



University of Wisconsin La Crosse Screaming Eagles Marching Band Handbook



Table of Contents:

- Cheers/ Chants - **move to end, after “style/marching”**
- Chain of Command
- “The Voice of Command”
- Policies
 - Section A: Attendance
 - Section B
 - Section C: General Rules
- Grading
 - Tardy Policy
 - Attendance
- Equipment
 - Instruments
 - Other Equipment
 - Maintenance
 - Damages
- Uniforms
- Music
- Performance
 - Stand Etiquette
- Style
 - Attention
 - Glide Step
 - 8 to 5
 - Adjusted Step
 - Stationary Fundamentals
 - Band Ready
 - Attention
 - Parade Rest
 - Stand at Ease
 - Horns up
 - Horns down
 - Dress Center/Right/Left
 - Front
 - Glide Step Maneuvers
 - Mark times

Cheers/ Chants:

(Sung with tuba accompaniment): "I'm a little teapot, short and stout. Here is my handle, here is my spout. When I get all steamed up hear me shout, Tip me over and pour me out."

Rah, Rah, Ree! Kick 'em in the knee! Rah, Rah, Rass! Kick 'em in the other knee!

Sack, the quarterback!

U-G-L-Y you aint got no alibi. You ugly, yeah, yeah, you ugly. WOOO! M-A, M-A, how you think you got that way? Yo' mama, yeah, yeah, yo mama. WOOO! D-A-DD-Y, you don't even know that guy. Yo' daddy, yeah, yeah, your daddy. WOOO! Yo mama, yo daddy, yo greasy granny go a hole in her panties, got a big behind like Frankenstein. Hey band! (Hey What?) Hey band! (Hey What?) We are the Screamin' Eagles and we're here to knock you out! Cuz we're a buncha bad mother wooooo shut cho mouth.

Boom Chicka Boom, et al.

Hey Band! (Hey What?) Football! Yeah!

Gimme a B (B), gimme an R (R), gimme an A (A). What's that spell? BRA! What's that mean? Hold 'em, hold 'em, hold 'em!

Gimme a D (D), gimme an A (A), gimme a T (T) gimme an E (E). What's that spell? DATE! What's that mean? Score, score, score!

E-I-E-I-E-I-O, C'mon Eagles lets go! Scooby-dubie, dubie do. Wha-o-o-o.

Shout it out: Shout it out lemme hear you shout it out EAGLES! Go maroon and grey now, shout it out EAGLES! We're La Crosse, We're the best, Shout it out, Go-EAGLES-GO!!

Crazy Train: All aboard, Aii-aii-aii, Yeah, yeah! What, what, what? Let's go! (Let's go) If you want it, you can get it, lemme know (lemme know). 'Bout to bring it straight up, Let's gooooo!!

Beer-Barrel-Chant-LAX: Hit it, hooray, hurrah, lax, lax, hooray, hurrah, lax, lax, hooray, hurrah, lax, lax, with a bully for ol La Crosse! Rah, rah, rah, rah. La Crossssse, La Crosssssse, La Crosssssse, EAGLES!!

End of game: "WE love our team! we LOVE our team! we love OUR team! we love our TEAM! WE LOVE OUR TEAM!!"

Post game, return to CFA: Oo, ah, Timmy, everybody walk that dinosaur and uhh, take a bite!

Chain of Command

1. Director
2. Student Assistant Conductors (Drum Majors)
3. Band Council
 - President
 - Vice President: Traditions
 - Vice President: Public Relations
 - Uniform Manager(s)
4. Section Leaders/ Color Guard Captain(s)/ Poms Captain(s)

This hierarchy of personnel within the “Screaming Eagles” Marching Band should be observed at all times. Band members with questions or concerns should first address their section leader. If that person is unable to answer the question or deal with the concern, the member and the section leader should approach one of the Student Assistant Conductors. This person can then direct the question or concern to the Band Council for discussion or consult with the Director. If the section leaders/captains can deal with minor problems, the Director and Drum Majors can focus their attention on matters that concern the entire band.

“The Voice of Experience”

1. Negativity spreads; those who do not know may believe what they hear instead of what they see.
2. The band is an emotional group; expect some ups and downs.
3. There is always room for improvement; a little *constructive suggestion* should be welcomed.
4. Anybody can be a critic; it takes no skill or background and bears no responsibility.
5. When a problem arises, ask yourself if you are part of the problem or the solution?
6. When in doubt – DON'T. Adjust to the situation.
7. Poor attitudes and discipline during rehearsals is frustrating to everyone; be patient and listen for instructions.

