

Welcome

The Lincoln-Way North Music Boosters WELCOME YOU TO OUR MUSIC FAMILY! You and your child are joining an organization that is recognized as a premier high school music department. The degree to which you choose to participate is left up to you. However, for our youth to participate at the level for which our music department is recognized, parental support and involvement is paramount. You, along with your child, will make lasting friendships and have the opportunity to be a part of a highly motivated team.

How To Use This Guide

Helpful icons have been placed in the margins to assist the reader in easily finding important points.



Helpful Tip



Money Saving Idea



Key Point

Introduction

This guide is written by parents and for parents. It is not intended to replace the relationship a new family builds with their mentor family, nor will it answer every possible question. It is simply a guide designed to help new families get acquainted with the Lincoln-Way North Music Boosters and the outstanding music programs offered through our school. It is intended to ease the transition for families new to marching band. It is important to check the booster website often for specific information and updates. The web address is www.lwnmusic.org and is conveniently posted at the bottom of each page in this guide.

The LWN Music Boosters operate successfully due the continued support of the Lincoln-Way Community High Schools District 210 Administration, the Board of Education, the leadership at LWN and our community at large.

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Lincoln-Way North Music Boosters



The LWN Music Boosters is a parent/community support group that serves as a resource for the music department. It is through the efforts of the music boosters that various avenues for participation are made available to our students. To ensure that LWN High School programs excel, the boosters provide moral, financial and physical support whenever it is required.

LWN Booster Meetings

The boosters generally meet monthly to discuss upcoming performances, fundraisers and events. Specific meeting dates are noted on the calendar at www.lwnmusic.org. The booster meetings are open to all members and are fun, friendly and informative.

Joining the Boosters



There is an annual \$25 per family fee to be recognized as a Lincoln-Way North Music Booster. The membership allows you to receive free admission when attending any LWN home sporting event, such as a football or basketball game. These membership dues help to support our scholarship fund.

Booster Finances

The Music Booster Executive Board and general membership will approve all expenses realized by the booster organization.

Funds raised are placed in either the general fund account or individual students' IBA (Individual Bank Account). The general fund is used to support the programs enjoyed by our children. Individual family commitments, such as Marching Band Fees, are affected by the general fund. The general fund bridges the gap between the actual cost to operate the programs and the fees paid by the families.

IBA



Some fundraising activities raise money to be placed in the student's IBA. This is a non-interest bearing account that will be active while the student is attending Lincoln-Way North. The money in the account can be used to pay for expenses associated with the music department. IBA funds can be used for such expenses as band fees, shoes, gloves, instrument rental, overnight trips, travel, etc. If there are funds remaining in the student's IBA when they graduate, the money can be "willed" to a sibling, relative or fellow student that is in or entering the music department. If it is not "willed", the money will be removed and placed in the booster general fund. It should be

noted that cash is never exchanged or paid out of this account. IBA fundraising is an easy way to help defer the costs that will be realized during your student's career in the music organization.

Projected Costs

Being a Marching Phoenix brings some financial responsibility to the student and family. Listed below are some of the costs you can expect to see over the course of the season. Please note that the costs listed are estimates and may be slightly different. They are provided for planning purposes only.

Instrumentalist

Formal Uniform Fee	\$0
Two pairs of marching shoes*	\$30
One pair of gloves*	\$3
Several pair of black socks*	\$15
Summer uniform shirt*	\$40
Black dress slacks	\$25-30
Section shirt*	\$10-20
Laundering fee	\$50
Exercise Equipment (new marchers)*	\$30
Travel Bag* (new marchers)	\$25

*These items are purchased through the LWN music department. The section shirt is worn under the full dress uniform and will be approved by the music staff.

Color Guard

Field Show Uniform Fee	\$0
Parade Uniform*	\$45
Unitard*	\$31
Shoes*	\$24
Gloves*	\$10
Flag bag*	\$20
Uniform Cleaning*	\$40
Travel Bag*	\$25

SIAM

SIAM stands for "Supporters in Area Music". This is the single largest fundraising effort in our district. The music departments at all four Lincoln-Way High Schools collaborate in SIAM. It is a coordinated effort to solicit businesses to show their support for our music programs by purchasing ads and offering discounts to SIAM card holders. On two weekend days in early fall, the boosters drive

students to the neighborhoods within the district. The students go door to door selling SIAM discount cards. All funds are placed in the general booster fund.

