

Mankato Area
77 Lancers
Marching Band
since 1979

**Parent Organization
Handbook**



77lancers.com

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Dear Lancer Parents,

Welcome to the Lancer Family! You are in store for a wonderful experience as your child joins Mankato's Marching Ambassadors. This handbook is provided for the well being of Lancer Parents and we hope that it will be taken in the spirit for which it was intended. Naturally, all the possible challenges we may meet cannot be covered here, much of the fun will come in discovering things for yourself! Your child will also receive a Lancer Handbook at the beginning of the season. You may wish to peruse this as well. There you will find detailed information on the summer. The pages of this Parent Handbook that were taken directly from the Lancer Handbook are marked with * and should be read with that in mind.

I have enjoyed being the director of Lancers since 1986. It's like a coaching opportunity! One thing you must understand from the start is 100% commitment to the program is expected from your child. S/he is now a starting member of a varsity team that has no bench! It important that they be at EVERY Lancer function. Basically each individual student is the most important person in the Lancers! Further, we hope you are able to schedule family outings and other vacations around Lancers. August is a great month to travel!

Another basic truth is that we cannot do this without your help. We're asking you to please volunteer! When your child joins Lancers you are automatically a member of the Lancers Parent Organization. The group is guided by the Parent Board but there is no way these eight people can do all the work! We need **your** help!

Since 1979 over 1400 young adults from the Mankato Area have participated in Lancers. I assure you your child will be in good hands. I encourage you to join other parents and get to know them as we work with your child. This is *their* activity, *their* time, and you will be so proud when you see them marching down the street!

Thank you for your support of the Lancers. I look forward to working with you and your child. Feel free to contact me with questions and concerns. I am here to serve!

Respectfully,

Tedd Gullickson

POWER * PRECISION * PAGEANTRY

The Purpose

- ~To provide musical and marching training while promoting an attitude of pride, spirit and teamwork.
- ~To represent District 77 and the Greater Mankato Area with excellence, in Minnesota and throughout the United States and Canada.
- ~To give all interested District 77 students and aesthetic, enriching experience, one that is both educational and social.
- ~To gain a lifelong appreciation for music and people.

The Mission

The mission of the Lancers is to teach life lessons while pursuing excellence in the ultimate team sport of music in motion. Young adults experience enjoyment while combining the best of athletics and the arts.

The Goal

The Lancer Goal is to be the best summer marching band program, both on and off the street, in the state of Minnesota and the nation.

Our success will be determined by the following methods:

- ~Our assessments
- ~Audience reaction
- ~Competition results
- ~Judges comments
- ~Improvement throughout the season
- ~Good Sportsmanship
- ~No rule violation or behavior infractions

The Lancer Code

We owe it to all Lancers who have gone before us to uphold the Lancer traditions, mystique and prestige. We owe it to ourselves to positively augment this status.

Parent Board

Simply put, the Lancer could not exist without the Parent Board. they serve as the support arm of our organization. Although they do not deal with direction of the band (tour destination, parade selection, music, staffing, etc...) they are integral in raising money for the Lancers and organizing countless things for us. Please help them when they ask for volunteers!

Consider running for a position on the board yourself! Realize we are not looking for consultants, but people willing to work very hard. Yes, it's time consuming but it's also very rewarding.

Parent Association By Laws

Article I: NAME

The name of this organization shall be the Mankato Area 77 Lancers Marching Band Parent Association, referred to herein as the Association.

ARTICLE II: MEMBERSHIP

The parents/guardians of all Lancer band members shall automatically be members of the Association. Membership in the Association commences upon registration of the band member with the Mankato Area Recreation Council, the sponsoring entity of the band. Membership continues until the member's child or ward is no longer a participant in the Lancer band program. Parents/guardians of band members who have not graduated from high school shall continue to be members of the association throughout the school year following the band's summer season.

ARTICLE III: PURPOSE

The 77 Lancers Marching Band being only a summer program of the Mankato Area Recreation Council, the Association shall exist to provide continuity in various ongoing band related functions. Specifically (but not be way of limitation) the Association shall engage in the following activities:

a) Fundraising for any and all band activities of for the purchase of any band related equipment or clothing.

b. To assist the music director(s) of the band by recruiting, planning, chaperoning and such related requirements as from time to time may be required.

In fulfilling its purposes, the Association shall work closely with the music director(s), staff and the Mankato Area Recreation Council. All funds raised by the Association shall be expended in furtherance of the band's activities.

ARTICLE IV: MEETINGS

General membership meetings shall be held at least three times per year: (1) during the opening week of band rehearsal in June; (2) immediately prior to the final concert of the summer; (3) at least once during the winter.

ARTICLE V: EXECUTIVE BOARD

The Executive Board shall be the decision making body of the Association. The board shall consist of eight parent members plus the music director(s) of the band. The eight parent members shall be elected by the general membership of the Association at the Final Concert membership meeting. Members of the board shall serve two year terms with one half of of the terms expiring each year. The Executive Board shall hold its organizational meeting on the first Tuesday of September at 7:00 p.m. and shall thereafter meet at such times and places as it shall deem necessary. At its organizational meeting the board shall elect its officers to serve for the year. The officers to be elected by the board are President, Vice President, Secretary and Treasurer. Meetings of the Executive Board are open to all members of the Association.

ARTICLE VII: COMMITTEES

The Executive Board may from time to time form either standing or ad hoc committees as the need shall arise. All members of the Association are eligible to serve on such committees.