Policies

Section A

Attendance:

1. Rehearsals -- All absences must be excused by the director and drum major in charge of attendance. Each request for an excused absence must be in writing and will be considered individually. Submitting a request does not automatically excuse one from rehearsal. An unexcused absence may jeopardize one's grade. Absences are excused for school-related activities and emergencies only, and fall into two categories:

a. Scheduled Absences: you must submit a written note or email to the **Director and Student Assistant Conductors** at least three days before **(within a week of)** the rehearsal to be missed. No more than one scheduled absence will be excused per week. Scheduled absences should be avoided during game weeks. Weekly excused absences are allowed only for **pre-approved** course conflicts.

b. Emergency Absences: a sudden illness or death in the family. Let the director know at your earliest convenience.

2. Performances -- An unexcused absence from any performance could result in dismissal from the organization. Absences from performances will be excused for unavoidable major school-related conflicts, extreme illness or death in the family only. Other conflicts must be discussed with the director at least two weeks prior to the performance.

Section B

It is expected that each student will contribute to the organization with their best effort at all times. This includes matters of attendance, as well as being prepared for all rehearsals with charts, music, a properly functioning instrument, and a generally positive attitude and work ethic. **Continuous** Lack of preparation, particularly regarding music, may result in a lowered grade or change of status within the organization.

Section C

General Rules:

1. Each member is responsible for preparing his/her music through individual practice.
2. Each member is responsible for having all music in a flip-folder.
3. Always cooperate fully with the director, Band Council, Student Assistant

Conductors, section leaders, and/or drill instructors. They are all committed to making the organization as excellent and rewarding as it can be.

4. Never assume that a rehearsal or performance is canceled due to inclement weather (besides, it's always 72.5 degrees and sunny in La Crosse).
5. Each member is responsible for lost parts of his or her uniform. See a **Drum Major** or Uniform Manager immediately and get any replacement parts before the next performance. (*See uniform policy). Poms and colorguard captains should report problems to the Director.
6. Each member is financially responsible for any damage to or loss of school instruments and/or uniforms.
7. All music, instruments, and uniforms will be returned within one week of the last performance of a given season. Failure to do so will result in a hold placed on the student's grades and/or fees.
8. Each member is expected to exemplify the spirit and high standards of the organization during all performances.
9. The use of drugs and alcohol is strictly prohibited during any rehearsal or performances. Such substances have no place in the UW-La Crosse bands. The only way to insure the best possible performance at all times is to abstain from the use of drugs and alcohol before and during all band functions. The abuse of such substances may result in dismissal from the organization and possible further legal action.
10. Everyone cheers together! Remember the "Screaming Eagles" Marching Band is present at games to support OUR team.
11. Proper behavior and respect for the rights of others will occur in all band activities. Any behavior or activity that could be interpreted as demeaning or harassing to band members or the general public is strictly forbidden. The following activities are not allowed while in uniform or while representing the band: swearing/cursing, excessive displays of affection, drug use, smoking, drinking, and any other behavior or activity that is deemed inappropriate.
12. There will be no initiations or hazing of any kind within the membership of this band. Hazing is strictly prohibited by the band administration, is against University of Wisconsin System rules and is illegal under Wisconsin state law under 948.51 Hazing law. Participation in such activities will result in suspension and/or expulsion from the organization and could also result in legal action.

Grading

It is expected that each student will contribute to the band with their best effort at all times. This includes matters of attendance, as well as being prepared for all rehearsals with charts, music, a properly functioning instrument, and a generally positive attitude and work ethic. Lack of preparation, particularly regarding music memorization and technical execution may result in a lowered grade. In addition to these factors, your grade will be determined by your adherence to the policies described herein, including promptness and attendance.

Tardy Policy:

Everybody will be allotted one free tardy. After that, a time length of service to the band will be assessed based on tardiness.

Attendance:

1. All absences must be excused by the director.
2. An unexcused absence could jeopardize your grade.
3. See Attendance policy on page 5

Equipment:

Instruments

It is the policy of the "Screaming Eagles" Marching Band to provide all sousaphones, baritones, mellophones and percussion. Smaller instruments may be provided, subject to availability, to students who do not own their own instruments or cannot use their own. Instruments will be checked out at the beginning of the season. School-owned instruments will include mouthpieces, ligatures, caps, lyres and neck-straps. Other accessories (including reeds) must be provided by the student.

