



# What to Expect

## A Guide for Members and Parents

Version 11/08

**General Information** Each summer, Pacific Crest travels 12,000 miles, performing at 25 contests, concerts, and parades. The contests are part of the Drum Corps International Summer Music Games, which culminate the second week of August at the World Championships. Visit [www.dci.org](http://www.dci.org) throughout the season for information about the shows.

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**Contact Information** Pacific Crest Youth Arts Organization  
21231 Fountain Springs Road  
Diamond Bar, CA 91765  
Phone: 909-598-5961

Email: [info@pacific-crest.org](mailto:info@pacific-crest.org)  
Web: [www.pacific-crest.org](http://www.pacific-crest.org)

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**Contacts**

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| Executive Director: Stuart Pompel<br>714-785-9904 (cell)<br><a href="mailto:Pompel@pacific-crest.org">Pompel@pacific-crest.org</a><br>AIM: spompel | Treasurer: Betty Yoder<br>909-598-5961 (home)<br><a href="mailto:byoder@pacific-crest.org">byoder@pacific-crest.org</a> |
| Student Accounts: George Perry<br>714-666-8230 (office)<br><a href="mailto:gperry@pacific-crest.org">gperry@pacific-crest.org</a>                  | For information about meals and uniforms, please contact Stuart Pompel.                                                 |
| Tour Phone:<br>909-895-9286                                                                                                                        |                                                                                                                         |

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**What If I Have Questions?** Visit our Web site frequently. We update the site several times each month, and 2 – 3 times per week during the season. Performers should direct questions to vets or a drum major before going to an instructor or Director.

For parents, please start with your son or daughter. They can often answer you most quickly. If you can't find the answer on our Web site or by asking your member, send an email, or in the case of an emergency, call Stuart Pompel

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**Training Camps:** Each month, Pacific Crest holds a training camp. The camps may begin as early as Friday evening and end Sunday evening or Monday, e.g. Memorial Weekend. Depending on availability, the camps may provide the performers with sleeping and shower facilities.

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**Training Camps:  
Stay-Over Camps**

At stay-over camps, performers sleep in the gym – ladies on one side and gentlemen on the other. Some of the parent volunteers and staff stay on campus through the night, as well. The member-to-adult ratio is approximately 6 to 1, and a typical schedule is as follows:

| <b>Friday</b>       | <b>Saturday</b>     | <b>Sunday</b>       |
|---------------------|---------------------|---------------------|
| Call-time 7 PM      | Conditioning 7 AM   | Conditioning 7 AM   |
| Rehearsal 8 PM      | Breakfast 8 AM      | Breakfast 8 AM      |
| Showers/Snack 11 PM | Rehearsal 9 AM      | Rehearsal 9 AM      |
| Lights Out Midnight | Lunch 1 PM          | Lunch 1 PM          |
|                     | Rehearsal 2 PM      | Rehearsal 2 PM      |
|                     | Dinner 6 PM         | Clean and Load 5 PM |
|                     | Rehearsal 7 PM      | Released 6 PM       |
|                     | Showers/Snack 10 PM |                     |
|                     | Lights Out 11 PM    |                     |

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**Training Camps:  
Commuter Camps**

**For commuter camps, we ask that performers who live further than 30 minutes away to stay with those who live closer to the rehearsal site.** This reduces the amount of driving after a 12-hour rehearsal, and it enables performers to create tighter bonds with one another. A typical schedule for a commuter rehearsal weekend is as follows:

| <b>Saturday</b> | <b>Sunday</b>            |
|-----------------|--------------------------|
| Rehearsal 9 AM  | Rehearsal 9 AM           |
| Lunch 1 PM      | Lunch 1 PM               |
| Rehearsal 2 PM  | Rehearsal 2 PM           |
| Dinner 5 PM     | Clean Site and Load 5 PM |
| Rehearsal 6 PM  |                          |
| Released 9 PM   |                          |

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**Leaving the  
Rehearsal Site**

Members may only leave the site in the case of a school activity or a family emergency. **If a member must leave early or arrive late, others in the section must be notified.** An email or phone call must also be made to the Director. Knowing everyone’s whereabouts is critical to ensure safety.