ARTICLE VIII: ADOPTION/MODIFICATION

These by-laws are adopted by the Association on July 24, 1988 at a general membership meeting. They must be amended by the affirmative vote of a majority of the membership in attendance at any regularly scheduled meeting of the Association.

VOLUNTEERS

A Commitment to Youth at the Heart of the Lancers

The Lancer Parent Organization and Alumni provide the volunteers to support the Lancers in their efforts. Team up with other parents, alumni and boosters to help support our band. Is this hard, physical labor? Yes! The work hours are long, but the “thank yous” from the members make your time and efforts very worthwhile! There is deep gratification knowing how you have helped young people achieve their dreams and goals.

Parents, alumni, and other community volunteers have been an integral part of the Lancer daily operations ever since the band began in 1979. The organization cannot exist without dedicated individuals who volunteer time, talent, goods and funds to the band. Ask many longtime boosters who started as volunteers why they are now staunch Lancer supporters. If you like challenges, enjoy good times and like to work hard, VOLUNTEER!

We need your help to keep the Lancers at the peak of championship status. We have one of the lowest fee structures in the activity due to our great support from parents, alumni and the community. Without this we would have to charge more for the privilege of being in Lancers. With your help we can maintain our quality program and keep costs down. No special skills are required; just a desire to help.

The benefits of volunteering time with the Lancers are wonderful. Past parent volunteers often comment how rejuvenated they feel after spending time with the Lancers. At a time when youth are often characterized as lazy, unmotivated and troublesome, the hard work and effort that members put in day after day often invigorates many volunteers. While the volunteer work is often long and demanding, the rewards are felt each time the Lancers takes the street in performance.

Your support is needed in many ways. We hope that you will share some of your experiences with us, helping us grow and become the best that we can be. The following is an outline of some of the areas we can use your help and how you may fit in. All the positions require the ability to work hard while having the time of your life!

FOOD

- *Meet the Lancers' meal
- *Cooking as needed
- *Preparing food for tour
- *Pre-camp food preparation
- *Cleaning food storage at the end of the summer

UNIFORMS

- *Organizing the inventory for distribution
- *Fitting & sizing
- *Loading and delivery to Lincoln at end of summer

SEWING

- *Sew flags
- *Flag repair
- *Uniform maintenance & repair
- *Uniform alterations
- *Periodic cleaning

CONSTRUCTION/REPAIR/MAINTENANCE

- *Repairs to equipment trailer
- *Construction as needed
- *Equipment organization & repair
- *Paint lines
- *Special construction projects
- *Upgrading our methods of storage and movement

TRANSPORTATION

- *Donation of truck to pull trailer to Mankato Area events
- *Donation of RV to be used as a mobile staff office when on the road
- *Drive staff transportation

DONATIONS

- *Vehicles as listed above
- *Fresh fruit (cases of oranges, bananas, apples, grapes etc.)
- *Popsicles at rehearsal break or after a performance
- *Healthy Snacks
- *Other items needed include:
 - Batteries (9 volt, AA...)
 - Blank video (full size and mini)
 - All Sport
 - Health kit items
 - etc...
- *See donations page

VIDEO CREW

- *Video tape rehearsals
- *Video tape performances
- *Produce Highlight Video

HEALTH

- *Be present during rehearsals and performances
- *Stock health kits
- *Prepare health kits for trips
- *Health education and preventative medicine

CHAPERONE

- *Chaperone for local parades and events
- *Chaperone for tour

TRAFFIC CONTROL

- *Help with traffic control during camp and other rehearsals

REHEARSAL HELPER

- *Security
- *Set up water table
- *Run errands as needed

FUNDRAISERS

- *Hot Dog Stands
- *Garage Sale
- *Other fundraisers

USHERING

- *Thunder of Drums
- *Final Concert
- *MSU Hockey

OTHER

- *Alumni organization
- *Marketing
- *Public Relations
- *Finances
- *Computer

GENERAL HELPER

Most of our volunteers fall into this category. We just help out anywhere we can. Just be willing to work hard and have a good time.

YOUR EXPERTISE

The Lancers has greatly benefited from the amazing talents of our parents and alumni. Your career or life experiences may be beneficial to us. Feel free to share with us ways to improve our organization based on your experiences. Parent volunteer achievements are the cornerstone of our success.

To volunteer time, talent, goods, or funds, contact the Lancer Parent Board !

Fundraisers

The Parent Board runs several fund raisers each year to support this very expensive activity. We ask you support at these in attending or working. Some of the fundraisers are to raise tour money for individual Lancers and others are for general fund. We need your help at both - volunteer often!

Individual fundraisers include:

GARAGE SALE Each spring the Lancers sponsor one of the largest garages sales around, The Lancer Financer. You will be invited to set up a table at the Mankato Curling Club (4H building).

RAFFLE SALE the Parent Board solicits some tremendous prizes to be raffled off at the final concert. Each ticket is \$1. *We encourage you to keep selling after you have reached your tour price goal. After this goal has been met, you will earn 50% of additional money raised. This money will be given to your child on the tour bus in cash to be used as spending money. Please help you self and the Lancers by selling as many raffle tickets as possible!!!*

MSU HOCKEY USHERING We provide ushers for all MSU home hockey games. This is a fun way to start on your account.

OTHER At times we will also sell greeting cards, candy, cookie dough, candles, Current or other items to help defray tour cost.

note: profits from these sales go into the individual Lancer's trip account. 50% of any money raised above the trip amount will be returned to the Lancer on the trip while the other 50% will go to the general Lancer fund. Help yourself and help the Lancers - KEEP SELLING!

Group fundraisers include:

(all the money earned from these fundraisers goes back to helping our kids!)

