



Band Handbook



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Music helps teach our children the skills necessary to succeed in school and life; self-discipline, self-confidence, respect for themselves and others, cooperation, and the motivation to do well.

As a member of the Band, you are a very important member of a team. Every person is equally responsible for the success of the team.

***Please join the Band E-mail Notification service.
It's simple to join; fill out the Band Registration Form once in 7th grade and keep me updated on any address changes. I, in turn, will keep you updated on all announcements, due dates, and forms.***

BAND WEB-SITE:

Please log onto www.skschools.net or <http://cc.skschools.net/> and follow the links to BAND

Financial assistance is available for band families in need; loaner instruments, concert dress and scholarships.

Due to unforeseen circumstances, changes to this handbook may occur during the school year. In this case, updates will be sent home via email.

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The Band Room is a GUM FREE ZONE

Daily Expectations:

BAND is a class, which meets every other day during school hours. As in every class at Curtis Corner, students will receive a grade each marking term. Students will learn musical concepts, theory, and history while performing on their band instrument.

Each student must have an instrument, either owned, rented, or school loaned. Percussionist must have a pair of sticks in school for rehearsals; student snare drums will stay at home. Sticks must be labeled on the tip end with the student's name and cannot be shared.

Each band member must bring, on the second class, a BLACK 3-ring binder, ½ inch to 1 inch depending on how many performing ensembles you will be participating in. All contents, music and labels will be provided. **EACH band member is required to maintain his or her binder.** If they are lost during the year, you may either copy a friend's (must play same instrument) or purchase another one for a \$5.00 fee.

ALL students are required to have their binder at EVERY rehearsal.

COME PREPARED: It is each student's responsibility to come prepared with instrument, supplies, band binder and PENCIL each day of class.

Grading criteria, due dates and students' grades are posted on Parent Connect and are updated at least every two weeks. Categories and/or category weights change each quarter based on performances and projects. Please check Parent Connect for current grading criteria.

Participation – 50 Points:

Each quarter *Participation* is broken into two grades; beginning to mid-quarter and mid-quarter to end of term. Each part is worth 25 points. All students begin with 25 points for both parts. Points are deducted from the full amount.

Preparedness: Instrument, supplies, binder and pencil. First time forgetting instrument deduct 2 points, each time after that, deduct 3 points.

Good Behavior: Positive Attitude, Non-disruptive, Following Directions, Keeping hands, feet, objects and unkind words to yourself, Observing rehearsal etiquette, Respect to music room and equipment. Any student exhibiting inappropriate behavior will be asked to pack up resulting in a "0" for the class.

Attendance: Unexcused absence (Cutting class), Unexcused tardy to class 3 times

Working to the best of your ability

Performance Assessment - 10 to 20 Points: Each quarter students will individually demonstrate performance ability by performing short assignments; excerpts, scales or exercises. All individual assessments will be submitted through the SmartMusic program. Students who have purchased a home subscription may submit from home. See SmartMusic for more details.

Practice Journal or Private Lesson Form - 10 Points: Each quarter a Practice Journal or Private Lesson form must be handed in, filled out, signed and returned to band on the assigned date at the end of each quarter (may not be a band class day). Students are expected to practice 30 minutes a week outside of class time; no less than 10 minute sessions.

Students who study privately on their band instrument may opt to hand in a Private Lesson form instead of the Practice Journal.

These forms are due the same day and have the same point weight.

If forms are lost, replacement forms can be downloaded from the band web-site.

Concert Quarters - 10 Points: Band is a music performance class, and performances take place outside of the school day. Since a student elects to take band, all band members are expected to participate in 2 evening concerts yearly; fall and spring.

Concerts are like a test; the culmination of what students learned during the concert season. However, unlike tests, concerts cannot be made up. If a student misses a concert for any reason, the grade for that student results in a ZERO because the concert cannot be made up. However, if an absence qualifies as excused, the student has the opportunity to make up points lost from the concert by submitting a makeup assignment. Students may NOT make up points for an UNEXCUSED ABSENCE.

Sometimes unforeseen conflicts may occur. If you have a conflict with a certain date, speak with me as soon as possible in hopes we can find a solution to the situation.

Excused Absence:

Pre-approved Absence – Notice of the concert absence must be submitted in writing for approval as far in advance as possible.

