



# **Building and Maintaining a Successful Band Program in the Inner-City**

**CLINICIAN:  
Rick Flores**

**SPONSOR: PHI BETA MU**

## **Texas Bandmasters Association 2011 Convention/Clinic**



**JULY 24-27, 2011  
HENRY B. GONZALEZ CONVENTION CENTER  
SAN ANTONIO, TEXAS**



# WASHINGTON IRVING ACADEMY

## HONOR BAND WARM UP PROCEDURE

SAN ANTONIO INDEPENDENT SCHOOL DISTRICT

1300 DELGADO • SAN ANTONIO, TX 78207

• PHONE 210-734-2937 • FAX 210-734-0941

---

### PART 1: BREATHING RELAXATION EXERCISES

- Metronome (quarter note = 60-92) and begin **Breathing Relaxation Exercises**...
- Think “Oh” when you take a full relaxed breath (Breathe Athletically)...
- Feel the coolness in the back of your throat...
- There should be absolutely no noise in your breath...
- Tummy should expand and the upper body should remain soft and relaxed...
- Encourage students to fill-up the energy ball (tummy)...
- Remember that air is either entering or leaving your body (do not suspend the air)...
- Remember to breathe evenly...
- The air must remain cool at all times...
- Transfer what you do in your warm-up to your music and your tone will improve...
  
- It is imperative that brass players maintain their “**Brass/Woodwind Face**”...

### PART 2: TEN SECOND AIR EXERCISE (100 MPH)

- It is imperative that brass players maintain their “**Brass/Woodwind Face**”...
- Create a long strip of air while maintaining proper embouchure (Strip of paper)...
- Goal is to sustain the air for ten seconds and release on count eleven...
- Constant air pressure versus hand/paper...
- Goal is to run out of air by the count of eleven...
- Remind the students that releases always float upwards...
- Always lift the ends of your musical phrases...
- The goal is to maintain super-fast air at all times...
- Transfer what you do in your warm-up to your music and your tone will improve...

### PART 3: TEN SECOND EXERCISE ON INSTRUMENT (100 MPH)

- All students “**HUM Concert F**” with metronome while focusing on their nasal passages vibrating...
- Brass prepare for mouthpiece buzzing (Concert F) while Woodwinds “**HUM**” while adjusting their reed, ligatures, and return to their tuning-spot in preparation to begin the fogging process...
- Woodwind players FOG** instruments and gets them to body-temperature. This should be done without producing a tone while brass utilize mouthpiece only...
- Brass players must “**THINK TALL**” on the inside of their mouth...

- Woodwinds perform Concert F while Brass buzz and release on count 11...**
- Metronome should be set to Concert F so that the brass can match pitch on their mouthpiece and the woodwinds can match accordingly...
- Goal is to sustain the pitch and hold steady until count number eleven exactly like the **TEN SECOND EXERCISE**...
- Constantly remind students that it is not about volume but rather energy and intensity...
- Once student's embouchures are set make certain that they do not move and remain perfectly still...
- Students should focus on an open, mature, dark tone quality...
- Your body should be and feel completely relaxed...

#### **PART 4: CONDUCTING EXERCISES FOR BAND**

- Start/Stop Conducting Technique...
- Have students audibly state "START"
- Always "STOP" at 6:00pm...
- It is imperative to always be consistent when conducting the ensemble...

#### **PART 4: PATTERNSON CHORALE**

- Focus on producing beautiful tone colors...
- It is imperative to never perform past your most resonant tone...
- It is your responsibility to maintain a firm embouchure...
- Remember to always play in TUNE/TONE...
- Always listen for your BEST TONE...
- Always listen for your neighbor and a minimum of 2-3 additional sections...