DINNERS The parent board sponsors one or two dinners a year for the community. These may be spaghetti, ham, turkey or whatever.

HOT DOG STAND The board sponsors hot dog stand at local groceries in the summer

PIE IN THE PARK We sell pie and ice cream in Sibley Park the night of the Lancer/Municipal Band concert.

SOLICITATIONS The board seeks donations from area businesses

Chaperone Information

Thank you for taking your time and energy to make Lancer trips possible! Chaperones are very important and essential to Lancer functions and we appreciate you volunteering. Parade days are long and can be demanding, but hopefully it's the 'toughest job you'll ever love!"

TO BRING

- *A meal if your Lancer has been asked to bring one.
- *Wear Lancer clothing!

PRE DEPARTURE

We may need your help packing the health kits (one for each bus) and icing and loading the All Sport and water. We appreciate your help with this but get some Lancers to help, too!

I will meet with the chaperones 30 minutes before the posted departure time in the music commons area of the Complex. This will give us time to get to know each other, go over the day's schedule and assign a bus. Some Lancers seem to want their parents to ride on their bus, most would prefer not. You'll soon find that on parade days they are ALL your kids! Have fun getting to know them. It may be best not to pack your lunch in the same container as your Lancer as you may be separated.

ON THE BUS

Take attendance every time we go anywhere! You need not wait until a staffer asks you to check, rather start when you see you have most all your Lancers aboard. Do not allow students to talk over the taking of attendance or let them stand in the aisles. There is no reason for them to talk while you are taking attendance or talking. If this happens, wait until they are quiet or a leader asks for silence. Students are not allowed to switch from one bus to another during the day under any circumstance. If students are going home with family, staff will inform you of this before the return trip.

Before departure from the Complex, introduce yourself to the Lancers and ask if they are absolutely sure they have everything. Please introduce yourself to your driver as well.

KEEP IN MIND DURING THE TRIP

*Forty high school students being themselves does not a riot make! If you are not used to being in close quarters with so many people, it may take some getting used to! In the rare event things get out of hand, please have your driver contact me on the radio. We will stop our caravan and I'll come aboard and help solve the situation.

*It is important for the Lancers to keep their bus neat during the entire trip, not wait for the end of the day to pick up. A good way to mingle is to walk the garbage bag down the aisle. On the bus the Lancers are not to yell, throw things, stand on seats, sit on the seat backs or hang out the windows. Please keep an eye out for behavior like this so our drivers need only concentrate on driving.

*Remind to eat their meal before arrival.

*Do not release Lancers upon arrival until a staffer boards your bus for

announcements. This will go faster if your bus is picked up, students are seated and quiet. There may be rare events that I give dismissal instructions over the radio.

*If there are any problems or questions have your driver contact me on the radio.

AT THE PARADE

The Staff will take the Lancers through meetings and warm up procedures, but there are things you can do to help at this time:

*Set up water table

*Don't allow a Lancer to walk off alone.

*Do not make any decisions about holding a Lancer out of a performance without consulting me!

*You may help the Loading Crew if time is short.

-Unload trailer and storage carts keeping similar instrument sizes together.

-Unload hat boxes keeping identification markings visible.

-Reload and repeat process at end of parade.

*Remember you are representing the Lancers at all times!

*You will not be allowed to walk beside or behind the Lancers on the parade route!

AFTER THE PARADE

*If the parade ends at a different area than where it started, one of you will be asked to drive the staff van (all can ride along) when the buses leave. Or you can ride a bus to the end of the route or walk.

*Set up water table.

*Set out sport drink.

*Help Loading Crew if needed.

*Look for health problems (see elsewhere in the handbook). Under no circumstance should a Lancer be transported to local medical facilities without my knowledge!

*Upon arrival at the Complex, return your bus sign up to me in case we use the same sign up for the next parade.

THANK YOU

Welcome to the Lancer team! Your help is invaluable to us. Please let me know if any problems arise. I hope you have a great time and can join us again in the future.

Tour Chaperones

Be prepared to do all a regular chaperone does and more! We ask our tour chaps to help us in many ways. It may be the toughest job you'll ever love! Be sure and read the entire Student Handbook for expectations. Anything that is done outside the rules undermines our group goals and is discouraged.

Before tour we ask that you attend the Tour Talk meeting for the Lancers to be introduced and to hear exactly what is being told the Lancers. We will hold a chaperone meeting after the full Lancer meeting that night (it will be a late night!) I also ask that you chaperone the Championship Weekend as this is a practice trip for everyone. You may wish to attend this pre Minni Tour meeting as well. You are encouraged to also chaperone some of the local parades to better get acquainted with the Lancers and the way we do things.

Much of what you will need to do off the bus centers around food. Most mornings you will need to prepare breakfast about an hour before reveille. There will be a crew to help set up the kitchen and to clean up after meals, but we will need you there also. There will be times we ask you to prepare a sandwich lunch to save time and money. Some of you may be willing to prepare a dinner as well. It's always nice to have snacks set out in the evening as well. Most nights some of we will need to go the the grocery store for supplies.

In the sleeping quarters I ask that you set up by the doorways for security. If you tend to snore loudly at night, you may wish to set your sleeping bag in the hall. Be sure and bring an alarm clock! I encourage you to stockpile on your sleep before we go and be ready to catch naps whenever you can on the road!

