 3 PM
7/20/22	Rookie Camp	LCHS	9 AM – 5 PM
7/21-7/22/22	Full Band Camp	LCHS	9 AM – 5 PM
7/25-7/29/22	Full Band Camp	LCHS	9 AM – 5 PM
7/29/22	Concert On The Green, BBQ	LCHS Quad	5 PM – 8 PM
8/10/22	Guard Rehearsal	LCHS	9AM – 1PM
8/11/22	School Begins-Band performance	LCHS Quad	7:00 AM
8/13/22	Super Saturday	LCHS	9AM-5PM
8/15/22	Monday Night Rehearsal	LCHS	6-9PM/guard5-8
8/20/22	Super Saturday	LCHS	9AM-5PM
8/22/22	Monday Night Rehearsal	LCHS	6-9PM/guard5-8
8/27/22	Super Saturday	LCHS	9AM-5PM
8/29/22	Monday Night Rehearsal	LCHS	6-9PM/guard5-8
9/2/22	Football vs. Roseville	CRC	5 PM-10 PM
9/9/22	Performance at Eddy MS (Guard/Drums)	Eddy MS	11AM-2:40 PM
9/9/22	Football vs. Pleasant Grove	CRC	5 PM-10 PM
9/10/22	Super Saturday	CRC	9AM-5PM
9/12/22	Monday Night Rehearsal	LCHS	6-9PM/guard5-8
9/15/22	Football vs. Monterey Trail	CRC	5 PM-10 PM
9/17/22	Super Saturday	CRC	9AM-5PM
9/19/22	Monday Night Rehearsal	LCHS	6-9PM/guard5-8
9/24/22	Super Saturday	LCHS	9AM-5PM
9/26/22	Monday Night Rehearsal	LCHS	6-9PM/guard5-8
9/30/22	Football vs. Kennedy (Homecoming)	CRC	5 PM-10 PM
10/1/22	Super Saturday	CRC	9AM-1PM
10/1/22	(Homecoming Dance) School event)	LCHS	7:00 PM
10/3/22	Monday Night Rehearsal	LCHS	6-9PM/guard5-8
10/7/22	Football vs. Burbank	CRC	5 PM-10 PM
10/8/22	Franklin Band Review	COHS	ALL DAY
10/10/22	Monday Night Rehearsal	LCHS	6-9PM/guard5-8
10/15/22	Del Oro Band Review	Loomis, CA	ALL DAY
10/17/22	Monday Night Rehearsal	LCHS	6-9PM/guard5-8
10/22/22	Oakmont Band Review	Roseville, CA	ALL DAY
10/24/22	Monday Night Rehearsal	LCHS	6-9PM/guard5-8
10/29/22	Fall Shred	LCHS	7:30-Noon
10/29/22	Super Saturday	LCHS	9AM-5PM
11/5/22	Lodi Band Review	Lodi, CA	All Day
11/7/22	Monday Night Rehearsal	LCHS	6-9PM/guard5-8
11/11/22	Veteran's Day Parade	Old Elk Grove	8AM-3PM
11/12/22	Super Saturday	LCHS	9AM-5PM
11/12/22	Playathon performance	LCHS	TBA

Football

Competitions or External Performance

School Performance

11/14/22	Monday Night Rehearsal	LCCHS	6-9PM/guard5-8
11/19/22	Lincoln Band Review	Stockton, CA	All Day
11/21-11/22/22	Winter Guard Training	LCCHS	TBA
11/30/22	Honor Band Auditions Due	NA	
12/3/22	Winter Guard	LCCHS	9AM-5PM
12/4/22	Winter Guard Rehearsal	LCCHS	9AM-5PM
12/8/22	Evening of Jazz (JE)	LCCHS	7:00 PM
12/10/22	Sac State Jazz Fest (JE)	CSUS	ALL DAY
12/6/22	Winter Concert	COPAC	7:00 PM
12/17/22	Winter Guard	LCCHS	9AM-5PM

Known Spring Dates:

1/7/23	CMEA Capitol Section Honor Band	TBA	TBA
1/21/23	CCGC Eval Show (WG)	Logan HS, Union City	TBA
2/2/23-2/4/23	Norcal Honor Band	Chico	TBA
2/16/22-2/19/22	All State Honor Bands	Fresno, CA	TBA
3/13/22-3/17/23	Spring Break	NA	
3/24/23	EGUSD Concert Festival	Sheldon HS	TBA
5/22/23	Commencement	Golden 1 Center	TBA

Still to be determined: Winter Guard Competition Schedule, Winter Percussion Competition Schedule, Jazz Ensemble Spring Festivals, Tentative trip (Disney or otherwise), Spring Concert festival, Festival and Spring Concert, Guard Spring Showcase, other spring dates.