#### **PART 5: Articulation Exercises on Concert F**

- Whole Note followed by Whole Rest
- 4-Legato Quarters followed by Whole Rest (LA)
- 4-Accented Quarters (<) followed by Whole Rest (TA)
- 4-Staccatto Quarters (.) followed by Whole Rest (DOT) followed immediately by a whole note Concert F

### **REGION 11 WEST ZONE PROGRAM TO BE SELECTED:**

Afterburn - Randall Standridge  
 Brass in the Basement - Larry Neeck  
 Jubilations! - William Owens  
 Maesong - William Owens  
 Silverbrook - Michael Sweeney  
 The Tempest - Robert W. Smith

Date	Day of the Week	Shepherd's Hey	Amazing Grace	American's We March
1/17/11	Monday	Martin Luther King Holiday	Martin Luther King Holiday	Martin Luther King Holiday
1/18/11	Tuesday	Measure 90-End	Measure 91-End	Measure 1-21
1/19/11	Wednesday	Measure 90-End	Measure 91-End	Measure 1-21
1/20/11	Thursday	Measure 82-90	Measure 83-90	Measure 22-38
1/21/11	Friday	Measure 82-90	Measure 83-90	Measure 22-38
1/24/11	Monday	Measure 66-81	Measure 70-83	Measure 1-38
1/25/11	Tuesday	Measure 66-81	Measure 70-83	Measure 1-38
1/26/11	Wednesday	Measure 66-81	Measure 70-83	Measure 39-70
1/27/11	Thursday	Measure 66-81	Measure 56-70	Measure 39-70
1/28/11	Friday	Measure 66-81	Measure 56-70	Measure 39-70
1/31/11	Monday	Measure 50-65	Measure 56-70	Measure 71-86
2/1/11	Tuesday	Measure 50-65	Measure 43-56	Measure 71-86
2/2/11	Wednesday	Measure 34-49	Measure 43-56	Measure 71-86
2/3/11	Thursday	Measure 34-49	Measure 17-42	Measure 71-86
2/4/11	Friday	Measure 34-49	Measure 17-42	Measure 71-86
2/7/11	Monday	Measure 2-33	Measure 17-42	Measure 87-End
2/8/11	Tuesday	Measure 2-33	Measure 1-17	Measure 87-End
2/9/11	Wednesday	Measure 2-33	Measure 1-17	Measure 87-End
2/10/11	Thursday	Measure 2-33	Measure 1-17	Measure 87-End
2/11/11	Friday	Measure 2-33	Measure 1-17	Measure 87-End
2/14/11	Monday	Individual Performance Evaluation	Individual Performance Evaluation	Individual Performance Evaluation
2/15/11	Tuesday	Individual Performance Evaluation	Individual Performance Evaluation	Individual Performance Evaluation
2/16/11	Wednesday	Individual Performance Evaluation	Individual Performance Evaluation	Individual Performance Evaluation
2/17/11	Thursday	Individual Performance Evaluation	Individual Performance Evaluation	Individual Performance Evaluation
2/18/11	Friday	Individual Performance Evaluation	Individual Performance Evaluation	Individual Performance Evaluation
2/21/11	Monday	<b>SAISD Student Holiday</b>	<b>SAISD Student Holiday</b>	<b>SAISD Student Holiday</b>
2/22/11	Tuesday	Individual Performance	Individual Performance	Individual Performance
2/23/11	Wednesday	Individual Performance	Individual Performance	Individual Performance
2/24/11	Thursday	Individual Performance	Individual Performance	Individual Performance
2/25/11	Friday	Individual Performance	Individual Performance	Individual Performance
<b>Date</b>	<b>Day of the Week</b>	<b>Shepherd's Hey</b>	<b>Amazing Grace</b>	<b>American's We March</b>
2/28/11	Monday	All UIL Selections Completed	All UIL Selections Completed	All UIL Selections Completed

