

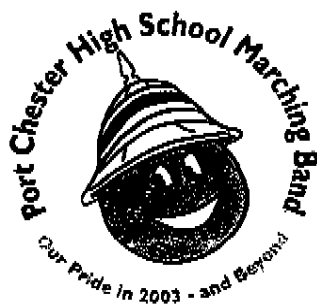


PORT CHESTER HIGH SCHOOL BAND ASSOCIATION
 One Tamarack Road • Port Chester, NY 10573
 (914) 934-7972
 www.portchesterhighschoolband.org

AUGUST 2002
INSIDE

From the President	2
Membership	2
Parent Reps	2
Uniforms	3
Booster Drive	4
Orange Bowl Bash	4
Band History	4
Important Dates	4

The Road to the FedEx Orange Bowl[®] Starts Here: Band Camp 2003



Association Officers

Dominic Carriero
President
 937-9087

Steve Mitchell
First Vice President
 843-6709

Dominic Mayo
Second Vice President
 934-2330

Maryann Giorgi
Treasurer
 937-9192

Joanne Pace
Secretary
 939-4240

Len Savanella
Publicity
 939-5785

Phil Gasparini
Business Manager
 939-6206

Band Staff

Bob Vitti
Director

Bill Losier
Assistant Director

Mike Coppola
 Mike Messina
 Bob Villanova
Percussion Instruction

Darren Delaney
 Trish Labella
 Stephanie Lombrano
Color Guard Instruction

934-7972
Music Office

Band Camp begins soon—on August 19. The first week, held at the High School, concentrates on the music for this year's program, *Russian Sketches*. For those five days, Mr. Vitti and his staff will work with the various instrumental sections. His objective is to get everyone started on the difficult task of memorizing this music. The sections then begin to work together and new band members start getting used to playing with band veterans. As the week progresses and execution improves, the sections are brought together to form the Band for 2002-2003.

The Color Guard begins its concentrated rehearsal schedule too. All summer, they have been meeting once a week but now they step up their pace and begin to work on their program in a more unified way, putting together the components introduced over the summer into the routine that will form the basis for this year's show.

This first week is pretty comfortable. Sections may meet inside the High School, onstage or in a free room. Or they may take their music and chairs outside to work in the shade of a tree on the Tamarack Road campus.

Every player should make sure to have her/his instrument in playing condition (repair it now, if necessary), along with reeds and mouthpieces. Musicians should bring water and lunch, and dress comfortably for the heat, too.

On August 26, Mr. Vitti takes the group to Crawford Park field, under the late summer sun. The Band and Color Guard share the field for the first time this season. (Ask your child to show you a drill chart and explain it to you, too.) Now, the musicians play on the move, counting steps and watching hash marks. The Color Guard no longer has the entire field to itself. Everyone works together for the first time. And everyone is under the hot August sun!

During these four days, our performers are also athletes. (Maybe they always were!?) The Band and Color Guard must face some of the same physical challenges that the cross-country or football teams face when working out this week. They must all deal

with heat and humidity, and being on the field all day. As they march, they must play their musical parts and deal with the sweltering heat.

In order for everyone to have a successful and healthy Band Camp, it's important to remember some basics. (This goes for staff, too!)

- Dehydration is our enemy. Drink water or sports drinks before, during and after practice. Eight to 10 glasses is the minimum — more as the exercise period goes on. Avoid drinks with caffeine like coffee or cola, because these promote dehydration. Don't be a hero — **HYDRATE, HYDRATE, HYDRATE!**
- Know what dehydration feels like. Our music staff is always there to observe everyone's condition, but dehydration can be sneaky. According to Doug Casa, UConn's Director of Training Education, half the cases of dehydration exhibit no outward symptoms. Each performer needs to know how it feels, so that he or she will know that something is wrong before it's evident from the director's podium. If anyone experiences lightheadedness, leg cramps, dry or sticky mouth, undue fatigue, lack of sweat, or disorientation — STOP and get in the shade. (continued on page 3)

DID YOU KNOW?

How much time do our kids spend in Band and Color Guard? Here's an estimate:

- First week of Band Camp—16 hours
- Second week of Band Camp—36 hours
- Class time (36 weeks of school)—126 hours
- Sectionals—36 hours
- Tuesday and Thursday night practices—60 hours
- Saturday rehearsals—36 hours
- Competitions (12 this season @ 7 hours per event)—72 hours
- Extra practices throughout the year—30 hours
- Columbus Day, Memorial Day, New Year's Day and St. Patrick's Day Parades—9 hours
- Total hours—433
- Total days—18.42

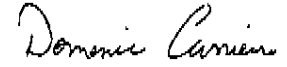
Now do you know where our children are? They're at Band. What have they been doing? They've been working at being part of a very involved group of student performers. This kind of dedication needs all the support you can give these kids. It's hard to argue with the numbers. The figures probably just confirm what we all knew in our hearts. But when people ask what your kids have been doing, you'll know that for 433 hours/18 days this year they'll be with this Band, representing this community, making it "The Pride of Port Chester."

