

Spring Trip to Memphis & Nashville, TN



April 21-24, 2017

Lamar High School Instrumental Music Student Handbook

PURPOSE OF THIS HANDBOOK

The purpose of this handbook is to provide students, sponsors, and parents with information concerning our trip to Memphis & Nashville, Tennessee. It contains rules and regulations of conduct, schedule of events, information on individuals, personnel assignments, and other valuable information. The handbook should serve as an aid in the final preparation and execution of the trip. It will also be a source of reference and recollection for many years.

PURPOSE OF THE 2017 TENNESSEE TRIP

1. To provide students with the opportunity to learn those acts of courtesy necessary for a group who will live and work together toward achievement of a high artistic goal during the four days of the trip.
2. To participate in School Musical Ensemble Recording Tour at Historic RCA Studio B in Nashville.
3. To benefit educationally from the musical experience available during the festival and at landmark sites in this country's music history.
4. To grow musically, from the many hours of practice necessary for the final performance.

ACKNOWLEDGMENTS

To the school administration for their support of this trip as well as their efforts in the past toward the entire instrumental music program at Lamar HS and fine arts programs in the Arlington I. S. D.

To the orchestra and band parents for the encouragement given to the ensembles, for their interest in all their activities, and mostly for their children in the fine arts.

To Mr. Andy Hagman, the faculty, and the staff of Lamar High School High School for their understanding and cooperation.

To the members of the Lamar High School Band and Orchestra for their devotion to their organizations, their high moral values, their hard work, and many extra hours spent to make this a successful undertaking.

GENERAL INFORMATION FOR STUDENTS

I. School Sponsored Trip

- A. This is a school-sponsored trip and your conduct and actions will conform to all school, and orchestra/band rules.
- B. **ALL CURFEWS WILL BE OBEYED.** Room check times are to be respected. DO NOT LEAVE YOUR ROOM FOR ANY REASON AFTER THE DESIGNATED TIME. Chaperones will conduct room-checks each night. There should be no noise that can be heard outside your room after lights out.

- C. SMOKING – ANY FORM OF TOBACCO – IS NOT ALLOWED AT ANY TIME. Please refer to school policy. This policy applies to ALL traveling adults and students.
- D. Drinking or possession of alcoholic beverages, use or possession of any illegal substance or drugs or unapproved medication in any form will not be tolerated. This constitutes a most severe breach of discipline. Any student allowing himself or herself to become involved can expect severe disciplinary action. **THE AISD ZERO TOLERANCE POLICY IS IN EFFECT AT ALL TIMES. All luggage will be checked by AISD security and administrators prior to leaving Arlington.**
- E. You will be expected to conduct yourself in a manner upholding the high moral standards of the Lamar High School Instrumental Music Department, Lamar High School, your home and our community. SCHOOL DRESS CODE WILL BE ENFORCED AT ALL TIMES.
- F. Be considerate of all chaperones and directors. They are there to help you have a successful trip. Without them, there would be no Trip!
- G. **At no time** will boys be allowed in girls' rooms and vice versa. This is in effect 24 hours a day.
- H. **All** students will participate in **all** parts of the Trip. If you choose to stay up all night and not sleep, you WILL display a pleasant demeanor in the morning!
- I. At no time on this trip are you allowed to get into a car with anyone other than a director or designated chaperone.
- J. Students will not be allowed to change rooms unless directed to do so by Mr. Lang or Mr. Walton.
- K. General decorum for bus travel:
- Stay in your seat facing forward
 - No loud noise or singing permitted. This can become extremely distracting to the driver others on board. All games, mp3 players, phones, etc. must be played with headphones.
 - Keep bus windows closed
 - Do not throw anything from the bus
 - Do not make any comments to persons outside the bus. This includes other students as well as adults
 - The buses will be your home for a large portion of this trip. Please be careful with drinks and food as not to spill them and damage clothing and equipment.
 - Please use common sense so as not to damage any part of the bus. You will pay for any damage
 - All instructions from the bus drivers will be followed immediately.
- L. **Any student not obeying the above rules will have his or her parents/guardians notified and that student will be placed immediately on commercial transportation and returned to Arlington at the expense of the parent/guardian. This may also be cause for immediate dismissal from the organization and will result in appropriate disciplinary action from AISD.**

II. Health

- A. Please protect yourself from anything which would cause you to become ill. If you do become ill, you should report immediately to one of your sponsors. Do not feel that you will be causing them trouble, they are here to help you. If necessary, the sponsor will take emergency action.
- B. To help you stay well, here are a few reminders:
1. Eat sensibly. Do not overload with junk food and other goodies.