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**Rehearsals:  
School Conflicts**

At Pacific Crest, school events come first until the day of our first public performance in June (Sneak Preview). **After that date, Pacific Crest becomes your first priority, and absences are not acceptable.** (NOTE: The only exception to this policy will be for those students who are still in school past this date.) The drum corps activity is Marching Music’s Major Leagues, demands an unwavering level of commitment to the group.

The following is a list of acceptable rehearsal conflicts in the winter and spring:

1. A rehearsal with your school music or guard program
  2. A performance with your school music or guard program
  3. Graduation ceremony
  4. Prom (yours only)
  5. End-of-year banquet for your school music/guard program
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**Meals:**  
**General Information** At designated rehearsals, camps, and when on tour, meals are prepared for performers by volunteers. It takes two hours to prepare each meal, which means that the cooks wake up at 5 AM and work non-stop until the last snack is served. In one day, these dedicated volunteers prepare 600 meals.

Each meal consists of a balance of calories and distribution of proteins, carbohydrates, and fats, all dependent upon the objectives for the day.

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**Meals:**  
**Menus** **Breakfast** is a large meal that focuses on carbohydrates coupled with some protein that will help create a slow “burn” and provide adequate energy for the first rehearsal block. A typical breakfast is fruit, pancakes/French toast, and sausage.

**Lunches** are protein-based, e.g. cold-cut sandwiches, chicken and rice. A light protein-based meal keeps energy levels high without weighing down performers with carbohydrates and too many calories on a hot day.

**Dinners** are a heavier than lunch. These meals include salad, fruit, a hot vegetable, and a carbohydrate-protein balance, e.g. pasta with meat sauce, chicken burritos.

The last meal of the day is known as “**snack**.” This is the meal to satisfy the hunger from the final rehearsal block or performance, and to prepare performers for sleep. Leftovers, warm soups or stews are typical.

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**Meals:**  
**Etiquette**

- Performers eat together. Please don’t eat off-site when we provide meals.
- Seconds are available, but wait until everyone has had firsts.
- Peanut butter and jelly is served every meal.
- Never stack garbage. If you see a full container, please switch the bags.
- Between meals, drink water.
- You have 45 minutes to get through the meal line. **The order of tasks after a rehearsal is: EAT, LOAD, SHOWER, PACK.**
- If you have special dietary needs, we will make reasonable accommodations. Call our Cook Team Coordinator to discuss.
- If you don’t like something, grab a PB&J, don’t complain, and eat what you can. It is likely the next meal will be one you enjoy.
- Be sincerely appreciative of the work and effort of the volunteers. A thank-you and a compliment go a long way.

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**Meals:**  
**Kitchen Duty** The tenor brass section is responsible for closing the kitchen. When on tour, the kitchen closes one hour prior to the corps’ departure.

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**Medical Program:**  
**General Information** A first-aid kit is always available. Performers are assigned to bring it to the rehearsal site. Many of our instructors are trained in CPR and first aid, and a volunteer nurse or physician may be available for treatment. Emergency medical forms for performers are readily available to volunteers and staff in the case of illness or emergency. If any information has changed since completing this form, please notify the Director as soon as possible.

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**Medical Program:  
Treatment** If you need first aid, see the Tour Director, Director, or the cook team. If necessary, an adult will take you for medical treatment, but the cost is your responsibility. Have your medical insurance data on your medical form and have a medical insurance card with you on tour. Any cash needed will be asked from you first, but if necessary, the corps will pay the bill and will invoice you or your parents. We do not file insurance claims. Repay Pacific Crest right away and seek reimbursement from your insurance carrier later.

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**Medical Program:  
Asthma and Allergies** **If you have asthma or allergies, you must carry your inhaler or Epi-Pen with you at all times.** No one at Pacific Crest will carry or administer these for you. If your condition makes participation problematic, we will withdraw you from the corps. Drum corps is an athletic activity, and significant asthma or allergies may simply not enable you to participate.

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**Medical Program:  
Personal Medical  
Packages** **Due to the expense of over-the-counter medicines we ask that performers carry their own basic medical supplies.** A suggested medical package should include: Ibuprofen, band-aids, pepto tablets, cold medicine, cough drops, antibiotic cream and aloe-vera. These supplies will be in the Pacific Crest First Aid Kit, but are available on an emergency basis.

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**Medical Program:  
Dehydration and  
Nutrition** Your body will need more fluid than normal, and your thirst reflex will go away. You can satisfy your thirst before you have replaced the fluids you have lost, **so drink as much water as you can, even if you don't feel thirsty.** Make sure you are hydrated a full day prior to rehearsal.