During practice you will double as Traffic Control plus we'll need the water table set up. If there is a Lancer that needs to be sent home from tour, one of you will have to book the flight and take the student to the airport. There will also be health and other physical and emotional issues to deal with. You may need to run to the local music store or run other errands. Someone will need to find local Catholic and Protestant churches when we are on tour on a Sunday. Possibly one of you could provide a devotional time. There will be uniform repairs to make and a myriad of other things to do as problems arise. You may wish to confer with previous chaperones to get a better grasp on what will be expected and don't hesitate to ask a me or our head chaperone for help.

Much of our time will be on the bus. Please refer to the previous page. Also plan on doing some fun things on the rides. We all get tired of videos after awhile. Bring some group games and prizes, snacks, words for a sing a long, what ever you think would be fun.

The chaperones will be asked to judge the Lancer Talent Show and the shopping contest and to chaperone the Dance. Food is always good to have around this night as well.

Thank you for helping the Lancers reach their goals and be sure to ask for their assistance when appropriate and possible. Your work is appreciated by me and all of us! Let me know of any questions, problems or other concerns.

Traffic Control

Thank you for taking your time and efforts to make practice possible! You are an important part of the Lancer team. Your job is to help protect the Lancers as we train on Howard Drive. I fondly remember the days when a band could march down the street, kids would follow on bike, people would bring out lawn chairs and watch the band go by. Unfortunately those days are long gone! But you will enjoy watching the progress of the Lancers during the season. Thanks again for helping us out this summer.

GUIDELINES:

We will need 8-10 parents/alumni per practice.

Meet on time but be ready to be flexible. Some days we will be behind schedule, other days we may decide not to go on the street at all.

Equipment will be stored in the parent room at the Complex: vests, signs, radios, health kits.

Be sure to wear the orange traffic vests. Make them available to Lancers that march on the outside if they wish.

Be sure to hydrate and use sunscreen before going out. Take care of yourself - just like the Lancers!

Two parents should have health kits available if anyone should suffer heat injury. Let me know if this happens!

We will have 2 people on each end of the band with the tall metal stop signs and radios. These people need to be in close contact with each other to regulate the traffic by the band.

4-6 others will walk beside the band with hand held signs. Watch for traffic at driveways!

Our route will be out the parking lot, down to Hiway 13, back to Caswell Park, repeat. When we turn around, remind the kids to be careful of cars. We will always march on the side of the street to keep one lane of traffic open. Get to know our routine, there will be some times that we need the entire street for a maneuver.

You will have to deal with some disgruntled people doing this job. Remember you are representing the Lancers and try to take it in stride. Explain what we are doing, thank them for their cooperation. 'Sorry for the delay and have a nice day!' Remember, we have permission from the city to do this! If a driver threatens, poses danger or will not cooperate, take down their license number.

If you see any big problems among the Lancers or staff (profanity, arguing, etc...) let me know.

Keep an eye on the weather. If it is light rain we will probably go out anyway. If you spot lightning tell me immediately!

Do not make suggestions or criticisms about the Lancers or talk with the Lancers during practice.

If you cannot make your shift, find an alternate or contact the parent board representative. Let me know of any problems or questions.

Lancer Conduct Guidelines

1. The use or possession alcohol, tobacco or other illegal drugs in any form will not be tolerated. Should you violate this on tour, you will be sent home C.O.D. A.S.A.P.
2. No one will be allowed to participate until they have turned in the medical and health form with a current picture attached. This is due by the beginning of camp. All forms can be downloaded from the Lancer website.
3. Attendance at all rehearsals and performances is expected. Every Lancer is important and missing even once has a negative impact on your section and ultimately our whole group. If we are going to successfully turn students from various schools and grade levels into a united, precision team, you must be at all functions and on time! *"To be prompt is to be early, to be on time is to be late!"* Request forms concerning unavoidable absence from any Lancer function must be filled out and turned in at least one week prior to the proposed absence. Common courtesy dictates you let us know of upcoming absences as soon as possible.
4. Good health and sleep are key to good performance. Let us know of illness. Keep up on current medications. First aid kits are available.
5. Written permission is required to ride home with parents after a performance, however you are encouraged to ride home with the team when possible. This form must be filled out by the Lancer and signed by the parent/guardian and turned in prior to the event. You are not permitted to ride home with friends.

Eat to Compete

Proper Nutrition=Peak Performance

Eating and drinking properly will give you and the Lancers a competitive edge. Incorrect eating may significantly impair your performance. Be concerned about proper nutrition during the season, especially on performance and practice days, and the night before them.

Carbohydrates should make up at least 60% of your Lancer diet.

Before marching, eat starchy food like: cereals, all kinds of breads, rice, pastas, fruits, vegetables (potatoes, corn, peas), pancakes, broth soups.

Balance your diet with proteins like: poultry, fish (not fried), trimmed lean red meat, eggs, nuts, seeds, peanut butter, low fat dairy products like skim milk, low fat yogurt, cheese.

Snack ideas include: animal crackers, ginger snaps, graham crackers, oatmeal raisin cookies, fruit, dried fruit, yogurt, peanut butter, string cheese, popcorn, breads, sherbet.

Fats should be kept to a minimum! Avoid: fried foods, large portions of meat or cheese, butter, salad dressing, oil, snack crackers, chips, chocolate, pie, cake muffins, ice cream, doughnuts.

Also avoid: spicy foods, cabbage, caffeine, sweets.

Pre Parade Meal

Be sure not to overeat. Eat 1-3 hours before performing. You will often have to bring your own meal to eat on the way to a parade.

Include things like: a lean meat sandwich, pretzels, fruit, juice.

Vitamins

A daily multi vitamin should be part of your Lancer diet all season. This will play an important role in your performance on many levels.

Fast Food

When eating at a fast food restaurant, choose wisely as most items are loaded with fat!