Code of Conduct

District 210 has a no drinking/no smoking/no drug/no hazing policy for students that participate in sports and extracurricular activities. This policy is thoroughly explained at a mandatory session that takes place prior to the 4th of July parades. One parent/guardian and the student must attend the Code of Conduct session, as signatures are required from both individuals. The Code of Conduct session will take place at the mandatory meeting where parents will also complete important paperwork and learn more about what it means to be a Marching Phoenix.



Parent Mentor program

A program has been implemented pairing families that are new to marching band with veteran parents. The mentor family welcomes the new family and helps ease the first year transition into the program. We have all been new marching band parents and we know the program can seem intimidating and overwhelming at first. Your mentor family will provide you with their contact information. Please don't hesitate to reach out when you have a question. With the help of your mentor, we are certain you will find the marching band parent experience to be enjoyable and something you will miss at season's end. The booster executive board members have provided their contact information on the website. Please know that they are happy to answer any questions you may have. They remember what it was like to be new marching band parents and want your experiences to be positive.

Questions and Conflicts

The boosters have built a strong foundation of collaboration and cooperation. This success is rooted in respect and communication. While there are undoubtedly varying opinions, we all have the same motivating factor; a desire to support continued excellence in our music programs. If a conflict should arise, students and adults are encouraged to openly communicate directly with each other. When individuals are not successful at resolving conflict themselves, the concerns may need to be taken to the next level. For a student this could mean involving a section leader, drum major or adult leader. For a parent this could mean involving a Booster Executive Board member or band director. Of course, any issue that relates to the Code of Conduct or the well being of a student should be brought to

the immediate attention of the band directors. If we treat one another with respect and remember that there is common ground in what we hope to achieve, most issues can be resolved in a way that benefits the group as a whole.

Who's Who In Lincoln-Way North Music

Music Department:

Mr. Johnson: Music Department Chair
Mr. Hickman: Director of Bands
Ms. Shoemaker: Choral Director
Technicians

Music Booster Executive Board:

President
President Elect
Treasurer
Treasurer Elect
Ways and Means
Ways and Means Elect

Additional Music Booster Key Positions

Secretary
Communications
Website

Student Leadership

Drum Major(s)
Section Leaders

Getting Involved

In addition to the fundraising efforts, volunteers are needed to keep the program running smoothly. Please jump in and get involved. It is a great way to support your child and meet new people. There is an opportunity for nearly any skill set and interest. Every skill from sewing and ironing to sawing and hammering can be utilized. Don't be shy. Tell your mentor what interests you and he or she can offer volunteer suggestions. If you are unsure what the volunteer opportunity entails, please ask. The sign-up sheets are typically set out at the Booster meetings.



Volunteer Opportunities

Booster parents have the opportunity to help out in a variety of ways, including:

Welcoming new families

Assisting with Marching Band registration

Mentoring

Selling spirit wear

Manning information tables at registration

Measuring students for uniforms

Taking pictures

Coordinating special purchases, such as show shirts and exercise equipment

Securing accommodation arrangements for overnight trips

Driving for SIAM sales

Chaperoning parades, band camp, competition trips and major travel

Coordinating special events, such as band camp fun day

Providing water during band camp and football games

Distributing and collecting uniforms

Setting up and taking down the podium at football games

Pit Crew (helping to set up and take down the front ensemble percussion equipment)

Building props

Sewing fabrics

Food preparation and service

Driving the equipment truck affectionately known as "Big Bird"

Hauling props at competitions

ISU competition tailgate coordination, set-up and tear-down

Rehearsals

Marching Phoenix rehearsals are the groundwork for success, as well as a vital and necessary component of the overall program. Rehearsals can be challenging, especially for incoming freshman. This is a whole new experience for them. It is not unusual for a student to feel tired and sore during the adjustment period. The students will be pushed to excel and understand the importance of doing their best for the entire group. Every student knows what it is like to experience marching band for the first time. The new marchers can rely on experienced marchers to support them and help them be successful.

When the Marching Phoenix practice together as a group, the calendar reflects this as "Marching Phoenix (Rehearsal)". There are also instrumental and colorguard small group rehearsals called "sectionals". Rehearsals will take place in all kinds of weather.