From the Band Association President

Welcome all to the 2002-2003 Port Chester High School Marching Band season! This year promises to be exceptional, with the planned performance of Russian Sketches, arranged by Carmel Signa and featuring the musical selections *Firebird*, *Dance of the Princesses*,

Hut of Baba Yaga and *The Great Gate of Kiev*. I am sure you will enjoy each performance more and more as the season progresses, culminating with a performance at the prestigious 2003 FedEx Orange Bowl[®] in Miami, Florida.

make up this year's Band and Color Guard the best of luck as they continue the tradition as "The Pride of Port Chester."



Domenic Carriero
President,
PCHS Band Association

I wish the students who

Band Association Membership


The PCHS Band Association urges you to become a member this year. Here are some good reasons to join:

- Membership is open only to parents or guardians of students in the program.
- Members vote on issues like the election of officers, annual budgets and financial expenditures, and Association policies,

such as by-laws.

- Parent or guardian membership in the Band Association is *required* for all four years in order for your graduating senior to be eligible for a Band scholarship.
- An individual membership costs only \$7.50. Family memberships are \$10, and allow for two adults to vote at Band Association meetings.

A membership table will be set up at Crawford Park on August 29 as well as at the September 16 Association meeting at the high school. You may also send your check, payable to the PCHS Band Association, to the address listed on the first page.

Become a member. Be part of the solution because if you're not, you're part of the problem. 



RECYCLE YOUR CANS AND CARTS
August 21, September 8

Parent Reps

This year, the Executive Board has established Class Parent Representatives. Each class will have two parents acting as liaisons, representatives and "Class Moms and/or Dads." The only requirement for serving as a Parent Rep is that you have a child in Band or Color Guard, in the grade you want to serve.


All students have common issues, but there are problems unique to each class and age group. Sen-

iors have different concerns than freshmen, and their parents will have different questions, too. Freshman parents may know fewer people and may wonder whom to ask for information.

Class Parent Reps will serve as point persons among the Association, parents and kids. They may know the other parents in their child's class and therefore may be better able to communicate with them.

Having two Parent Reps for each class means that no one person is overbur-

dened—the work can be shared throughout the year. Currently, only the senior class has two parents ready for the new season. Junior and freshman classes have one volunteer each, and the sophomore class is still waiting for parents to step forward for the task. All eight spots should be filled by the beginning of the school year, because that's when questions start to flow. The Band needs good communication.

If you'd like to volunteer to be a Parent Rep, contact Dom Carriero at 939-9087. 

What Goes with a Red and Blue Uniform? Must-Have Accessories for the PCHS Performer

In order to look like the sharp unit the PCHS Band is, and to score well in competitions, all members must look alike. The jackets and pants (modeled after the dress uniform of the Royal Marines), sashes (*baldric*—remember July's newsletter?) and helmet (*pickelhauben mit spitzen*) are the obvious components, but for everyone to appear "as one" a few other accessories are necessary. Each Band member is responsible for providing these few items: white gloves, black patent leather shoes and black socks.

The socks are the easiest. They must be solid black. Athletic socks (in black) are great and are available just about everywhere. Socks should also be comfortable. Many players like the padded kind, but that's a personal decision. (If you like the padded kind—check out the Hanes web site at www.onehanesplace.com


and type "walking socks" into the site's search engine.) It's hot now, but cold feet are just a few weeks away. There's no substitute for warm socks!

Those socks will have to go into something. Uniform patent leather shoes are available at Levine's Army Navy on North Main Street. (Call 939-2483.) Tell the sales staff that you want PCHS Band shoes and they'll know exactly what you need. Be sure the shoes are comfortable and roomy enough to accommodate your cozy socks. Shoes that are too tight will be torture when we march for a mile and a half in Coral Gables in January 1. (THINK ORANGE!)

Last are the gloves. Again, Levine's is the place—just ask for the Band gloves. Buy several pairs, since white gloves are easily soiled. Practice playing your instrument with them on, too. Some

players cut off the finger tips, but ask your Section Leader(s) for advice if you're not certain.