3/1/11	Tuesday	All UIL Selections Completed	All UIL Selections Completed	All UIL Selections Completed	All UIL Selections Completed
3/2/11	Wednesday	All UIL Selections Completed	All UIL Selections Completed	All UIL Selections Completed	All UIL Selections Completed
3/3/11	Thursday	All UIL Selections Completed	All UIL Selections Completed	All UIL Selections Completed	All UIL Selections Completed
3/4/11	Friday	<b>GUEST CLINICIAN 4:00-8:00PM</b>	<b>GUEST CLINICIAN 4:00-8:00PM</b>	<b>GUEST CLINICIAN 4:00-8:00PM</b>	<b>GUEST CLINICIAN 4:00-8:00PM</b>
3/7/11	Monday	All UIL Selections Completed	All UIL Selections Completed	All UIL Selections Completed	All UIL Selections Completed
3/8/11	Tuesday	All UIL Selections Completed	All UIL Selections Completed	All UIL Selections Completed	All UIL Selections Completed
3/9/11	Wednesday	All UIL Selections Completed	All UIL Selections Completed	All UIL Selections Completed	All UIL Selections Completed
3/10/11	Thursday	<b>SAISD UIL CONTEST</b>	<b>SAISD UIL CONTEST</b>	<b>SAISD UIL CONTEST</b>	<b>SAISD UIL CONTEST</b>
3/11/11	Friday	<b>GUEST CLINICIAN 4:00-8:00PM</b>	<b>GUEST CLINICIAN 4:00-8:00PM</b>	<b>GUEST CLINICIAN 4:00-8:00PM</b>	<b>GUEST CLINICIAN 4:00-8:00PM</b>
3/14/11	Monday	SAISD Spring Break	SAISD Spring Break	SAISD Spring Break	SAISD Spring Break
3/15/11	Tuesday	SAISD Spring Break	SAISD Spring Break	SAISD Spring Break	SAISD Spring Break
3/16/11	Wednesday	SAISD Spring Break	SAISD Spring Break	SAISD Spring Break	SAISD Spring Break
3/17/11	Thursday	SAISD Spring Break	SAISD Spring Break	SAISD Spring Break	SAISD Spring Break
3/18/11	Friday	SAISD Spring Break	SAISD Spring Break	SAISD Spring Break	SAISD Spring Break
3/21/11	Monday	Full Ensemble	Full Ensemble	Full Ensemble	Full Ensemble
3/22/11	Tuesday	Full Ensemble	Full Ensemble	Full Ensemble	Full Ensemble
3/23/11	Wednesday	Full Ensemble	Full Ensemble	Full Ensemble	Full Ensemble
3/24/11	Thursday	Full Ensemble	Full Ensemble	Full Ensemble	Full Ensemble
3/25/11	Friday	Full Ensemble	Full Ensemble	Full Ensemble	Full Ensemble
3/28/11	Monday	Full Ensemble	Full Ensemble	Full Ensemble	Full Ensemble
3/29/11	Tuesday	Full Ensemble	Full Ensemble	Full Ensemble	Full Ensemble
3/30/11	Wednesday	Full Ensemble	Full Ensemble	Full Ensemble	Full Ensemble
3/31/11	Thursday	Full Ensemble	Full Ensemble	Full Ensemble	Full Ensemble
4/1/11	Friday	<b>REGION 12 UIL CONTEST</b>	<b>REGION 12 UIL CONTEST</b>	<b>REGION 12 UIL CONTEST</b>	<b>REGION 12 UIL CONTEST</b>

## **MOST FREQUENTLY ASKED QUESTIONS OF BEGINNING BAND PARENTS & STUDENTS**

### **WHEN DOES MY 5<sup>TH</sup> GRADE SON/DAUGHTER SIGN-UP FOR BEGINNING BAND?**

The band department at Washington Irving Middle School of Performing Arts will schedule an appointment to meet with your child at their elementary school campus. During this time all students are auditioned on various band instruments. It is important to note that directors do review your child's academic progress in order to determine placement into the program.

### **DO I HAVE TO PURCHASE/BUY AN INSTRUMENT FOR MY CHILD?**

The San Antonio Independent School District does an excellent job of providing instrument for 100% of the students involved in our band programs. Students are encouraged to purchase their individual instrument if the family budget allows but please refer to the [Recommended Instrument List](#) that your directors will provide you with if you are considering purchasing an instrument. Parents are strongly encouraged to purchase instrument insurance for their child in case that instrument is lost or stolen.

### **HOW MUCH MONEY ARE PARENTS EXPECTED TO PAY FOR THE SCHOOL YEAR?**

Parents are charged a nominal fee of \$25.00 in September and an additional \$25.00 in January to cover expenses associated instrument supplies, mouthpieces and basic repair services that may arise during the 2010-2011 school year. Parents are encouraged to take advantage of the two payment option or may choose to pay it all at one time.