Drink a large volume of water before exercise. Your body will use 8-12 ounces of water every 20 minutes. **Plan to completely fill your jug in the morning and after each meal before heading back to the field.**

If you begin to get a headache during rehearsal, you are likely becoming dehydrated and you must immediately replace fluids. If your urine is becoming darker than normal, you are dehydrated. **Carbonated and caffeine beverages worsen dehydration, so they are discouraged during rehearsal or in preparation for performance.** Water and juice are the things to drink.

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**What Do I Need for Rehearsals?**

- 30 minutes prior to rehearsal and at breaks, apply sunscreen and lip balm
- Wear a baseball hat
- Wear closed shoes with socks
- Water (at least 1/2 gallon) – See Dehydration and Nutrition
- Bring your music, dot book, and a pencil or pen.
- Book bag or small backpack for your supplies

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## **Packing for Stay-Over Camps and Tour**

**Do not bring valuables, e.g. electronic audio/visual equipment, jewelry, etc. We can't guarantee security.** One medium suitcase, small "carry-on bag", sleeping bag, pillow, and blanket are all you need.

### **Packing List:**

#### **Rehearsal**

Closed shoes  
Dot book, music, and pencil  
Gloves  
Baseball hat  
Instrument and equipment  
Lip balm and sunscreen  
Sunglasses  
Water jug (half-gallon)

#### **Clothing**

Extra underwear and socks  
Jacket  
Long pants  
Shorts  
Sweats  
Sweatshirt

#### **Showering**

Deodorant or antiperspirant  
Gold Bond or baby powder  
Hairbrush/comb  
Shampoo and soap  
Shower shoes  
Toothbrush and toothpaste  
Towel

#### **Sleeping**

Clothes to sleep in  
Pillow  
Sleeping bag

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## **How Much Spending Money Will I Need?**

On local performance days, the corps will not provide meals. On these days, bring your own lunch and/or dinner. If you plan to eat out, plan to spend \$12 - \$20 per day. The same holds true for rehearsals and commuter camps.

During short tours, e.g. Northern California, bring \$25 in case you've forgotten to pack something. You won't need more than that unless you wish to purchase corps merchandise or concessions at the show.

During the Championships Tour, bring \$75 for meals. If you wish to purchase corps merchandise, you'll need additional cash.

## **The Equipment Truck**

Each instrument and piece of equipment has a defined location on the truck, and every performer is responsible for loading his/her gear. The tenor brass and pit are generally responsible for raising and lowering the stairs.

**Because we need to load and unload in a short amount of time, safety is critical.** There is a 4-foot drop from each door to the ground. You can be badly hurt if you are not careful.

**Uniforms** - Hang your uniform in its place. Do not place uniforms or uniform parts in the bays, hang them on the doors, or tuck them behind equipment. Do not hang garment bags in these areas either.

**Locks** - Locks are hung through the handle, not laid in the bay, on the ground, or in your pocket.

**Garbage** - Do not store garbage in the truck, e.g. empty drink bottles, old stick tape, and broken drumheads.

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## **Buses**

Pacific Crest contracts with coach companies for bus transportation. On tour the buses will leave our housing site and not return until we're ready to leave for the show; therefore, **make a habit of taking all your belongings off the bus when we arrive at the housing site.** When we reach our destination, do not get off the bus until instructed to do so by the drum majors, or an adult. Important announcements are often made before we get off the buses.

**Trash** - Trash bags are placed throughout the bus. If you're not close to one and you can't pass your trash to someone close to the bag, i.e. when everyone's asleep, keep your trash with you and throw it away later.

**The Role of Adults on the Bus** - The adults who ride the bus serve important roles in the events of illness or injury and should be treated as welcome guests. Although performers are responsible for their own behavior on the bus, the adults have the authority to intervene if needed.

**Sleeping on the Bus** - Most of our driving on tour takes place during the night. To get as much sleep as possible, bring a pillow and blanket for the bus. The bus air conditioning gets chilly, and a blanket will keep you warm and comfortable. You may not sleep on the aisle floor, nor are you allowed to walk on armrests or seats.

**Videos** - While modern buses have video systems, we do not allow video viewing on the bus. During night driving, sleeping is the priority. During other times, we want members to interact with one another. This is how we build our family at Pacific Crest. Three buses going down the road with 55 zombies staring blankly at video monitors does not encourage positive interaction.