Preparing for Rehearsals and Performances

There are important things your student can do to prepare for rehearsals and performances in addition to practicing the music and drill. Staying hydrated with fluids like water and Gatorade is key. Your student should avoid milk prior to performing and caffeinated beverages throughout the day. Your students will want to pay attention to nutrition, especially breakfast. Prior to a long day, your student might enjoy a complex carbohydrate for energy and protein to sustain that energy.



Sectionals

Section Leaders will call sectionals to improve sound quality, increase participation and ensure adherence to rules and requirements. If one section is out of step, not keeping time, or not providing proper sound, it negatively effects the entire presentation of the field show. Section Leaders are responsible for keeping their sections functioning well under the supervision of the Directors and with the assistance of the technicians. Section Leaders will communicate directly with band/guard members about sectional scheduling.

Parents at Rehearsals

Parents are welcome to sit in the stands and watch rehearsals in the last 30 minutes of practice. Parents sit in the lower rows of bleachers on the north side of the stands. The building of a field show is a fascinating process to observe. However, the adult leaders and the students are focused on the serious work being done. This is not a good time to engage in conversation with the students or staff. It is important to remember that parents should do their best not to distract those at work.



Typical Fall Rehearsal Schedule

A typical rehearsal week in the fall might include: Full rehearsal on Monday from 5 until 9 PM, Wednesday from 3:30 until 6 or 5:30 until 9 PM, Thursday from 5 until 9 PM, and Saturday from 10 AM until 7 PM. Sectionals rehearsal times vary. All rehearsal dates and times are marked on the calendar on the website. While every effort is made to avoid schedule revisions, sometimes changes can't be avoided. All changes will be communicated via the website, via email and with the students directly. On time for band means ready to begin at the scheduled rehearsal time, not arriving at the scheduled rehearsal time. Arriving 15 minutes prior to the scheduled rehearsal time should be sufficient in most cases. Rehearsal end time is not necessarily the time the students are ready to go home. Another 10



to 15 minutes are typically needed to gather information and put things away.

Rehearsal Supplies

Each instrumentalist will need a binder in which to keep music, page protectors help keep the sheets legible. Comfortable appropriate clothes, socks, and cross trainer athletic shoes are essential. Jeans and khaki's tend to be restrictive and uncomfortable to wear during rigorous exercise. Elastic waist athletic shorts and pants are a good choice to wear for practices. Winds may be asked to wear white t-shirts and percussion may be asked to wear black t-shirts during band camp and other general practices.

Sun screen and bug spray are essential. Cooler style jugs of water as well as towels, energy snacks, and sometimes brown bag meals are important items to be taken to practices.

Band Camp

Band camp is a time when the Marching Band works together to build the field show for that season. The field show is an amazing mix of music and marching that may include components of dance, yoga and visual effects. We are both a working Marching Band that participates in parades, and a competitive Marching Band that performs our field show at local and regional competitions.

Band camp is a time for both hard work and fun. The students learn about teamwork and experience the pride that comes with being a Marching Phoenix. They will be pushed to their limits, but it will be worth the effort. They will grow physically stronger through the assistance of a physical trainer. They will learn to move rhythmically while working with a dance instructor. They will grow musically beyond what you might think possible through the tutelage of experienced musical technicians. They will make friends, build confidence and know that they are an important part of a very special group.

Performances

Most performances are held outdoors. Family members of band members represent the school and the program inside and outside of the stadium. A good attitude, courteous behavior and respect for others go a long way toward building a positive reputation for our program, our school and our community. As a group, we proudly hold ourselves to high standards of conduct.

The boosters will provide an itinerary and directions for each competition. It is wise to arrive early. Some competitions, such as BOA (Bands of America) and ISU, have preliminary and final competitions. Be sure to plan for an entire day and evening away from home.

Many of the families will try to get seats together. Seating is on a first-come-first-serve basis. Moving about the stadium stands is only done between performances. Every band deserves an attentive and respectful audience. Mobile phones should be silenced. There is plenty of time to use your phone and talk to your neighbors between performances. Cheering for stirring moments is encouraged, whether it is for our band or another band. However, cheering should never interfere with another fan's enjoyment of the performance. Some competitions have restrictions on the use of video and/or still camera use during performances.