That's the complete kit. Please get all your accessories early, since our first competition is on September 14. Shoes may have to be ordered (especially if you need wide width or have very small or large feet), which generally takes about a week. Don't wait until September, because it may be too late to get them in time for September 14.

The Color Guard has special accessories, too. Each performer is responsible for leotards, athletic gloves and dance shoes. Color Guard Director Darren Delaney will provide details during summer practices, including where to purchase gloves. Gloves and dance shoes all be the same color, so please wait until these details are clarified. The gray velour costumes will again be provided by the Band. 

AUGUST'S TOP 10 LIST

10 Things Every Band/ Color Guard Parent Needs to Know:

10. Your child will not be permanently scarred by the embarrassing aigrams you send.
9. Although cowbells, clappers and foghorns are not generally considered marching band instruments, they are perfectly acceptable accompaniment for parents.
8. Bleacher seats are ergonomically designed to make your butt numb.
7. Your kid will suddenly move to the opposite end of the field just when you've lined up the perfect camera shot.
6. Those guys who walk around the field talking into tape recorders are not Secret Service agents.
5. While the venue may change, the cold soggy hamburgers never do.
4. The very last of the hot chocolate will be sold to the person just ahead of you at the concession stand.
3. The announcer will always mispronounce Bill Losier's name.
2. It will take until next year to get "Hut of Baba Yaga" out of your head.

And the number one thing every parent needs to know:


1. Your child will only try throwing her or his helmet in the air ONCE.

The Road to the FedEx Orange Bowl [®] (continued from page 1)

Drink cool water, slowly. Cool down. Don't tough it out. We want healthy performers, not sick heroes.

- The Band Association will always have water on hand, but parents can also help by dropping off a case of water or bag of ice in the morning or when you stop at the field during the day. Costco had 32 bottles of Poland Spring for \$6.19 recently. (Please do stop by. The kids work hard, and it's impressive to watch.) All donations are welcome; just leave them at the pavilion at Crawford Park. (For more information on dehydration and heat exhaustion, visit www.webmd.com.)
- Wear light, loose-fitting clothes. Bring along a change of clothing, too. Sweaty shirts, socks and shorts can be changed

during breaks or at lunch. Bandanas, hats and towels also provide sunburn protection. Sunscreen of SPF30 or higher will save your nose, ears, the part in your hair and any other exposed skin.

- Be careful with what you have for lunch. A meal that is too heavy or spicy, when combined with the heat, can result in a very uncomfortable afternoon. (Need details? Probably not!)
- New London on November 6, Bridgeport on November 12, the Middle School practice field in December—remember the August heat when the shivers start, when the tip of your nose is numb from the cold and your breath makes clouds as you play. And just think—doesn't Miami feel like this in January? 

Coming Up Soon: Booster Drive 2002

WHO? ALL Band and Color Guard members

WHAT? Annual booster drive

WHEN? Sunday, August 24

WHERE? Meet at the PCHS main parking lot on Tamarack Road

WHAT TO WEAR? Band/Color Guard t-shirt and slacks

Teams of Band and Color Guard members will go out into the Village, ringing doorbells and knocking on doors, friendly and smiling. The objective is to canvass the community, asking everyone to support the Band by becoming Boosters. All contribu-


tors get a sticker to display on their cars, windows or doors, proclaiming their sponsorship of "The Pride of Port Chester."

August 24 is the Sunday between the first and second weeks of Band Camp. Our student performers are responsible for helping raise the funds needed to make the Band program function. Even Mozart had to pay bills, and he never had to travel to Miami!

Neighborhoods will be assigned the day of the Booster Drive. Teams will be assigned to a parent escort, who will drive them to their neighbor-

hoods, wait for them until they are done and then drive the students back to the high school.

Parent drivers are still needed. If you can help, please contact Maryann Giorgi at 937-9192 as soon as possible. This is very important, since no team is ever sent out alone.

Even if you can't be a driver on Booster Sunday, please be sure to support the drive in any way possible. Talk to your neighbors about the Band. Let them know that our kids will be out in the community on August 24. We need everyone to be a Band Booster. 


Orange Bowl Bash: So Good It's Been Moved Up

At the July Band Association Meeting, an invitation was extended to all Band parents to get together at Per Voi for dinner on August 29. The idea was so great that it couldn't wait until then. The dinner has been moved up one day to Wednesday, August 28, (The real reason for the change is that there were scheduling problems on the 29th that could not be resolved.)

The invitation still stands, however. As the season gets going, school and Band take up so much time that Association members often see each other only at meetings, in some grandstand or perhaps along a parade route. This is an opportunity for everyone to meet in a more congenial setting, eat something more appetizing than stadium food and toast this particularly exciting year.