Illness - If a student is well enough to attend school it is expected that they are well enough to attend the concert. A sore throat is not a reason to miss a concert. If a student is absent from school, the parent must notify the office before the end of school that the student will not attend the concert. A note to the Mrs. Florenz must follow. Students who are absent three or less days during concert time are required to complete make-up work. Students who are absent for more than three days at concert time are not required to complete make-up work.

Emergency Absence – Due to the nature of the emergency, parent should attempt to contact me by phone or email. If parent is unable to contact me, a written note explaining the reason of absence must be turned in to me the next day your child is in school. If the student is absent for more than 3 days due to the emergency, makeup work is not required.

Unexcused Absences include but are not limited to:

- Not having appropriate concert dress.
- Not having a ride to school.
- A sports practice or game
- Forgetting

In case of ANY absence: It is up to the teacher to decide the final concert grade given to the student.

Quarter Project or Quarter Class Work – up to 20 Points: All BAND students are required to complete a project or class work each quarter. Project work must be completed outside of class time; class work will be completed during class or as homework.

7th Grade Band Projects/Class Work include:

- ⇒ Quarter One PROJECT: **Instruments**; Poster
- ⇒ Quarter Two CLASS WORK: **Basic Musicianship**
- ⇒ Quarter Three CLASS WORK: **Basic Musicianship**
- ⇒ Quarter Four PROJECT: **Broadway**; (May be waived)

8th Grade Band Projects/Class Work include:

- ⇒ Quarter One PROJECT: **Word Wall**; Poster
- ⇒ Quarter Two CLASS WORK: **Musical description essay**
- ⇒ Quarter Three CLASS WORK: **Basic Musicianship**
- ⇒ Quarter Four PROJECT: **20th Century Composer** (May be waived)

Excellence in student work: Projects/class work may be chosen to be displayed on the band room wall.

WAIVING of Quarter 4 Project: ANY BAND student who successfully participates in the SK Performance Festival is waived from completing their quarter four project. Full points for projects will be averaged into the 4th quarter grade.

LATE ASSIGNMENTS: Late (for any reason) will receive half credit. Work handed in over 2 days late, will not be accepted. Assignments are due on a specific date regardless if student has class on that day or not. Students may hand their work in before the assigned date; on the assigned date before school, during Learning Center, class or after school by 3PM.

Progress reports will go home each quarter for those students who are not working to potential or who are failing.

Repairs:

Good quality instruments help make it possible for your child to succeed. However, even with the best, repairs are often needed. When I notice a problem, a repair note "FYI Repairs" will be sent home with your child. Please attend to repairs as soon as they occur. If your child's instrument needs to be left at the repair store, please send a note to school stating such. **Ask if loaner instruments are available for your child if the repair will last more than a few days.**

Your child will be excused from rehearsal only if the Repair form or a note is sent to me.

Maintenance/Care: With proper care, many costly repairs can be avoided.

SmartMusic:

SmartMusic is award-winning interactive music software that provides the ideal practice environment. With a subscription to SmartMusic, students have unlimited access to the world's largest accompaniment library for all ages and skill levels, which includes thousands of pieces of music

All CCMS Band students will use SmartMusic either at school or at home to perform individual quarter assessments. Students will need an email address to use. Passwords will be their student ID number. If a student is using the program at school, there is no cost to the student.

Students will rotate to the computers during band classes. If a student is not happy with their grade, they may try again, before or after school; time during class cannot be given for second tries. Families may also purchase a subscription for \$36 to use this program at home. Please let me know if you purchase SmartMusic and would rather submit assignments from home.

www.smartmusic.com

Sample Performance Schedule:

Due to any unforeseen circumstances, please understand that concerts may need to be changed or cancelled.

FALL/WINTER CONCERT: November – Early December

Grade 7 Concert Band 6:30 PM

Grade 8 Concert Band 8 PM

SUGGESTED Concert Donation: \$2 donation for adults only. Children are free.

Wear formal dress

WINTER CONCERT: December (7 PM)

Stage Band and Jazz Band

SUGGESTED Concert Donation: \$5 donation for adults only. Children are free.

Wear formal dress

HOLIDAY CONCERT AT THE STATE HOUSE: December (School day fieldtrip)

Stage Band
Fee for school bus
Wear formal dress

NIGHT OF JAZZ: February/March (7 PM)

Jazz Band and invited middle level jazz bands to a night of jazz.
Tickets – TBD
Wear formal dress/jazz bowties.