### **HOW MANY ELECTIVES WILL 6<sup>TH</sup> GRADERS HAVE NEXT SCHOOL YEAR?**

Sixth grade students have 2 electives built into their daily schedules. All middle school students are required by state law to have a minimum of two years of physical education. The majority of our students take PE their 6<sup>th</sup> & 7<sup>th</sup> grade years.

### **DO BEGINNING BAND CLASSES MEET EVERY DAY?**

Yes!!! Your child is fortunate in that the administrative team and its counselors at Irving Middle School make it a top priority to place all Beginning Band students in their respective class. All Beginning Band Courses are grouped in identical instrument classes.

### **CAN A STUDENT TAKE BAND AND MARIACHI AT THE SAME TIME?**

Yes!!! We find that approximately 50% of our Beginning Band students take both Beginning Band and Mariachi during their 6<sup>th</sup> grade year. Our music department does a great job of developing a schedule and plan for each student wanting to participate in both musical organizations.

### **CAN A STUDENT TAKE BAND AND CHOIR AT THE SAME TIME?**

Yes!!! We find that approximately 50% of our Beginning Band students take both Beginning Band and Choir during their 6<sup>th</sup> grade year. Our music department does a great job of developing a schedule and plan for each student wanting to participate in both musical organizations.

### **CAN A STUDENT TAKE BAND AND ATHLETICS AT THE SAME TIME?**

Yes!!! All middle school students are required by state law to have a minimum of two years of physical education. All students are in the Physical Education Course their 6<sup>th</sup> grade year. Students can join the athletic period during their 7<sup>th</sup> grade year.

### **DOES BAND PARTICIPATION DETRACT FROM ACADEMIC SUCCESS?**

No!!! Quite the opposite is true. All the top students on our campus are actively involved in something positive. The College Board recommends participation in a performing art such as band as a means to increase aptitude scores for college entrance. Band students' SAT & ACT average well above the school, state, and national average. The High School Band regularly enrolls a huge percentage of the "Top 10%" of each class. At the high school level, students who earn placement in the advanced bands will earn Honors credits.

### **DOES BAND REQUIRE LOTS OF EXTRA TIME?**

The Beginner Sixth-Grade Band only meets during class time and four extra practices each year to prepare for the concerts. **Home practice** is required at the rate of 180 minutes per week to develop the physical skills and muscular control necessary to play a wind/percussion instrument.

### **CAN MY CHILD BE MUSICAL IF OUR FAMILY BACKGROUND IS NOT?**

Musical ability is not hereditary. Every student is not destined to be an outstanding musician; however, the enjoyment and satisfaction of musical performance are available to anyone willing to practice. Musical success follows closely with classroom success. No prior musical experience is needed to enroll in Beginner Band.

---

Rick Flores (Director of Bands) can be reached at [rflores3@saisd.net](mailto:rflores3@saisd.net)  
Gilbert Sanchez (Associate Director of Bands) can be reached at [gsanchez4@saisd.net](mailto:gsanchez4@saisd.net)