Other Equipment

It is the policy of the "Screaming Eagles" Marching Band to provide all flags, poles and related props for the color guard, as well as poms for the pom squad.

Maintenance

Band members are expected to keep their equipment in good working order. Members must supply their own valve oil, slide oil, cork grease, etc.

Damages

If an instrument or other piece of equipment is damaged during the season, students should see the director immediately. If the damages are the result of carelessness or

undue abuse by the student, the repairs will be the financial responsibility of the student. Students should not attempt repairs themselves, nor should they rehearse or perform with damaged equipment.

Uniforms:

You have earned the honor and privilege of wearing and caring for an official UW-L Screaming Eagles Marching Band uniform. Please go over this information carefully. The replacement cost for the uniform is high and proper care is pertinent to maintaining these uniforms for several years.

1. **Hang up your uniform:** When you receive your uniform it will be on a suit hanger. Pants should be hung following the creases that are pressed into the pants. Jacket should be hung over the pants and zipped. Front slash should be buttoned on the front of the jacket. Cape should be buttoned on top shoulder as well. **DO NOT** store shoes in the bottom of the bag!!!!
2. **Hat Box:** Use the hat box for your hat. Gloves may be kept in here as well. **DO NOT** store your shoes in the hat box.
3. **Repairs/Hemming:** It is your responsibility to have pants/bibs hemmed as needed. Hemming is required to avoid dragging and damaging the pants. **DO NOT** use safety pins as they tear/damage the material. **NEVER** cut off a piece of the uniform. If uniform repair is needed notify the uniform manager.
4. **Cleaning:** The Jacket, Front Slash, Cape (Shoulder Drape), and Pants are to be **DRY CLEANED ONLY**. If any part of your uniform gets dirty during the season, please notify the uniform manager immediately. He/She will determine how it needs to be cleaned.
5. **Accessories:** White gloves need to be purchased. We will make them available to you for \$3.00. Always wear black socks with your uniform.
6. **Band Shirt:** Everyone receives an SEMB t-shirt at the beginning of band camp. This t-shirt is to be worn as part of our **summer uniform** and under your uniform for all performances. There are times when the band will, as a group, remove various uniform parts during rehearsals in consideration of the heat. This can only be done, however, if the band can remain uniform in doing so. This means that if one person does not have their Screaming Eagles T-Shirt on, the band will not be allowed to remove their coats. Don't be that person that doesn't have their t-shirt on under their coat, so the whole band can't remove their jackets.
7. **Post Performance Care:** After performances, you will be hot and sweaty - so will your uniform. Please hang your damp uniform in order to let it dry completely

before placing it back in the garment bag. **NEVER** place a sweaty uniform in a zipped up garment bag!!! It will turn into a science experiment!!

8. **Public Image:** When in public, the complete uniform should be worn. There are 2 options:

- a. **Loading/unloading buses, walking to/from your dorms:** black band t-shirt, bib pants, carrying band jacket in garment bag and hat. The hat should not to be carried by the chin strap or used as a basket for your mouthpiece, gloves, neck-straps, flip folder, etc... This practice is damaging to the hats.
- b. **At all other times you should have the jacket on, zipped up, slash and cape attached.**
- c. **At all times you are representing the University of Wisconsin – La Crosse.** When in uniform, you are representing the band, the University, and the community as a whole. Therefore, The following activities are not allowed while in uniform or while representing the band: swearing/cursing, excessive displays of affection, drug use, smoking, drinking and any other behavior or activity that is deemed inappropriate. **The following activities are not allowed while in uniform or while representing the band: swearing/cursing, excessive displays of affection, drug use, smoking, drinking and any other behavior or activity that is deemed inappropriate.**
- d. **All members must either be in Full Uniform or no uniform.** There is no in between. The term “Full Uniform” refers to the following: Shako, Pants (hemmed to proper length), Jacket, Black Shoes, White Gloves, and UW-L Screaming Eagles T-Shirt. The only item that may be carried rather than worn is the shako, however, it is not to be carried by the chin strap or used as a basket for your mouthpiece, gloves, neck-straps, flip folder, etc. This is damaging to the shakos.
- e. **Please note the black t-shirt is considered part of your uniform.** The black SEMB t-shirt you’re given is a part of your uniform. Though you can wear it outside of the season, just remember it’s still first and foremost a part of your uniform and should be thought of as such. Any section shirts or shirts with “SEMB” (or something referring to our organization) are also representing the band, the University, and the community. Represent us well with appropriate behavior while in these shirts.