PERFORMANCE FESTIVAL: April (2:30 to 8:30 PM)

Participation fee.
Students are individually scheduled. Please be aware of after school sports schedules.

SPRING MOSAIC CONCERT: May/June (6 PM)

Concert Bands; grade 7 and 8
Stage Band and Jazz Band
SUGGESTED Concert Donation: \$5 donation for adults only. Children are free. **
Wear formal dress

CCMS GRADUATION: June

Selected Grade 7 Band Members
School Clothes or Band t-shirts

Rehearsal Etiquette:

Proper organization and behavior of band members help to save valuable rehearsal time and helps prevent unnecessary damage to band instruments.

1. Set up quickly and quietly. **There must not be any running or jumping over chairs.**
2. Warm up without overblowing. Loud blasts can cause damage to your ears.
3. All students should have their own materials with them at their seat (instrument, binder, pencil).
4. Students should know the parts they are playing. Practice at home!
5. There should not be any unnecessary noise once the rehearsal begins.
6. Students must be able to see the director.
7. Have good posture.
8. Have good behavior.
9. Participate to the best of your skill level.
10. Mark your music when asked to or needed.
11. Never play anyone's instrument but your own.
12. Do not hit percussion instruments when you walk by them.
13. Do not write on stands and chairs.
14. Maintain your instrument correctly.
15. Break down in a quiet, orderly manner.

Concert Etiquette:

One of the goals of the music program in South Kingstown is to produce educated audiences for musical performances. This applies to all students, musical performers, and non-performers. Therefore we will continue to teach and stress to all our students and families the importance of good concert etiquette. In order for the musicians and audiences alike to get the most out of a musical performance, the basic rules of concert etiquette should be observed.

1. Be seated prior to the start of the program. If entering or leaving the concert hall after the program has begun, do so only during applause or when the performers are changing position.
2. Remain quiet during the musical performance. Talking, whispering, and other noises made with your program, handbags, candy wrappers, etc. can distract others. Humming, singing and tapping your feet may not be appropriate. While some performances encourage active audience participation, others depend upon silence from the audience for maximum effect. Please turn off your cell phones and pagers. When bringing young children to the concert, they should be under the constant supervision of those responsible for their presence.

3. Remain seated until the intermission or the end of the program. Drinks of water and restroom breaks, during the performance, should be done only if absolutely necessary or in an emergency.

4. Applause is always appreciated by performers, but there are appropriate moments to applaud. In a multi-movement work, applaud after all movements are completed. You will know that a piece is finished when the conductor lowers his arms to his side. It is customary to greet the conductor or soloist with applause when they walk on stage.

5. Stay and enjoy the entire program. All the performers have devoted a lot of time and effort in preparation for their concert, don't leave just because your child has finished.

Remember: The best audiences are those who know what it is like to be a performer on stage.

For more information on Concert Etiquette, go to

http://www.menc.org/guides/etiquette/etiquette_home.html#overview

This site is sponsored by MENC (Music Educators National Conference)

Concert Dress:

"Concert Dress" is to be worn for all formal concerts, not for in-school, school day concerts.

7th and 8th Grade Band:

Girls: ALL BLACK (NO WHITE), skirts or pants and a black top. Dresses should be all black.

Boys: Black pants, white tuxedo shirts or dress shirt, black cummerbund, black bow tie.

White tuxedo shirt, black cummerbund, black bow tie packages will be made available to you through:

Gara's Tuxedo

23 Washington Street

West Warwick, RI 02893-4927

(401) 828-1005

If a family is not able to acquire concert dress, please contact Mrs. Florenz.

Full Band Rehearsals:

If necessary, full band rehearsals will be scheduled one or two weeks before each major concert. Rehearsals will begin at 7:00 AM. Dates will be announced.

Morning Music:

Due to the number of band students at CCMS, auditions may be needed for Stage Band. Auditions are mandatory for Jazz Band. If the number of interested students exceeds capacity, more groups may be added.

Selected students must make a commitment to these ensembles. Attendance is mandatory. If a student misses more than 4 rehearsals in a concert rotation, the student may forfeit their membership in the ensemble. Decisions are at the discretion of Mrs. Florenz.

Stage Band & Jazz Band members earn 1 free week from practice each quarter, for each group, if AM attendance is 2 or less missed rehearsals.