2. Drink plenty of water. Do not let soft drinks be your only source of liquid. Energy drinks may cause you to become dehydrated and should be avoided while on this trip.
3. Do not skip meals on this trip. When a meal is scheduled, eat even though you may not be hungry. When traveling with large groups of students the performance schedules and other unforeseen problems sometimes makes meal times irregular.
4. All meals will be paid for or cash given. Only monies needed will be for souvenirs or extra snacks. \$50 should be more than enough extra cash.
5. GET YOUR SLEEP!! Time is designated each night for lights out. This time will be observed. A good night's sleep will help you enjoy and participate in all activities. At no time after lights out will you be allowed to leave your room.
6. **If you have a particular health concern, the directors and sponsors should know before we leave. Please make sure your Medical Authorization Form on file is up to date.**
7. No adult will be allowed to administer medication to any student on this trip. You may carry your own aspirin, etc. with you. (See "Medications" below.) If necessary, you will be taken to a first aid station or hospital in Tennessee for serious injury or illness. NOTE: During Luggage Check-in you will need to have your medication in a ziplock bag with a note from your parent/guardian to be checked in separately from your luggage.

III. Other Suggestions and Reminders

- A. When called in the morning, GET UP. Be on time for all the scheduled activities. Carry a watch or your phone -- always be ready to listen to instructions and move when told. Some of the time schedules are very tight -- **do not cause the entire group to wait on you.**
- B. Listen carefully to all verbal instructions by directors and/or sponsors. Schedules may change or other important information may need to be given to you. Be sure you understand what is expected of you as an individual and as a group. It is a student's responsibility to know where and when they are supposed to meet. If changes are made, an announcement will be given -- IT IS YOUR RESPONSIBILITY TO KNOW OR FIND OUT
- C. Be responsible for assigned duties and execute them at the proper time.
- D. We have planned group activities and everyone will be expected to participate. No one will be excused.
- E. **At no time will boys be allowed in girls' rooms and vice versa. This in in effect 24 hours at day. No one will be allowed to stay in their rooms at times other than when the entire group is instructed to do so.**
- F. No one will be excused to visit friends and relatives. Invite them to join us; we will be most happy to have them.
- G. If for any reason it becomes necessary for a sponsor to correct a student's behavior or action, they must obey the request with respect and a proper attitude.
- H. The Nashville trip is not a luxury tour. There will be delays, sudden changes in plans and other problems, which may cause some frustrations. **BE PATIENT**-- adapt to the situation. **BE HAPPY**-- enjoy the trip. **BE AWARE OF OTHER PEOPLE** -- respect their rights and property.
- I. Any damage to hotel rooms or any other property will be paid for by the persons involved. If the damage appears to be one of those "mysterious occurrences" that sometimes happen when things get broken, all occupants of the room will pay for damage in equal shares. Rooms will be inspected at check-in and check-out. Damage to a unit will be grounds to be sent home and/or dismissal from the organization.

- J. Students with cell phones should be aware of roaming charges if their plans do not cover phone calls and/or texting from Tennessee. As we begin the trip, everyone should have chaperone phone numbers programmed into their cell phone in order to stay in touch and in case of emergency.

IV. Luggage

Students will be limited to:

1. one suitcase
2. one school-sized backpack carry-on anything you want to do on the bus
3. pillow (with a blanket and jacket stuffed in it)
4. instrument

Storage under the bus will be quite limited.

You will bring your own luggage to the Band Hall on Thursday evening 4/20/17 at 6:30 PM. Baggage will be checked and zip tied until Friday morning. Carry-on luggage will be checked on Friday morning prior to departure.

V. Dress

A. Two General Types of Dress

1. Trip T-shirt with nice jeans: We will wear this for our performance.
2. School Type (Dress Code) Clothing

B. The following are suggestions which may be of help in packing:

1. 3 or 4 changes of school type clothes
2. Trip shirt
3. Shoes and socks
4. Other accessories

VI. Other things you will need

- A. Necessary grooming equipment
- B. A jacket or sweater (buses can get cold)
- C. Sunscreen
- D. Rain coat, poncho
- E. **INSTRUMENT(s)**
- F. Movies for the bus. (All movies must be PG or under.)

VII. Suggestions

- A. Travel as lightly as possible. Take only essentials.
- B. Avoid any form of sloppy dress. A.I.S.D. dress code will be in effect throughout the trip. More importantly, you are representing the Lamar Orchestra and Band, do so with dignity.
- C. Everyone is required to have a watch or phone-- that works !
- D. Sign up for the Nashville 2K17 Trip Remind feed. Text @vfdnash to the number 81010

- E. Stay in groups of four or more at all times. If you get lost or have trouble, call your chaperone or one of the emergency numbers in the itinerary from your cell phone. If you are without a phone, you must be in a group with students who do.
- F. **EACH STUDENT IS RESPONSIBLE FOR SEEING THAT THEIR INSTRUMENTS ARE LOADED ON THE BUS**
- G. When you check into your room, do the following:
 - 1. Check for damage and report any damage to your sponsor. This will prevent you from having to pay for it.
 - 2. Check for correct number of towels.
 - 3. Solve problems when you check in, not at midnight.
 - 4. Remember, you will have your luggage checked before you leave Arlington. Do not make unwise choices when you pack.
- H. Watch your personal belongings. Not everyone is as honest as you are.
- I. Get to know who your group chaperones and your room chaperones are. You will check roll with your group chaperone

HELPFUL TIPS

- 1. Money should be carried in a secure pocket.
- 2. Sun glasses
- 3. Prearrange a meeting place and time in case someone gets separated from your group.
- 4. NEVER BE ALONE. Stay with your group. Don't be tempted to go off alone, be sure your entire group is present.
- 5. In the unlikely event that you need medical attention, have someone get to the nearest phone and call for help.