9. **A Few Simple Rules:** The uniform is an expensive piece of equipment. Following the information on care and maintenance will ensure that these uniforms will be used for many years. You should never loan your uniform to anyone. It should never be used as a Halloween costume.

10. It is not permissible to eat /drink in uniform. Water is acceptable.

11. Sack-Packs: The sack-pack you are given at registration is a part of your uniform— therefore all of the uniform rules apply to it. Don't loan it out or use it for recreational purposes. It is to be used to carry water bottles, sunscreen, flip folders, valve oil, etc. You are responsible for your sack-pack and field markers that come in them, and they are both to be turned in with the rest of your uniform at the end of the season.

12. Uniform Return: Uniforms will be returned within one week of the last performance of a given season. Students will be charged \$5.00 per day -- for the time the uniform, or any part thereof, is not returned beyond the one-week grace period. If the uniform, or any part thereof, is not returned within a month of the last performance, the student forfeits his or her right to return the uniform and the student will be charged for the full replacement cost for the uniform or uniform pieces not returned in addition to the late fees incurred. Failure to pay the fines and/or fees can result in a hold on future class registrations.

PLEASE NOTE THE FOLLOWING REPLACEMENT COSTS FOR UNIFORM PIECES:

<i>Jacket</i>	<i>\$275.00</i>	<i>Slash</i>	<i>\$75.00</i>	<i>Bib Pants</i>	<i>\$50.00</i>
<i>Cape</i>	<i>\$70.00</i>	<i>Shako</i>	<i>\$50.00</i>	<i>Sack Pak</i>	<i>\$15.00</i>

All uniforms are issued to students by an assigned ID number found on the inside of each piece. Any damage to the uniform, other than normal wear and tear, will be the student's responsibility to replace.

The color guard uniform consists of:

The poms uniform consists of:

No part of anyone's uniform may be worn anywhere except at designated "Screaming Eagles" performances. NEVER loan any part of your uniform to anyone! You are fully responsible for your uniform.

Music:

Every "Screaming Eagles" member has been assigned a flipbook folder and cardboard folder containing all your music. These folders are numbered and will be checked out

to you. All members are responsible for their music and folders. Please take care and keep track of your music and folders, as they are expected to be returned in the same conditions they were checked out. If for some reason you have lost a part, let a section leader know. All members are responsible for having all music with you at all rehearsals and performances. All pregame music must be memorized.

Performance:

- A game-day performance includes the following elements: the rehearsal preceding the game, the L-Club parking lot performance, the pregame show, the halftime show, participation in the stands throughout the game, and the parade to and from the stadium. Every member must be present for every aspect of a performance to receive credit for participation. ARRIVING LATE OR LEAVING EARLY ARE NOT OPTIONS, unless given prior permission. Work, family obligations, etc. will not excuse you from any element of a performance -- plan ahead.
- You must exemplify the spirit and high standards of the “Screaming Eagles” Marching Band during all performances.
- We cheer with the cheerleaders- everyone cheers together! Remember that we are present to support OUR team.
- Inappropriate language or behavior will not be tolerated.

Stand Etiquette

Friends and family may visit the band section of the stands for up to 5 minutes (to take pictures, etc.).

- This same policy applies when leaving the stands for any reason.
- Make sure that you let your section leader know when you are leaving the stands (section leaders: make sure that enough of your section is present to ensure proper instrumentation and balance).
- Make sure that you are paying attention while in the stands.

Style

Attention

At attention, heels are together and toes are at a 45-degree angle. To check attention position, marchers should follow this checklist: heels are together, toes are apart, stomach in, chest out, shoulders back, chin up, eyes straight ahead (this is where the pride comes through).

Glide Step

The glide step is an intense, controlled step dependent upon the muscular coordination

of the marcher. The left foot is always first. Plant your heel, raise your toes as high as possible and move your foot forward in a smooth manner. Each foot should, as it meets the ground, roll from heel to toe along the outer part of the foot. Feel the muscles tighten from the heel up to the buttocks as the step is executed; the upper body (everything above the waist) must remain perfectly still and erect throughout the maneuver. It's as if you were squishing all the toothpaste out of the tube under your foot: heel to toe.

8 to 5

The standard "Screaming Eagles" Marching Band stride is eight steps for every five yards; each step measures exactly 22.5 inches. Begin on the odd count by stepping forward with the left foot (see glide steps above).