Stage Band is first opened to grade 8 wind students; then to select grade 7 wind students. Six (6) percussionists are chosen first by grade and then whether they perform on set as well as concert percussion equipment. Rehearsals will be held each Friday morning beginning at 7 AM. Attendance is mandatory. Concert dress is formal band attire.

Jazz Band is open by *audition only* to 7th and 8th grade band members performing on alto, tenor or bari saxophone, trumpet, trombone, guitar, bass, drum set and piano. Rehearsals will be held each Wednesday morning beginning at 7 AM. Trumpets are required to obtain any mutes needed from programming. Jazz

members are required to maintain jazz binders for their instrument. Any loss or damage will result in a \$20 fee. Attendance is mandatory. Concert dress is formal band attire and a chosen bow tie color.

***Extra rehearsals may be scheduled closer to concert dates.*

All State Festival – Junior Division:

Separate All State information is available to any interested student. Please see Mrs. Florenz for the information and audition permission slip.

Auditions:

Open to all school music students in grades 7, 8 and 9 with approval of music director.

Auditions are held in November.

Auditions for CCMS should be scheduled in the morning.

Students are selected according to their ratings received at this audition.

Selected students will participate in one of the Junior Division ensembles.

- Concert Band
- Junior Symphonic Band
- Junior Jazz Band
- Junior Orchestra

Audition Approvals: Students need the approval from Mrs. Florenz to participate in the audition. Students wishing to audition must attend at least 4 before school or after school audition sessions held in the band room on Thursdays.

Approval is based on the student's performance of the requirements and daily rehearsal behavior.

Accepted students must attend 100% of all rehearsals and his or her concert. There will be no excused absences from rehearsals, including absences from school due to illness. If a student misses any part of any rehearsal that student forfeits his or her eligibility to participate in that Festival. Fees are the responsibility of each participating family.

Performance Festival:

The SK Performance Festival is an opportunity for South Kingstown band, chorus or orchestra students up to grade 8 to audition for a performance rating. Students must be able to perform a selected solo (without accompaniment) or ensemble with a friend(s) (duet, trio, quartet). Ratings of an "A" or "B" earn medals. Many students choose more than one event in which to perform. We encourage all band, chorus, and orchestra members who feel comfortable with their ability to consider participating. Any student who studies privately should inform their private music instructor for extra help during lessons. Samples of music will be handed out to students. **Original copies of music must be purchased before auditioning. Students are not allowed to audition on copied music unless the music is out of print or it is from Festival Solos Book.** Ensembles only need to purchase one original copy.

Students may begin working on pieces at any time. I encourage students to practice many different selections, aiming for a more difficult level. Pieces have been organized into easy, medium and difficult within each performance level. Students are required to choose pieces demonstrating performance growth in order to participate. Students who wish to participate **MUST** make a commitment to practice their selected music.

Band students will be auditioned on their prepared solo and also on sight-reading.

Audition times will be given to your child at school the week before the festival. Audition times will also be posted in the band room. The audition time is the exact time your child should be waiting outside the assigned classroom. Please plan to arrive at the school 15 to 30 minutes early. This gives your child a chance to warm-up and "catch his/her breath" before the audition.

Audition dress: School Clothes

CCMS students who successfully participate in the festival are waived from completing their 4th quarter band project.

Performance Festival is held at Curtis Corner Middle School the week before April vacation.

Auditions will be scheduled between 2:30 and 8:30 PM. Please be aware of after school sport schedules if your child participates in sports.

Transportation is the responsibility of each family.

Performance Festival Fees:

\$ 10.00 each student for a solo

\$ 5.00 each student for an ensemble

FEES ARE DUE AT THE REGISTRATION IN **FEBRUARY**

Please make checks payable to CCMS

Fees are not refundable.

*****Any family unable to pay the registration fee should speak with their child's music teacher. Funds are available so your child may participate.**

CCMS students who choose not to participate in the Festival are still required to learn a solo and will record and submit it through the SmartMusic program. Solos must be submitted before or after school by May 1. These students are also required to complete the quarter 4 band project.