VIII. Medications

- A. All students must have a current Medical Authorization Form on file with their director. Any medication that a student plans to bring on the trip must be listed on the Medical Authorization Form, including any over-the-counter medicines.
- B. All medications – including over-the-counter – must be packed in the student's luggage, inside a ziplock baggie.
- C. Inside this baggie must also be a note from the parent listing all medications (prescription and non-prescription) that the student is authorized to take with them. This includes medications such as Tylenol, Advil, Dramamine, Tums, asthma inhalers, etc.
- D. All medications must be in their original packaging. For example, Tylenol must be in a Tylenol bottle. A prescription must be in its labeled prescription bottle.
- E. Do not mix medications. For example, do not put a few Tylenol and a few Advil in the same bottle.

ITINERARY FOR LHS INSTRUMENTAL MUSIC

2017 SPRING TRIP to Memphis & Nashville, TN

Thursday April 20, 2017

- Luggage check per AISD / Tagged baggage stored overnight in Band Hall
- Sundries and carry-on baggage inspected tomorrow am

Friday April 21, 2017 Day One ARRIVE AT LHS AT 5:15

- 5:15 LHS for 6:00 a.m. departure
- Lunch on Road
- 3:00 Gibson Guitar Factory Tour
- 4:15 Graceland Platinum Tour
- 6:30 Dinner- Graceland Chrome Grille
- 9:30 Check in Holiday Inn Memphis, TN
- 10:30 Security on Duty

Saturday April 22, 2017 Day Two

- 6:30 Breakfast @hotel
- 7:30 on road to Nashville
- 12:45/2:30 Parthenon Tours/Centennial Park
- 4:00 Hotel Check in La Quinta Opryland
- 5:00 Dinner Santa Fe Cattle
- 7:00 Grand Ole Opry
- 10:30 Hotel/Security on duty

Sunday April 23, 2017 Day Three

- 7:00-8:15 Breakfast @ hotel
- 8:30 Studio B Tour, Warm up
- 9:00 Adjudicated Performance
- 9:30 Recording Session
- 10:00 Country Music Hall of Fame
- 12:15 Hard Rock Café
- 3:00 Nashville Symphony All Mozart Matinee
- 5:00 Listen to Live Sets/Shop/Sightsee/ Broadway Nashville, TN
- 7:00 Wildhorse Saloon-BBQ and Line Dancing
- 10:30 Hotel/Security on Duty

Monday April 24, 2017 Day Four

- 8:00 Load bus for return to Arlington
- Lunch/Dinner stops
- 9:00 pm Arrive Lamar/ Arlington

INFORMATION TO LEAVE AT HOME

Lamar High School Band and Orchestra Memphis & Nashville Tennessee

April 21-24, 2017

Andrew Walton, *Head Orchestra Director*
(817) 705-5256
fwalton@aisd.net

Alan Lang, *Head Band Director*
(817) 524-5960
dlang@aisd.net

James Hogan, *Orchestra Director*
(216) 235-1371
jhogan@aisd.net

Matt Bibb, *Band Director*
mbibb@aisd.net

Jarred Carlton, *Band Director*
tcarlton@aisd.net

Transportation

Cowtown Charters

Ft. Worth, TX
817-531-3287

Lodging

Holiday Inn, Express & Suites

2700 South Perkins Road, Memphis, TN 38118
(901) 367-1234

La Quinta Inn and Suites-Airport/Opryland

2345 Atrium Way, Nashville, TN 37214
(615) 885-3000

Tour Coordinator

Kimberly Hays, *Orchestrated Travel*
817-528-8051

Additional Chaperones

Christine Beohm
Beth Bonilla
Lisa Dickey
Amy Duke
Maricela Garcia
Lori Hansen
Sarah Mendez
Jocelyn Murphy
Baseemah Nashid
Michelle Van Zandt

Crishetta Willis, Assistant Principal, Lamar HS
cwillis@aisd.net

**LAMAR HIGH SCHOOL INSTRUMENTAL MUSIC
NASHVILLE, TN**

BEHAVIOR POLICY CONTRACT

“I have received and understand the student conduct guidelines and agree to follow them. I understand that failure to follow the outlined behavior policies may result in the student being sent home at the parent/guardian’s expense.”

Student’s Printed Name

Student’s Signature

Date Signed

Parent’s Printed Name

Parent’s Signature

Date Signed