Good choices are: a sub with lean meats, roast beef, grilled chicken, thick crust pizza with vegetables, baked potato, salad with low fat dressing, breads, low fat milk, juice.

Avoid: hamburgers, croissant or biscuit sandwiches, bacon, sausage, muffins, fries, shakes, fried chicken.

Fluids

Fluid is the most important nutrient for marching. Performance suffers when dehydration occurs. If uncorrected, dehydration can lead to heat exhaustion. Hot weather and high humidity compounds the issue. Dehydration will occur before you get thirsty so don't wait for that sign. You can become dehydrated quickly, *even on cold days*.

The Lancer Parent Board will supply you with one bottle of All Sport after each performance. Sport drinks like this are valuable as they not only rehydrate, but replace carbohydrate calories and electrolytes to give you energy. ***Other beverages to drink are:*** water, juice and milk. ***Do not drink pop before marching!*** Pop takes longer to absorb, will leave you feeling bloated, may decrease your desire to drink and may cause upset stomach. We do not give the Lancers DURING a parade as some bands do because this little amount of water can not replenish and can only serve to remind the Lancer how thirsty they may be. It is also extremely distracting to our audience. We chose to hydrate before and after the performance.

Diets

Lancer season is not the time to be dieting! A diet too low in calories will leave you feeling tired and affect your performance. It is most important to eat a well balanced diet of healthy foods in the right amount. A fit and healthy body is the goal, not a skinny one. If you or a friend struggles with this, you may want to discuss you feelings with someone.

Heat Injuries

Occasionally while marching a Lancer will succumb to heat injuries. This is almost always due to improper diet, lack of hydration, other illness or lack of sleep. Symptoms include being faint, dizzy, weak, cool and clammy skin, excessive perspiration, shallow breathing, headache and nausea.

Follow these basic steps to help:

- loosen clothing, remove uniform
- cool, damp cloth to the forehead, wrists, arm pits, neck
- give cool-sweetened drink (All Sport)
- fan
- sponge down or spray
- reassuring talk
- if possible, get to a cool room

Give the Lancer room, do not allow gawkers, do not make a scene. The Lancer will come around, but do not expect them to be their normal self right away. They will need rest. Help them to their feet and get them walking as soon as is comfortable. First aid kits are available. Inform a staff member or chaperone what has happened. Get help if more severe. **See Mr. G if medical treatment is needed.**

Heat Index Guideline

There may be parades where the heat index (a combination of factors including heat, dew point, humidity, etc.) dictates that it is just not healthy to march, at least not in full uniform. On these days the following will serve as our guide:

| | |
|---------------------------|--|
| Heat Index=102-105 | March without coat, hat or gloves |
| Heat Index=106-109 | March in shells & sneakers |
| Heat index=110+ | Lancers will not march |

Three Types of Heat Injuries Heat Cramps ~ Heat Exhaustion ~ Heat Stroke

HEAT CRAMPS

Caused by excessive loss of salt from the body

Symptoms: painful cramps in muscles of the extremities & abdominal wall body temperature is normal

Treatment: have the person drink a 0.1 % salt solution (mix 2 ten grain salt tablets or 1 tsp. salt in 1 quart of water.

HEAT EXHAUSTION

Caused by excessive loss of water & salt

Symptoms: profuse perspiration, skin is cool & pale, rapid pulse (140-200 beats per minute), low blood pressure, headache, mental confusion, dizziness, drowsiness, weakness, loss of appetite, vomiting, visual disturbance, occasional cramps of extremities or abdominal muscles.

Treatment: put in a cool place, encourage the individual to rest, elevate the feet, massage the extremities. Give a 0.1% saline solution by mouth as freely as the patient will take it. DO NOT ADMINISTER SALT TABLETS WITHOUT WATER.

HEAT STROKE

Caused by a breakdown of the body's heat regulating mechanism, a very serious condition in which there is extremely high body temperature

RISK - persons not acclimatized to heat, physical exertion, diarrhea

Symptoms: absence of sweating, cool skin surface, headache, dizziness, mental confusion, weakness, nausea, urination. Early stages are characterized by hot, red & dry skin; full & rapid pulse; normal or elevated blood pressure; rapid & deep respirations; body temperature 106-110F. The onset is usually dramatic with collapse & loss of consciousness. Convulsions may occur.

Treatment: lower the body temperature by removing clothes, immersing the patient in water (or in a tub of water & ice), give a sponge bath, or cover with a blanket soaked in cold water. Fan the patient to increase air flow. Rub the extremities & trunk briskly to increase skin circulation. Check temperature every 10 minutes be careful not to lower temperature. Constant supervision & transport to a medical facility IMMEDIATELY.

77lancers.com

YOUR CONNECTION TO ALL THAT IS LANCERS!

The Lancers maintain an award winning web site thanks to webmaster Cindy Shirk. There you will find current announcements and news, lists, pictures, schedules, you name it! We ask you to check into the website often to see what is happening in the Lancer family! Invite your extended family to check in as well to see how we are doing!

Visiting the web sites of other bands is often interesting and entertaining. However you are encouraged not to sign into any other band's guestbook 'on behalf of the Lancers' even if it's to wish the other team good luck. Any sentiments 'on behalf of the Lancers' will come from the director.