Marching band competitions and football game performances take place outdoors in a variety of weather conditions. The band will perform in the rain, wind, bitter cold and even snow, if necessary. Appropriate rain gear may include a poncho, umbrella, small towel to dry seat surfaces and zip top bags for electronics. Weather gear may include the basics such as a hat, gloves, warm socks and a scarf. A base layer of polypropylene undergarments, top and bottom may provide additional warmth for audience and instrumentalists alike. Turtleneck styled undergarments should be avoided for instrumentalists. The brand names are not necessarily better and these items can be found inexpensively in the spring. A few light layers over the undergarments and then a warm coat work well for comfort and maximum warmth.



The stadium seating often consists of simple metal bleachers without back support. Some purchase stadium seats that snap onto the bleachers. This provides a layer of insulation between the individual and the cold metal as well as back support. Some bring a blanket to sit on for insulation.



There are concessions available at football games and competitions. The marching band takes a break during the third quarter of the football game and many enjoy concessions at that time. Your student may want to bring a few dollars to buy concessions.

At competitions there are generally souvenirs available for purchase. The items may include programs (\$2-5); T-Shirts (\$15-20); patches



for high school jackets (\$4-8) and professionally produced field show DVD's (\$25-100). Admission charges vary but typically range from \$3 to \$10 per person. Some competitions offer a family admission option that can be a money saving option.

If you are concerned about an event and don't understand how it works, please ask. Your mentor, a seasoned booster member or someone on the executive board would be happy to help. Remember, not too long ago, we were all new to this organization, just like you.

Marching band competitions provide us with an opportunity to share our field show with a greater audience. Winning trophies is not the primary goal of the program. Performing well, representing LWN with pride, striving for excellence, experiencing what it is like to be a part of a highly motivated team, learning a greater appreciation for the arts and building long-lasting friendships are truly more important for the band members than winning trophies. Marching band is an art form, and as such, judging is very subjective. First place is not always clear to the audience like it is many sports. It is far better to know that the band performed to the best of the group's ability, than it is to have a less than stellar performance and win a trophy. The feeling your child will have when exiting the field to thunderous applause after an excellent performance will be significantly more meaningful and more memorable than any award or placement could ever be.

Show Shirts, Section Shirts and Parent Shirts

Many families and instrumentalists will be wearing "show shirts" for the competitions. These t-shirts and sweatshirts are sold through the boosters. They are available in child and adult sizes. It is a special order item and generally cannot be purchased after the order due date. Order information is available directly through the students and on the booster website.

The section shirts are worn by the students only. They are designed by each section as a memento of their season together. Section shirts are offered at cost and there is a nominal charge associated with purchasing them. The students wear their section shirts with pride.

Parent shirts are a spirit wear special order item that many of the boosters wear when volunteering. They are optional.



Important Forms

The High School Physical Form: Each student is required to have a physical on file every year. Freshman will need to have a physical for

entering high school and this form meets the requirement. Freshman students give a copy of the completed form to the boosters and the original to the school nurse at August registration. All returning students are required to hand in the back side of this form directly to the boosters. All physical forms are due by the end of June. It is important to make sure the form is completely filled out and signed by the physician. The boosters will notify parents of any special arrangements made with local physicians for the provision of physicals at a reduced rate.

Medication Administration Form: Any student that requires daily medication, such as insulin or allergy medication, or has emergency medication, such as an Epi-pen or inhaler, that may need to be administered during band camp or on a trip, must have this form completed by a physician. It must also be filled out with any over-the-counter medication that you think your child might need while on an overnight trip or at any time. No medicine can be given out without the physician and parent's permission. It is important to make sure this form is filled out completely and signed by both the physician and the parent.

Emergency Contact and Permission Form: This is a form used by all schools in the Lincoln-Way School District. It includes details such as your insurance information, emergency contact information, student permission to participate in the activity, medical consent and the release of student directly information. This form must be thoroughly completed for your student to participate in Marching Band.

Marching Phoenix Membership Policies: This document must be read and signed by both the student and the parent. It is designed to make expectations clear so that no miscommunication occurs regarding responsibilities, appearance and the respect for equipment and for others.

Travel Release: This form can be found on the website. All students must travel with the band to parades, competitions and major travel. Most of the time the students can be travel released after an event or performance. The form is completed and provided to the chaperone assigned to the particular student. The parent or guardian listed on the form must be the one to pick the student up. Please be courteous to others when travel releasing your child. The process should be handled quickly so that the rest of the band doesn't have to wait an extended period of time before departing.