National Music Standards – GRADES 5 to 8:

1. Content Standard: Singing, alone and with others, a varied repertoire of music.
2. Content Standard: Performing on instruments, alone and with others, a varied repertoire of music
3. Content Standard: Improvising melodies, variations, and accompaniments
4. Content Standard: Composing and arranging music within specified guidelines
5. Content Standard: Reading and notating music
6. Content Standard: Listening to, analyzing, and describing music
7. Content Standard: Evaluating music and music performances
8. Content Standard: Understanding relationships between music, the other arts, and disciplines outside the arts
9. Content Standard: Understanding music in relation to history and culture

Rhode Island K-12 Grade Span Expectations in the Arts <http://www.riartslearning.net/>

The document, the *Rhode Island K-12 Grade Span Expectations in the Arts*, has been developed as a means to identify the arts concepts and skills expected of all students. The RI arts GSEs encompass the content eligible for inclusion in local assessment in the arts in grades K - 12. They are not intended to represent the full arts curriculum at each grade span, but are meant to capture the "major ideas" of the art forms that can be assessed. The goal is that the arts GSEs focus the curriculum, but do not restrict it. The arts GSEs are written for grade spans K-2, 3-4, 5-6, 7-8, and 9-12. They describe arts knowledge and abilities students should demonstrate at the end of each grade span.

As you review the *Rhode Island K-12 Grade Span Expectations in the Arts*, the following information is important to understand:

The arts GSEs are organized into four **domains; dance, music, theater and visual arts & design.**

1. The four domains are further subdivided into **Statements of Enduring Knowledge**
 - a. are intended to identify the fundamental knowledge/concepts for each domain of the arts.
 - b. cut across grade levels, so that learning is developmental/built across grades (not all aspects of the EK may be addressed at all grade levels)
 - c. are of comparable grain size
 - d. encompass, as a set, the *essential learning for each domain in the arts*
 - e. imply topics of study (and therefore, lead to focused instruction, as identified in arts standards/benchmarks/GSEs)

2. Each **Assessment Target** is linked to one Statement of Enduring Knowledge, as indicated with the target's coding

Mu 1 Artistic Processes – The human experience can be created and recreated through sound.

Mu 2 Cultural Contexts – Music connects and expresses history and culture around the globe.

Mu 3 Communication – Music of diverse genres is performed in a variety of settings.

Mu 4 Aesthetic Judgment- Music knowledge is applied through reflection and evaluation of the music of self and others.

Private Lessons:

Many families choose to offer their musician private lessons. There are many qualified teachers in the area, including the URI Prep Program. If you need assistance in selecting a teacher, please feel free to contact me.

Supplies:

Students are expected to obtain their own supplies. The music department orders a limited amount of reeds, valve oil etc. each year which should be used for emergencies only. Please ASK before taking any item off the shelf. Students using school reeds must replace them as soon as possible.

Again, please do not take supplies without asking.

Clarinet and Saxophone:

Reeds:

Reeds are thin slices of bamboo that attach to the mouthpiece of a clarinet or saxophone. They vibrate to produce that instrument's sound. Reeds are delicate and do not vibrate well if chipped, split, worn with age, or moldy...(Yes!! Is there black or green on the back? Are there "spots" on the front or back? Throw it AWAY!!). It is the student's responsibility to come to their class each week with at least two good reeds. If reeds are handled carefully and the mouthpieces are swabbed after each practice, they should last approximately 3 weeks.

- Suggested Reeds
 - Rico Reeds – Size 2.5, 3 or 3.5 (Please do not purchase size 2)
 - Vandoren Reeds - Size 2.5, 3 or 3.5

Your local music store or your rental music store is the closest source for reeds. You may also mail order reeds. A reputable source is:

Weiner Music: 1-888-622-CORK

ALL REEDS DO NOT FIT ALL INSTRUMENTS.

Remember to specify reeds for the EXACT instrument: B-flat Clarinet, Bb Bass Clarinet, E-flat Alto Saxophone, Bb Tenor Saxophone, Eb Bari Saxophone.

Plastic reed savers are a worthwhile investment. However, please DO NOT purchase plastic, synthetic or flavored reeds.

Mouthpiece Patches for Clarinets & Saxophones: Mouthpiece Patches help to protect your mouthpiece and help to cushion your teeth. As a clarinet player myself, I highly recommend the use of these patches. If you do not have one, please contact your rental store or send a note to school. I have some available for \$ 1.50. To attach it, please wash and wipe dry the top of the mouthpiece so all grease is removed. If your mouthpiece has a cork do not wet it while washing the mouthpiece.