COMPETITION RESULTS, COMMENTS AND REACTIONS

I will report on our website after parade competitions to give in depth results and reactions from the perspective of both the judges and our staff. We give overall results to the local media, but the inside story is never told to the public. Mankato's Marching Ambassadors work extremely hard in a very competitive arena. This activity is very strong in Minnesota. The Lancers have many followers and alums that wish to know more about how the competition aspect is going. I will give you detailed information from the judges, including specific and individual scores. Remember, the Lancers are not always judged by the same people, or even by the same organization. This year we will again be judged by TRI-STATE and ENCORE. It is impossible to compare one association's standard against the another. Occasionally an INDEPENDENT group may judge a parade as well.

Judging Primer

Our most critical judges are ourselves (Lancer staff and members). Our assessment of each performance is imperative as we know the whole show from beginning to end. We want it to be excellent whether in we're in front of four judges or 40,000 spectators. Also important is the crowd reaction. Our goal is simple, the perfect show from every Lancer. We strive to emulate the performance of drum corps like the Scouts, Cavaliers, Vanguard, Blue Devils and Cadets.

Concerning the competition, there are usually 4 judges, two judging Music (effect and execution) and 2 judging Visuals or Movement (effect and execution). The effects judges are on a stationary trailer, while the execution judges are on the street. Typically each judge has 25 points to work with. We aim for a score over 20 (of 25 possible) on each judge's sheet, and 80 points overall, and to increase this score as the season progresses. Watching the parade from the judges area is always exciting for the parade fan. You know you will be getting the best from every band.

In comparing these two methods of evaluation, executing the perfect show is more difficult than winning a Grand Champion. Hardware for Grand Champion and other caption awards are worthy rewards for our efforts, and there is no denying the joy in celebrating a special performance with a victory over the finest bands in our state. But at the same time we will not let the opinion of an individual judge influence what we feel may have been a peak performance. Admittedly, our ultimate goal is an undefeated season, however, the other bands are NOT our enemies. Our own mistakes are! We view other bands as worthy competition, as great young adults representing their towns, and just like us they are striving for excellence. They are to be respected and cheered for their efforts.

Miscellaneous

COST

Here is a generic breakdown of most of the costs surrounding Lancers:

| | |
|---|---------------|
| Registration | \$135 |
| Shoes/Boots | \$30 |
| Gloves | \$10 |
| T-Shirts | \$30 |
| Dry Cleaning | \$20 |
| Tour | \$375-400 |
| Tour spending \$ | \$150+ |
| Misc. expenses (socks, gas \$, cleaning supplies, instrument repair, accessories, snacks, gifts, etc... | \$??? |
| TOTAL= | \$750+ |

LANCER COMPLEX

The Lancer Complex is our official nickname for the part of Dakota Meadows Middle School that we use. Hopefully someday one of us will win the lottery and we can build our own Complex out of town!!!

ADOPT-A-ROOKIE

During camp each rookie Lancer will be paired with a Lancer with at least two years of experience. This is a contact your child can use to ask all the questions they might have. Use this resource!

FORMS

There are a lot of forms for your Lancer to complete each summer. Please help them be efficient in the return of these. They include Registration, Health Form/Medical Record (with current picture), Code of Conduct, Clothing Order, Picture Order, Camp Meal Order, Tour Money, Absence Request (if needed), Transportation Request (if needed).

TAKE INVENTORY

When your child leaves for a day with Lancers be sure they have: sunscreen, bug spray, fluids, instrument/equipment and accessories, folder (with music, charts, handbook, pencil), uniform if needed, sneakers (not sandals), \$ if needed and proper meal needs. At times your child will need to bring a meal to eat on the bus on the way to a parade. Be sure this is a healthy meal as indicated elsewhere in the booklet. Subway is a sure bet!

CAMP MEALS

Lancers are highly encouraged to take the meal options at camp. The Parent Board contracts with District 77 to provide complete lunches for a reasonable price served every day at lunch. This insures your child is eating the right foods at camp and eases the hassle of bringing one more thing to camp! The Board also offers a plan for breakfast during camp which many students enjoy. Just coming to camp a few minutes to start out the day with a good breakfast goes a long way. Supper hour during camp is on your own. Be sure you have planned for it. You are welcome to send or bring a lunch for your child which they can eat at the Complex. Or they can drive (or go with friends) to a local restaurant. It is important that they eat the right food however! *I*

STRONGLY URGE YOU TO TAKE THE MEAL PLAN. PLEASE REGISTER FOR THIS PROMPTLY!

REHEARSALS

Our rehearsal time is limited and precious. It's important that your Lancer be on time. We usually try to do the Lancer Hymn at the published end time of rehearsal. After that your Lancer will have to meet with his/her instructor, then captain. Then there may be clean up duties or other items to take care of before they gather their things. If the end time is published for 9:15, don't expect them to be ready until around 10:00!

REPORT TIME

On the Lancer schedule is listed call times for departures and rehearsals. If your child reports to the Complex **AT** departure time s/he will be in trouble for being late - that is if s/he makes the bus at all. Lancers report at least 30 minutes early (or more) on parade days. One reason is to sign up for a bus. Also to load equipment. Some may have an early Captain's Practice. When we are all loaded, we leave, even if it is before the departure time!

Lancers should report 15 minutes early on rehearsal nights.

CURFEW

Nights before early report days (Camp and parades) will always have a curfew which will usually be 11:00. We expect your Lancer to be home by this time!

WEATHER

You are encouraged to contact me with any concerns regarding the Lancer program. But please don't call if the question is if a parade or rehearsal will go on as schedule due to rain. The answer is always YES!

First of all, of course, is that if it's raining here it may not be raining at the parade site. If it is raining/lightning at a parade, they will postpone the parade for up to an hour or more to see if it will clear. If it is light rain the parade will go on as scheduled.