## Washington Irving Middle School Performing Arts Academy 2010-2011 Band Program Instrument Recommendations

- ❑ **FLUTE:** tuning rod and cleaning kit and handkerchief. Students must keep their instruments clean at all times. **Instrument Recommendation:** Flute Pearl Model PF661-RBE (Intermediate Model) or Model PF761-RBE (Professional Model).
- ❑ **CLARINET:** Size 3 Vandoren reeds and cleaning kit. Student must have at least 7 reeds at all times in their case. Reeds must be alternated every day. Reeds must be labeled by the day of the week. By alternating reeds daily the parent will save on the overall expense of reeds. **Instrument Recommendation:** Buffet Model E-11 (Intermediate Model) or Buffet Model R-13 (Professional Model), Mouthpiece recommendation: 5RV or Gigilotti P34.
- ❑ **BASS CLARINET:** Size 3 Vandoren reeds and cleaning kit. Student must have at least 7 reeds at all times in their case. Reeds must be alternated every day. (Refer to clarinet note). Mouthpiece: Selmer C Star
- ❑ **ALTO SAXOPHONE:** Size 3 Vandoren reeds and cleaning kit. Student must have at least 7 reeds at all times in their case. Reeds must be alternated every day. (Refer to clarinet note). **Instrument Recommendation:** Yamaha Model YAS-475 (Intermediate Model) or Selmer Paris Model 52, Super Action 80 Series II (Professional Model), mouthpiece recommendation: Vandoren AL3
- ❑ **TRUMPET:** Bach 5B Cornet mouthpiece and cleaning kit (valve oil/polishing cloth, mouthpiece brush, and cleaning snake). **Instrument Recommendation:** All students will use cornets during their middle school years but are encouraged to purchase a trumpet prior to entering high school. Bach Trumpet Model TR200 (Intermediate Model) or Bach Stradivarius 180 S37 (Professional Model).
- ❑ **FRENCH HORN:** Schilke 30 mouthpiece and cleaning kit (rotary oil/polishing cloth, mouthpiece brush, and cleaning snake). **Instrument Recommendation:** Conn Model 8D (Professional Model).
- ❑ **TROMBONE:** Bach 6 ½ AL Bach mouth piece and cleaning kit (Trombotine slide lubricant/polishing cloth, mouthpiece brush and cleaning snake). **Instrument Recommendation:** Yamaha Model YSL-446G with F attachment (Intermediate Model) or Bach Stradivarius Model 36BS (Professional Model).
- ❑ **EUPHONIUM:** Bach 6 ½ AL Bach mouth piece (the advanced player can purchase the Schilke 51D euphonium mouthpiece) and cleaning kit (valve oil/polishing cloth, mouthpiece brush and cleaning snake). **Instrument Recommendation:** Yamaha Model YEP-321S four valve (Intermediate Model).
- ❑ **TUBA:** Conn Helleberg mouthpiece and cleaning kit (valve oil/polishing cloth, mouthpiece brush). **Instrument Recommendation:** Yamaha YBB-641, 4 valve rotary valves (Intermediate Model) or Miraphone Model 1864U (Professional Model).
- ❑ **PERCUSSION:** All percussionists must purchase a pair of 2B snare sticks, bell, and tympani mallets. The school will not provide accessory supplies for the students. The director's are not responsible for the equipment that is lost or stolen. All students are responsible for the security of their materials. All percussionists will be assigned a locker for their mallets once they purchase a mallet bag.

**Dear Parent/Guardian...**  
**Practice Cards are a huge part of your son/daughters success in the Honor Band program. Your son/daughter is required to practice a minimum of 5 days per week. Each session should last a minimum of 30 minutes. The number of minutes practiced will determine your child's grade for the week.**

**MR. RICK FLORES**

**DIRECTOR OF BANDS**

**First Nine Weeks Grading Period**

**WEEK 2**

Day of Week	Date	Parent Signature	Director's Approval	Number of Minutes Practiced	Possible Grade
Friday	08/28/09			30	60
Saturday	08/29/09			60	70
Sunday	08/30/09			90	80
Monday	08/31/09			120	90
Tuesday	09/01/09			150	100
Wednesday	09/02/09			180	110
Thursday	09/03/09			210	120
<b>Parent Comments:</b>			<b>Total Grade Earned</b>	<b>Total Minutes Practiced</b>	<b>Possible Grade</b>
			_____	_____	_____

**Dear Parent/Guardian...**  
**Practice Cards are a huge part of your son/daughters success in the Honor Band program. Your son/daughter is required to practice a minimum of 5 days per week. Each session should last a minimum of 30 minutes. The number of minutes practiced will determine your child's grade for the week.**

**MR. RICK FLORES**

**DIRECTOR OF BANDS**

**First Nine Weeks Grading Period**

**WEEK 3**

Day of Week	Date	Parent Signature	Director's Approval	Number of Minutes Practiced	Possible Grade
Friday	09/04/09			30	60
Saturday	09/05/09			60	70
Sunday	09/06/09			90	80
Monday	09/07/09			120	90
Tuesday	09/08/09			150	100
Wednesday	09/09/09			180	110
Thursday	09/10/09			210	120
<b>Parent Comments:</b>			<b>Total Grade Earned</b>	<b>Total Minutes Practiced</b>	<b>Possible Grade</b>
			_____	_____	_____