Adjusted Step

The "Screaming Eagles" build to various positions on the field by marching in an adjusted step. The total distance of a particular maneuver is divided evenly among the required number of steps; i.e. each step is of an equal size, adjusted so that the total distance is covered in the required amount of time.

Stationary Fundamentals

All marching fundamentals rely upon a command/response system. Below, the commands (given by the Director/Student Assistant Conductor) are indicated as verbal patterns and/or whistle patterns while the verbal responses (given by the band members) are indicated in association with counts. All words shown in quotation marks are spoken distinctly and at full volume—the band takes great pride in the enthusiasm and carrying power of its verbal responses and the precision and character of its actions. All commands and responses occur within a regular, predictable rhythmic structure—the responses and their corresponding actions must be executed in the same tempo that the commands are given.

Band Ready

Command = "Band" or whistle (.)

No verbal response. Band immediately assumes parade rest position in formation: feet shoulder width apart, left hand behind back, knuckles of left fist in small of back, shoulders back, chin high, instrument in appropriate parade rest carriage position (ask your section leader).

Attention (from parade rest position)

Command = "Ten hut, ten hut" or whistle (_ . _ .)

Response = (ct 1) "U" Right foot kicks out at 45°, toes pointed, foot close to ground
(ct 2) "W" Right foot snaps back, feet together
(ct 3) "L" Left foot snaps up to inside of right knee

(ct 4) “Rah” Left foot driven down, feet together. Left hand snaps to side. Band member now in attention position: see above (ask section leader for proper instrument carriage position)

Parade Rest (from attention)

Command = “Parade rest, parade rest”

Response = (ct 1) “Parade” Freeze
(ct 2) “Rest” Freeze
(ct 3) “One” Left foot snaps up to inside of right knee
(ct 4) “Two” Left foot driven into ground shoulder width from right, left hand snaps to back— see band ready position above.

Stand at Ease (from attention or parade rest)

Command = “At ease”

No verbal response. Band members should remain in place, relaxed yet with full attention on the director. No talking, no wandering around. Stand at ease is not an excuse to socialize— it is used when the director needs to instruct the band. Do not play your instrument when at ease.

Horns Up (from attention or parade rest)

Command = “Band horns up”

Response = (ct 1) “And” Both hands on instrument, instrument dips slightly
(ct 2) “Up” Instrument snaps up to playing position

Horns Down (from attention or parade rest)

Command = “Band horns down”

Response = (ct 1) “And” Instrument snaps away from face slightly
(ct 2) “Down” Instrument snaps down to proper carriage position

Dress Center (from attention)

Command = “Dress center dress”

Response = (ct 1) “And” Freeze
(ct 2) “Dress” Snap head 90° toward center of formation. Those at center of formation: freeze (eyes front)

Dress Right (from attention)

Command = “Dress right dress”

Response = (ct 1) “And” Freeze

(ct 2) "Dress" Snap head 90° to right, chin over right shoulder

Dress Left (from attention)

Command = "Dress left dress"

Response = (ct 1) "And" Freeze

(ct 2) "Dress" Snap head 90° to left, chin over left shoulder

Front (release command for all of the dress maneuvers)

Command = "Ready, front"

Response = (ct 1) "And" Freeze

(ct 2) "Front" Head snaps 90° back to straight ahead position. Those at center of formation for dress center: freeze (eyes remain front)

Glide Step Maneuvers

Mark Time Mark (from attention)

Command = "Mark time mark"

Response = (ct 1) "And" Snap left knee forward, left heel up, keeping toes on ground (weight on right foot)

(ct 2) "Mark" As left heel returns to ground, shift weight from right foot to left. Snap right knee forward, right heel up, keeping toes on ground; alternate

Note: The height at which the marcher's heel should be from the ground is equal to bringing the sole of one shoe to the ankle of the other foot.

Mark Time Move (from forward or backward march or attention)

Command = "Mark time move"

Response = (ct 1) "Forward" Snap left knee forward, left heel up, keeping toes on ground (weight on right foot)

(ct 2) As left heel returns to ground, shift weight from right foot to left. Snap right knee forward, right heel up, keeping toes on ground; alternate

(ct 3) "March"

(ct 4) Left foot kicks out, moved forward in a smooth manner, close to ground

(all odd counts) Extend left heel forward 22.5", roll weight from heel to toe along outside of foot

(all even counts) Extend right heel forward 22.5", roll

weight from heel to toe along outside of foot.