IBA Transfer Form: These forms are available on the website. Many of the fundraising opportunities directly benefit a student's IBA account. When you wish to utilize IBA funds in order to pay a band related fee, a transfer form must be completed. You have the option of printing out a form and filling it in or completing the quick and easy eform on the website.

Internet and Mobile Technology



There are websites for everything, including the marching band enthusiast. Some of the marching websites include discussion forums. These forums often include misleading and unnecessarily negative comments. We, as an organization, choose not to participate in any of these discussions. The boosters **strongly discourage** any student or family member posting any comments on any one of these boards.

Social websites can cause a variety of problems for students. The chat and wall postings on these sites can be printed as hard copies that could lead to Code of Conduct issues. It is not unusual for a student to inaccurately state that he or she is engaging in inappropriate activity because of a desire to fit in. That erroneous admission could easily lead to Code of Conduct violation concerns.

Cell phones can also lead to trouble if used inappropriately. In an effort to fit in, gain attention or become more popular, this generation of teens may consider sending inappropriate pictures or verbiage through their cell phones. This issue is one to be taken very seriously. Students should be made aware of the danger inherent in these behaviors and know that their reputations and ability to participate in extra-curricular activities are at risk.

Marching Phoenix Uniforms

Instrumentalist:

Full dress uniforms are worn with pride at competitions, home football games and at the homecoming parade. The full dress uniform consists of:

- Bibbers (pants)
- Jacket
- Shako (hat) and Plume
- Gauntlets (worn on the sleeves)
- Gloves (for some)
- Drillmasters (shoes-gold or black)
- Coordinating Socks

In wet weather the students may additionally wear the uniform raincoats and will not wear their plumes. The drillmaster shoes may become muddy and will need to be cleaned prior to being worn again. Most components of the full dress uniform are provided by the program. However, you will need to purchase the Drillmasters through the boosters. Most instrumentalists will need to wear gloves with their full dress uniforms. Percussionists do not wear gloves. Some winds will need their gloves cut to expose the top half of their fingers. Additional gloves can be purchased during the season through the uniform chairperson, if the need arises. You will also need to provide coordinating socks. There is a single laundering fee that covers the cleaning of the uniform for the entire season.

Full dress uniforms are distributed just prior to wearing and collected immediately afterwards. If a student accidentally brings home any piece of the full dress uniform, the uniform chairperson should be immediately notified.

The summer uniform is worn for all parades, except homecoming, and other special events. The summer uniform shirt is available for purchase through the boosters. You will need to provide black socks and pants. Black drillmasters are worn with the summer uniform.

Color Guard:

The parade attire consists of a black one-piece uniform with a gold belt. The unitard and the shoes are worn for parades and the field show performances. No socks are worn.

The field show attire changes each year to compliment the theme of the show and may include hair accessories and make-up. The directors will instruct the guard as to what make-up to purchase. Some accessories are purchased separately and others are provided by the program. Very specific and clear directions will be provided to the students.

Transitioning to High School

Today's high school students lead busy lives. Many choose to get involved in extra-curricular activities, such as music, sports, or clubs. According to the National Center for Educational Statistics, *"Extra-curricular activities offer opportunities for students to learn the values of teamwork, individual and group responsibility, physical strength and endurance, competition, diversity, and a sense of culture and community. Extracurricular activities provide a channel for reinforcing*

the lessons learned in the classroom, offering students the opportunity to apply academic skills in a real-world context, and are thus considered part of a well-rounded education.”

Clearly, it is good for students to participate in extra-curricular activities. However, it does mean that we, the parents, may have to be willing to let go of our routines to allow our children to fully enjoy their high school experience. It may not be an easy transition, but it is manageable and the benefits are great.

Additionally, in junior high, most of the communication flows directly from the school or teacher to the parent. In high school, most of the communication flows through the student. This is an important developmental step that leads to gaining the responsibility; accountability and independence that will help them grow into successful adults. We recognize that not every student is consistent in sharing important information with his or her parent(s). The music boosters utilize the website calendar, mentor families and email communications to help bridge any gap that may occur in the communication process. We encourage you to visit the website and check your email often. If you have any questions as to where to find the information you are looking for, please contact your mentor family, another veteran parent or a Music Booster Executive Board member.

If you have a suggestion as to how we can better meet your communication needs, please email communications@lwnmusic.org.

Welcome to the Lincoln-Way North Marching Band experience!