In addition to listed schedules, Color Guard will meet each Thursday from 3:00-6:00 from August 18-November 17. Percussion will meet each Thursday from 6-9 PM starting August 17-November 17. All Woodwind and Brass players will have weekly sectionals on Thursdays from 3:00-4:00 PM starting August 18 and concluding November 16.

The Laguna Creek Marching Band and Color Guard is the largest and most competitive Marching Unit in Elk Grove District. The Band has won overall Marching sweepstakes at the Franklin Band Review for 4 straight years, and also won sweepstakes at the 2021 Del Oro Band Spectacular and the Lincoln Review of Champions. With a relentless work ethic and pursuit of excellence, we seek to teach students lifelong skills through the art of music in motion. While our rehearsal schedule may seem demanding, excellence is demanding. Through these experiences your student will learn valuable time management, and accountability to the team. The ability to work for the group goal and to submit your efforts to the needs of the team. These are workplace skills that translate immediately to the 21st century job market needs of teamwork and social skill development. We encourage you to support your student's participation in this activity where they will build skills, and abilities, but most of all life long memories they will carry throughout their lives. Why?

Because kids need routine

Because kids need activity outside the academic day.

Because kids need to feel like they are heard, and seen.

Because kids need mentors to challenge them.

Because Kids need role models to look up to.

Because kids need instructors who ask them to push themselves harder.

Because kids need their friends and support group.

Because kids need a place to escape that brings them joy.

Because kids need to learn the values of teamwork.

Because kids need to learn respect and understanding.

Because kids need to learn how to fail graciously and get up and try again.

Because kids need to learn how to work together when they don't see eye to eye.

Because kids need a safe haven so they can be their true selves,

Because kids need goals, and to learn how to work hard to achieve them.

Because kids need adults other than their parents to listen to them, to care for them, and to love them.

Because kids need a place that makes them feel like they are invincible, capable, and happy.

Because kids need a place to achieve what at first seems impossible.

These are things students will learn by participating in the LC Band and Guard, and choosing to relentlessly pursue excellence, whatever it takes.

The following is a reprinted column from a band parent. Worth your read,

WHY MARCHING BAND

My name is Penny Ray, and I'm a music parent. My husband and I have three teenagers: a sophomore who plays mellophone in her public high school marching band and French horn in the Wind Ensemble at school; an 8th grader who plays trumpet in the local homeschool concert band program; and an 8th grader on the autism spectrum who has not yet been introduced to a musical instrument. My music experience is limited to the piano lessons that I begged for as a child (that proved piano was not my instrument) and to handbells at church beginning in my high school years. For most of my childhood, I attended a small, rural K-12 school with no band program. That's why I'm so glad my kids have the opportunity to march. In this post I'll highlight 18 lessons that marching band teaches kids.

Music. Music affects the brain. Hearing it. Playing it. Especially playing it. The math involved in playing music keeps the brain active and growing. Music can uplift you when you're down or dragging.

Neurological multi-tasking. Marching and playing at the same time is challenging, and marching band members meet the challenge of marching at one tempo while playing at another. The neuronal connections grown in marching band will benefit the students throughout life, for multi-tasking through college and in the workplace, and for multi-tasking as a parent.

Discipline. Long rehearsals. Memorize drill. Memorize music. Early is on time; on time is late. The discipline you experience and practice is a foundation for discipline later, through college, in the workplace, as a parent. The discipline of being a part of a team like a marching band is experience that you'll take with you through life.