The 2002-2003 "Pride of Port Chester" needs every parent to support it in any way possible, especially as we plan for our trip to Miami at the end of the year. This social event not only provides that support, it is also a fun night out with friends — some new and some from seasons past. Please feel free to bring anyone you know who understands how special our Band is and how exciting this year will be. All are welcome.


To reserve your place, please use the invitation flyer included in this mailing. (It's orange and bilingual.) Send the bottom portion along with your check to Joanne Pace as soon as possible. Space is limited and time is short.

See you there! 

formance, please contact Len Savanella, Publicity Chair, at 939-5785 or by e-mail at calen213@aol.com.

We've also uncovered the rejection letter from the 1968 Rose Bowl. As you know, the Band was accepted for this event in 1970. If anyone knows of the whereabouts of the acceptance letter, please contact Len also. Any other information about the Rose Bowl appearance will be appreciated.

These documents and photos are being collected in a memory book and will be available for all to see at the monthly Association meetings. If your memory needs jogging or you have anything to add, please see Len before or after the meetings.

Photocopies are fine for this purpose, if you would prefer to keep the originals. 

IMPORTANT DATES

Band Camp (week one)—Monday-Friday, August 19-23, 9:00 a.m.-1:00 p.m. (PCHS) • **Booster Drive**—Sunday, August 25 (meet at PCHS) • **Buy-a-Mile and Fruit Orders**—Hot Rod Show, Sunday, August 25 (Main Street, PC) • **Band Camp (week two)**—Monday-Thursday, August 26-29, 7:30 a.m.-4:00 p.m. (Crawford Park) • **Orange Bowl Bash**—Wednesday, August 28, 8:00 p.m.-11:00 p.m. (Per Voi Restaurant, Main Street, PC) • **Band Association Meeting/Parent Performance**—Thursday, August 29, 7:00 p.m. (Crawford Park) • **Ad Journal Deadline**—Thursday, August 29 (submit to Freda Wesley or Phil Gasparini)

Band History Slowly, some great materials from the Band's very illustrious past is surfacing. As usual, however, every new revelation generates new questions and the answers are out there—with you, with Band alumni and in the community.

A box of old papers in the Band Office contained references to a Lincoln Center show from the late 1970s or early 1980s. Then the program from that show turned up, too. It was a tribute to Ira Gershwin. The program was not dated, however, and the Band was not given billing. But all the signs point to the PCHS Band taking part in the finale with Bette Midler doing *Strike Up the Band*.

If you know anything about this Lincoln Center per-

PLEASE JOIN US AT
THE ORANGE BOWL BASH

To welcome old and new friends of the Port Chester High School Band to the
2002 season

WHY?: To have a great time together, kick off the competition season
and to support the Florida Trip

WHERE?: Per Voi Restaurant
23 Main Street
Port Chester

WHEN?: Wednesday, August 28th

TIME: 7:30 PM to 10:30 PM

PRICE: \$50 per person or \$90 per couple

INCLUDES FULL BUFFET DINNER, BEER, WINE, SODA,
COFFEE, TEA AND DESSERT

MAKE CHECK PAYABLE TO:
PCHS Marching Band Orange Bowl

MAIL CHECK TO:
Joanne Pace
9 Maplewood Lane
Port Chester, NY 10573

YES! I PLAN TO ATTEND AND SUPPORT OUR BAND

Please send me _____ tickets to:

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

REÚNASE CON NOSOTROS EN
LA FIESTA 'ORANGE BOWL'

¿POR QUÉ?: Para disfrutar en grande y poner en marcha nuestra campaña de recaudar fondos para el viaje a la Florida

¿DÓNDE?: Restaurante Per Voi
23 Main Street
Port Chester

¿CUÁNDO?: miércoles, 28 de agosto

HORA: desde las 7:30 hasta 10:30 de la noche

PRECIO: \$50 por persona o \$90 por pareja

INCLUYE CENA ESTILO BUFÉ, CERVEZA, VINO, SODA,
CAFÉ, TE Y POSTRE.

GIRAR CHEQUE A FAVOR DE:
PCHS Marching Band Orange Bowl

ENVÍE CHEQUE AL CUIDADO DE:
Joanne Pace
9 Maplewood Lane
Port Chester, NY 10573

SÍ, VOY A IR

¿CUANTOS BOLETOS? _____

NOMBRE: _____

DIRECCIÓN: _____

TELÉFONO: _____ CORREO ELECTRÓNICO: _____