**Restrooms** - While each bus is equipped with a functional restroom, we ask that performers use them only in an emergency. On long drives, we stop every 3 – 4 hours, so plan accordingly. Do not use the restrooms for storage or trash.

**Property** - Pacific Crest is not responsible for lost, stolen or damaged property of any member or staff member. We do not always control public access to our areas, especially in housing sites.

**Travel Stops** - While traveling, we stop about every 3 – 4 hours for bathroom breaks, driver stretches and gas. You may get off to use the restrooms at these stops. Most stops will only last 20 to 30 minutes. **Unless otherwise permitted, performers will refrain from purchasing snacks and drinks from markets where we stop.** We cannot depart these stops on time if we are buying candy and chips 150 times. Parents and staff may buy things at stops because we can handle this number of purchases in the time we have.

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**Uniforms:  
General Information**

Members are responsible for their uniform's care. When you're wearing it, on or off the field, you are performing. Please follow these guidelines:

- Undergarments: biking-style shorts under the pants; black PC t-shirt or Under Armour under jacket, full length plain black socks (no stripes).
- Use clear deodorant or antiperspirant.
- Do not apply hairspray or perfume. The chemicals will ruin the fabric
- Have black shoe polish and a polish rag in a sealable plastic bag.
- Brass players wear performance gloves for performances; practice gloves during practice.
- Hair should be worn off the collar and under the hat or in the designated style when in uniform.
- Front ensemble performers do not wear hats, which makes your hairstyle and color decision even more important. Draw attention to yourself by your talent, not your looks.
- Do not pull loose threads on the sequin baldric. An entire row of sequins may fall off.

If your uniform must be re-fit during the season, please notify the Uniform Manager or Director.

Clean shoes and uniform parts are your responsibility, but only Pacific Crest cleans the uniforms, unless otherwise specified. **Do not take your uniform home without permission.** If you inadvertently stain or rip your uniform, notify the Uniform Manager or Director immediately so repairs can be made in time for the next performance.

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**Uniforms:  
Etiquette**

**General Rules**

- Never run in uniform. Even the most graceful athlete looks incompetent and unprofessional while running in uniform.
- After a performance, we remain in full uniform unless otherwise instructed. We do not wear the shako and plume after a performance.
- Do not eat in uniform.
- Drink only water while in uniform.
- Smoking is not permitted in uniform.
- Restrain yourself from emotional outbursts and public displays of affection while in uniform.
- Never engage in negative conversation about another corps, your corps or the drum corps activity while in public, and especially while in uniform.

**Hanging Your Uniform**

- Let your uniform 'breathe' a bit before you place it in your garment bag.
  - Hang the pants over the wooden bar of the hanger, and lock into place.
  - Place the jacket over the hanger so the back of the jacket is over the outward curve of the hanger. Zip up the jacket.
  - Turn the wings up and over the shoulder pads of the jacket.
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**Uniforms:  
Personal Items**

Members will purchase personal uniform parts. Some of these items are directly available from Pacific Crest.

Approximate Cost of Personal Uniform Parts:

| <b>Brass and Drums</b>                                          | <b>Front Ensemble</b>                                   | <b>Guard</b>                                       |
|-----------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------|
| Black t-shirts or Under Armour (2), plume, shoes (\$75 - \$100) | Black t-shirts or Under Armour (2), shoes (\$50 - \$75) | Shoes, gloves, makeup, undergarments, etc. (\$100) |

The following items can be purchased from Pacific Crest.

Black PC logo tee shirt

Marching shoes \*

Black crow feather plume \*

\* Purchase new shoes or plume if yours from last season are not in good shape.

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**Adults**

The adult volunteers who travel with us provide meals, sew uniforms and flags, transport equipment, and provide medical support. They also serve in a supervisory role, so please respond to their direction.

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**Other Important Stuff**

- All public schools are tobacco-free campuses
  - Pacific Crest has a zero-tolerance policy regarding illegal and dangerous behavior. This applies to alcohol use, as well. (See Performing Member Contract for more information.)
  - Sexual harassment is not tolerated.
  - No hazing allowed
  - Everybody has a job, and the Drum Major will assign these by section. If you see something that needs to be done, however, we expect you to volunteer. Nothing at Pacific Crest is someone else's "job."
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