If it is raining at a rehearsal, we will do as much as we can inside and hope it clears. If we **NEED** to get outside, we will go out in the rain if there is no lightning in sight. Our traffic control will scan the skies to see if lightning develops and we'll take down the flag poles when needed. If there is lightning we will work inside.

UNIFORMS

The uniform must be clean and unwrinkled for all performances. They are not machine washable. However, gloves and neck piece should be machine washed often. We recommend the purchase a of at least two pair of gloves. They can be purchased at the Music Mart. Air out and clean up your uniform after every performance. Do not leave it zipped up in the garment bag. Hats should be spot cleaned and polished. The pant length should cover the shoe without buckling, no longer, no shorter. It can be hemmed, but since several people will be wearing them over the years please use a running basting stitch, slip stitch or other hand done stitch that is easy to remove. Do not cut any extra material off the bottom. Hem it while wearing the Lancer shoes. If you cannot get the hem done, we will find someone to do it for you. Taped or pinned hems are not an option. Lancers have up to six t-shirts, 3 with the schedule, 3 without. Most Lancers will dry clean their uniform once during the season (before Alex and/or the tour).

TRANSPORTATION REQUEST FORM

Concerning Transportation Requests, we prefer that the whole team rides back together on the bus after a performance. However, if this is not convenient due to family plans you may request to take your child after a show (or drive them to the show if necessary).

AFTER THE PARADE

Once we have arrived back at the Complex, we would like to get everyone home as soon as possible. I will usually try to state an approximate arrival time but it may be easier for your child to catch a ride with a Lancer that drives, or have them call you on a cell as we approach Mankato. (There's always plenty around!) Of course they can use the phone at the Complex and call for a ride when we arrive, but if you live a long distance away this can be time consuming. There will always be at least one Lancer staffer waiting to be sure every Lancer has gotten a ride home. Please be considerate of their time.

SOCIAL EVENTS

Encourage your child to participate in Lancer social events like bowling night swimming, movie night, Karaoke or whatever else we may be doing. This is vital in the bonding process of our very diverse team.

LETTERS TO THE EDITOR

Occasionally a negative Letter to the Editor will get in the Free Press. These are almost always from someone who doesn't know the full story and doesn't have the guts to talk with me in person. When these letters appear we ask you not to write back. I will determine if a response is merited, but we usually just let it go. However I do call the individual and tell them the truths.

Should you have any problems with the Lancers, please don't take them to the paper. I would be more than happy to discuss it with you and am always looking for better ways of doing things.

WELCOME HOME

for the past several years Lancer parents and families have staged an elaborate welcome home celebration as the Lancers return for tour. This special event is appreciated by the entire Lancer family. Parents come early on the last day of tour to decorate the Complex in a special way. Families display welcome posters for their Lancers. Since we usually arrive after dark, you may wish to bring a flashlight as well.

PARADE ETIQUETTE

As a Lancer Parent/Fan, you will begin watching parades in a whole new way. It's an extremely exciting activity and we appreciate ALL fan support possible. Over the years the Lancer fans have been exemplary in their parade spirit and behavior.

*Arrive plenty early if you plan to set up by the judges stand. Judges are usually located on the marchers' right side on top of a flat bed.

*Wear Lancer clothing!

*Be considerate of other parade goers in your support of the Lancers.

*Bring water/juice, sunscreen, a hat, lawn chair, etc...

*Do NOT bring or use alcohol or tobacco products to ANY Lancer function.

*Cheer FOR ALL the bands.

*When the Lancers are performing, look for the right times to cheer. Very quiet sections or musical transitions are not good times to be making a lot of noise.

The band can't hear each other nor can the judges hear what we are trying to do! Dynamic peaks and ends of sections are great times to cheer!

*You are asked not to follow along with the band during the parade route.

-it's distracting to the Lancers

-watch ALL the bands

-looks bad

(The only exception is if the Lancers are the last unit in a parade.)

*The Lancer Hymn after performances is for us - the team. It is our time to reflect on our performance, to connect with past Lancers and listen to announcements.

The Hymn was written by the original Lancer staff and has been sung by every edition after every rehearsal and performance as well as the end of the day of tour. If you happen to be around when we sing the hymn, please keep your distance and be a casual observer.

Other Parade Notes

Award Ceremonies occur after competitive parades usually at the football stadium. Here you will get a chance to cheer the Lancers and see the results of the parade. At this time (or anytime) we are careful not engage in negative talk about any of the bands. We never know who may overhear a simple comment and take it the wrong way. Sometimes it is better to just talk about our own performance. We don't wish to get into negative comparisons with others who view competition differently that we do. Over the years the Lancers have gained a positive reputation and respect by doing all things with class. We don't want to do anything to jeopardize that status.

You are asked not to tag along in or behind the Lancer caravan. Safety is one reason. Students wishing to feel independent is the other. If you want to be close to the team, volunteer to chaperone!

Once we have arrived back at the Complex, we would like to get everyone home as soon as possible. I will usually try to state an approximate arrival time but it may be easier for your child to catch a ride with a Lancer that drives, or have them call you on a cell as we approach Mankato. (There's always plenty around!) Of course they can use the phone at the Complex and call for a ride when we arrive, but if you live a long distance away this can be time consuming. There will always be at least one Lancer staffer waiting to be sure every Lancer has gotten a ride home. Please be considerate of their time.

Parade Etiquette

As a Lancer Parent/Fan, you will begin watching parades in a whole new way. It's an extremely exciting activity and we appreciate ALL fan support possible. Over the years the Lancer fans have been exemplary in their parade spirit and behavior. There are several do's and don'ts at parades when it comes to parade etiquette. You will quickly see that this is not the way all the other band fans act, this is simply the way we choose to act! Thank you for your assistance in continuing our tradition of being the classiest group on and off the street!