Clarinet: Upgrade your student mouthpieces and ligature to a Vandoren 5RV Lyre Mouthpiece and a Rovner Reversed Ligature for a better sound.

Alto Saxophone: Upgrade your student mouthpieces to a Selmer C "Star", Vandoren A25, or Meyer 5 medium and a Rovner Reversed Ligature for a better sound. You may also begin with just a ligature upgrade.

Brass Players:

If you hear gurgling noises when you play, you need to empty your spit valve. Each time you play you are sending water into the end of your instrument. Remember to empty it frequently. **Each brass player is required to have a "water" rag in school to empty the water. Students at CCMS are NOT allowed to empty spit valves on the floor.**

If your valves or slide sticks a lot, you may need to empty your valves more often. Dirty valves are sticky valves. Regular maintenance on brass instruments is essential to avoid repairs. Bathing your instrument is highly recommended. Speak to me for directions. Snakes and brushes are available to borrow from school. Each brass player must have the appropriate oils/creams at each rehearsal.

Band Lockers:

- All students must follow the rules regarding these lockers or individual locker privileges will be taken away and instruments will need to be carried through school.
 - Students with smaller instruments such as flutes and clarinets should keep their instruments in their Learning Center assigned locker.
 - Students with larger instruments such as alto saxophones and trumpets - Lockers will be assigned to students in order of grade, 8 then 7. Most students will share lockers with other band students.
 - Students with largest instruments such as larger saxophones and larger brass will keep their instruments against the front wall of the band room.
 - Since locks are not provided by the school, personal locks of any kind are not allowed to be used. If your instrument needs to be secured, the instrument should be kept in the Learning Center assigned locker. For larger instruments that need to be secured within the band room; please speak to Mrs. Florenz.
 - Students are responsible for the condition of their assigned band lockers. Students are responsible to keep lockers clean of loose papers. Only instruments and music in binders or notebooks are allowed in music lockers. **Under no circumstance should food or drinks be brought into the music room or put in band lockers.**
 - Any student(s) found to be destructive to his/her or others band locker, will be reported to administration.
 - Any students found to be in violation of the rules will have locker privileges taken away (parents will first be notified).
-

Field Trips:

Music field trips are at the discretion of the music department and are decided on yearly. A strict behavior policy will be enforced for any trips taken.

Students pay for field trip expenses.

Movies:

At some point during the school year, (fieldtrips, after concerts, teacher absence) a movie may be shown.

Movies may include: Phantom of the Opera, Momma Mia, Cats, Footloose, Fame, Drum Line, Mr. Holland's Opus, Star Wars

Music Leadership: (formerly Tri-M)

Are you a reliable and helpful 8th grade band member? Do you want to earn community service hours this year? If you said "yes" than this group is for you.

These are the students who help set up and work band concerts. Sometimes there are jobs before or after school you can do. All hours are recorded so you have them when you need them. It's a great way to help out.

Applications are available from Mrs. Florenz in the beginning of the school year.

Membership is open only in September, by application.

Health Issues:

Common sense will help your child remain healthy while at school. Band students are not allowed to share wind instruments unless instructed by the teacher and mouthpieces have been disinfected.



WASH HANDS/ALCOHOL GEL SNEEZE IN ARM STAY HOME WHEN SICK

Practical steps parents can take to keep students healthy during the school year:

- **Remind children to practice good health habits at school** such as washing hands often with warm water and soap and covering their coughs. Children should also avoid touching their eyes, nose, or mouth, as germs can spread this way. Teach children to cough and sneeze into their elbows to prevent the spread of germs that cause the flu.

Comments from Band Members:

What makes band different from other classes?

1. It teaches you to multi-task, to pay attention to your surroundings, while focusing on your part to play as an individual.
2. Band is interactive.
3. Band is hands on. It's like having a lab everyday.
4. Teamwork.
5. You work together with your class and it's like a tight band between you and your classmates.
6. It's almost like a family.
7. You depend on each other.
8. You actually learn something important on how to work as a group and to use one voice.
9. Learn about beauty, art and emotion.
10. How to express yourself.
11. You learn to perform and edit at the same time and in real time.
12. You have to be able to use all your senses at the same time.
13. It helps me with my reading.
14. You speak without talking.
15. Learn a lot about culture.
16. We learn from our experience and our mistakes.
17. It helps me relax and feel good.
18. It's about other people, not just you.

...The Band Room is a gum free zone!