Teamwork. Every part of a team is important. Every part contributes. There is amazing satisfaction in coming together with a team, working hard alongside and with a team, to perform a show. And the teamwork is very different from that of a sports team, where the goal is to defeat opponents in games. In sports, teams try to go after an opponent's weakness and to shut down an opponent's strong scorer. The teamwork in marching band is about individual and group self-improvement, competing with self, comparing results with self over time.

Camaraderie. Shared experiences over time build relationships and friendships. A job transfer moved our family across the country as my sophomore was ending her 8th grade year. We moved in time for her to attend every practice with the marching band. She began her freshman year in a new school in her new state with a posse of friends from the marching band. Marching band was a wonderful bridge between two states.

Time management. From July through November, a good chunk of time will be consumed by rehearsals, football games, and contests. You give up a lot of computer time, video game time, and free time during those months. Time management experience will serve you well throughout life.

Sacrifice. Band members get an opportunity to see the benefits of sacrificing what you want to do (computer chats, shopping, goofing off) for the good of the team. There is personal satisfaction in knowing as you are walking to the field together that the group had a good show. Seeing your scores improve throughout the season or from year to year is rewarding. Awards, medals, trophies from festivals and competitions are sweet tangible payoffs to the sacrifices band members make throughout the season.

Resilience. Students mess up. They keep going. Judges make mistakes or make calls we don't agree with. The band members keep going. Students learn that a bobble or a fall during a competition is not the end of the world. Resilience is a hot topic in psychology today, and being able to bounce back after a mistake or setback is an important skill throughout life, a skill that develops by being practiced and experienced, and (fortunately or unfortunately), there are lots of opportunities to practice in marching band. We parents watched in dismay as our band experienced a tempo tear during prelims of a competition and yet the band recovered and finished strong. I was as proud of them for their collective resiliency as I was by the fact that we made finals that day.

Flexibility combined with **creative problem solving.** Our band staff embraces feedback from judges' commentaries. Instead of rigidly insisting that the show they put together at camp in July is perfect, they take constructive criticism seriously and make adjustments where needed. Our staff model flexibility and creative problem solving for the students; the students practice flexibility in tweaking the show until the show is the way the directors want it.

Manners and respect. Band members practice the habits of manners and respect. Students represent both school and community when at a performance or competition. Our band is expected to be respectful in all situations, from rehearsals to football games to competitions. While the parents are going nuts in the stands, the band members on the field remain perfectly still in situations where we all know they wanted to dance and scream.

Generosity. Our kids applaud other bands at competitions. Our parents applaud other bands at competitions. Applauding another band takes nothing away from our own band.

Education and history. The fine arts camp my daughter attended during two summer vacations names cabins after composers. Imagine our delight to make the connection that she stayed in the cabin named for Bizet and last year played a melody from Carmen with the marching band.

Proprioception. That body awareness thang. Marching backwards, marching sideways while facing straight ahead without checking your neighbors' locations requires you have a good sense of where you are in space and helps students experience and grow in this area.

Trust. When you're marching backwards, or sideways, you must trust that your bandmates are doing what they're supposed to do so that you don't crash into them on a trek across the football field during your precision marching.

Lots of practice hours. In his book *Outliers*, Malcolm Gladwell tells us that 10,000 hours of practice at anything = success. During marching season, marching band students get many more hours of playing music than most non-marching students. Music programs give our students practice and experience in skills that reach far beyond musical notes and instruments. The kids don't realize that they are getting experience in so many non-musical life-skills that will have positive impacts as they become adults. Our band director often quotes the Harris Poll that found that 73% of CEOs from Fortune 1000 companies were involved in music programs in high school. When I think about the different areas of development that marching band reaches, I can see why. I am glad that my children have the opportunity that I did not have and watching them and their friends grow into adulthood will be a joy to watch from a front row seat as we parents and teachers see the ways in which marching impacts their lives over the years.

Married for 26 years, Penny Ray has three teenagers including a set of twins where one twin is on the autism spectrum and one twin developed typically. She is an accidental homeschooler of two children at the moment, with the other in public school. A United States Southerner by birth, she spent more than 20 years away from her beloved South before returning to it recently. Her interests include the things that her kids do: marching band, theater, baseball, baseball, baseball, figure skating, special needs cheerleading. She writes about autism and special needs at Homeschooling, Autism, & "Stuff" and at Homeschool Mosaics.