- *Arrive plenty early if you plan to set up by the judges stand (one to two hours before parade time). Judges are usually located on the marchers' right side on top of a flat bed.
- *Saving a seat or two for family and friends is a good idea, but roping off an entire area for our parents is in poor taste.
- *Wear Lancer clothing! You may wish to wear a hat to block the sun.
- *Be considerate of other parade goers in your support of the Lancers.
- *If you wish to set up a canopy, large umbrellas or other items that may obstruct view and appear pretentious, please set it up well away from the judging site in a less populated area.
- *Bring plenty of water, juice, etc...
- *Wear sunscreen!
- *Bring a lawn chair.
- *Do NOT bring or use alcohol or tobacco products to ANY Lancer function.
- *Enjoy camaraderie with Lancer parents and fans and enjoy visiting with other fans.
- *Cheer FOR ALL the bands. They are not our enemies.
- *When the Lancers are performing, look for opportune times to cheer. Very quiet sections or musical transitions are not good times to be making a lot of noise. The band can't hear each other nor can the judges hear what we are trying to do! Dynamic peaks and ends of sections are great times to cheer!
- *You will not be allowed to follow along with the band and walk the rest of the parade route. Expect to be stopped by a staffer. Why?
 - it's distracting to the Lancers, they have told us so
 - it speaks loudly to the rest of the bands that you don't care about their performance
 - it looks bad(The only exception is if the Lancers are the last unit in a parade.)
- *The Lancer Hymn after performances is for us - the team. It is our time to reflect on our performance, to connect with past Lancers and listen to announcements. The Hymn was written by the original Lancer staff and has been sung by every edition after every rehearsal and performance as well as the end of the day of tour. If you happen to be around when we sing the hymn, please keep your distance please and be a casual observer.

Other Parade Notes

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Checklist to Bring on Tour

CLOTHES: *one suitcase clearly labeled*

- ~conservative jammies
- ~laundry bag
- ~sweatshirt/jacket
- ~plenty of Lancer tees
- ~swimsuit

MISC: *do not pack any breakables*

- ~suntan lotion
- ~towels (shower and beach)
- ~toiletries
- ~small flashlight

UNIFORM: *you are responsible for your **entire** uniform, clean, clearly labeled and properly hung in garment bag*

MONEY: **\$150+?**

- ~You will need to pay for about 14 meals plus snacks
- ~Souvenirs, recreation, gifts
- ~Carry your cash in different places
- ~Consider plastic money, travelers checks

INSTRUMENT/EQUIPMENT: *clean, labeled and in superior condition*

CARRY ON: (keep your carry on bag as small as possible)

- ~camera
- ~frisbee, cards, books, games, etc...
- ~snacks
- ~ you are **not** allowed to bring ice chests or coolers
- ~videos (labeled)

must be rated PG-13 or milder and not contain nudity or excessive violence. Only professionally produced videos will be shown (no copies or 'home' movies). Please do not bring movies of bad taste that will offend others. Use your best judgment.

Emergency Number:

Mr. G's cel 507-420-8055

Checklist to Bring for Minni-Tour

ONE SMALL SUITCASE/BAG *clearly labeled*

- all clothes for weekend
- light jacket, sweatshirt
- conservative jammies
- towel
- toiletries

UNIFORM

- you are responsible for your entire uniform, clean, clearly labeled and properly hung in garment bag

MONEY (\$20)

- you will need to pay for 1 meal and snacks

INSTRUMENT/EQUIPMENT

- clean, labeled, in excellent condition

CARRY ON

- cards, frisbee, bus games, books, etc...
- snacks
- videos

SLEEPING

- sleeping bag
- pillow
- QUIET mattress pad

Tour Rules

HEALTH: Be sure we are aware of all the special medications you bring along. We cannot give out aspirin. You may wish to bring motion sickness medication for the bus. Sleep and good health are the keys to a good trip. Report all illnesses to staff and chaperones. If you need anything from first aid, have a chaperone help you and put the kit back in order.

TOURING:

- ~Pack light!
- ~Anyone making plans to meet with relatives for any length of time must clear this with Mr. G

How You Can Help Your Child

PRACTICE

*Help your Lancer arrange a regular schedule of daily practice. This includes a quiet place where practice can take place without interruption.

EQUIPMENT CARE

*Keep your Lancer's instrument in good condition, even if it is Lancer owned.

*Try to schedule instrument repair before school starts.

*Record the instrument serial number.

*Instruments should not be shared with anyone that doesn't know how to play or care for them.

*Help your Lancer care for his/her uniform.

*Be sure your Lancer has all the necessary and proper accessories.

*If considering an instrument upgrade, please feel free to contact the director for recommendations.

POLICY

*Peruse the Handbook to be aware of what is expected of the Lancers. See that your Lancer keeps up with activities.

*Be sure your Lancer is up to date with any forms or fees.

*Be sure your Lancer is on time for all activities. Be sure s/he has everything that is needed.

*Avoid scheduling appointments during rehearsal times.

*Read all of the newsletters and respond to them in a timely fashion.

PERFORMANCES

*Record dates on your family calendar and attend performances.

*Notify the director well in advance if your Lancer is going to miss any activities. An early explanation helps avoid communication breakdowns.

OTHER

*Keep a close watch on your Lancer's health.

*Be sure your Lancer has the necessary shoes, gloves, etc...

*Feel free to contact the director to discuss your child's Lancer experience.