The Benefits of Being in Band

Music is widely believed to have many benefits for children beyond those within the realm of music itself. These benefits are thought to contribute importantly to development by improving intellectual, motor, and social abilities and skills. Specifically, music:

- Encourages self-expression and creative pleasure
- Develops an aesthetic sense
- Fosters motor and rhythmic development
- Promotes cultural heritage
- Promotes vocal and language development
- Promotes cognitive development and abstract thought
- Teaches social and group skills

While what was just mentioned is good, there is a demand today for greater concentration upon the traditional basics: language arts, math, science and history. There is also a focus on computer competency, health education, family life education, industrial arts education, economics, and business education. One begins to wonder where music fits in. The following research provides evidence that there is a distinct relationship between music education and academic achievement:

- Music students at Mission Viejo High School have been shown to hold higher grade point averages (GPA) than non-musicians in the same school.
- Dr. Frank R. Wilson, a clinical professor of neurology at the University of California School of Medicine in San Francisco, reports that learning to play an instrument over time refines the development of the brain.

People are always surprised that when children join band they are learning more than just music. In essence, they are really learning the critical thinking skills needed to succeed in today's world. Here are some of the by-products of being in band:

- Music contributes to the school and community environment (quality of life).
- Music makes the day more alive and interesting which in turn leads to more learning and better school attendance.
- Music adds to the self-worth of its participants.
- Music is a major source of joy and achievement.
- Music provides a sense of success for some students who have difficulty with other aspects of the school curriculum.
- Music encourages team work and cohesiveness.

Above all the by-products of being in band, music is first and foremost an ART.

Rock Bridge High School Band Program

For more than thirty-five years, the bands at Rock Bridge have helped to shape the school's reputation for outstanding achievement. Nothing less than a sense of commitment to excellence and determination to make the Rock Bridge bands the best they can be is an expectation of those that participate. In return, being part of an organization that strives for the best in what music education has to offer will make a student's high school experience rewarding and provide the life-long skills necessary to be helpful in an ever-changing world.

Be a part of a program that has achieved broad recognition at the local and state levels. Over the years, the concert bands have regularly been awarded “Straight 1's” at District Band Festivals, performing the finest of high school and collegiate wind literature. The jazz program is recognized as one of mid-Missouri’s finest and repeatedly takes home high honors at competitions. The marching band in recent years has a renewed purpose to achieve the highest standard of excellence by placing at competitions on a consistent basis and providing our community with a sense of pride at civic and school-wide events. Several of our students each year participate in the District and State Honor Bands. This is truly a sign of the outstanding musicians that are a part of the Rock Bridge bands.

The Rock Bridge bands also perform throughout the state and beyond. In spring 2008, the bands performed in Hawaii bringing home several honors in concert, jazz, and marching. Future trips outside of the state will be offered giving Rock Bridge students the opportunity to experience performing music beyond our state lines.

Be a part of something great at Rock Bridge High School – be a part of the Rock Bridge bands.
**Rock Bridge Bands**

**Wind Ensemble**
This is an advanced group made up of mostly juniors and seniors. Auditions for this group will be immediately after marching season in late October 2009. This ensemble performs high school and collegiate level band literature.

**Symphonic Band**
This is an intermediate group made up of mostly sophomores. Auditions for this group will be immediately after marching season in late October 2009. This ensemble performs high school band literature.

**Jazz Ensemble**
This ensemble is comprised of mostly juniors and seniors. Auditions for this group will be in May 2009. This ensemble performs high school and collegiate level jazz literature.

**Jazz Band**
This ensemble is comprised of mostly sophomores. Auditions for this group will be in May 2009. This ensemble performs high school level jazz literature.

**The Emerald Regiment** (marching band)
A group comprised of all band and guard members. The band performs primarily in the fall (August through October). Performances include Friday night football games and Saturday competitions.

**Instrumental and Chamber Music Ensembles**
Opportunities to perform in jazz combos, percussion ensemble, and chamber groups are made available throughout the year.

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**Upcoming Important Dates**

**Sophomore Band Parent Orientation Night**
Monday, May 4, 2009
7 pm
RBHS band room

2009 Summer Monday Night **Emerald Regiment** (marching band) Rehearsals

June 22 – 6 pm to 8:30 pm
June 29 – 6 pm to 8:30 pm
July 13 – 6 pm to 8:30 pm
July 20 – 6 pm to 8:30 pm
*Rehearsals take place in the RBHS band room.*
*If you are not on vacation, you must attend.*

2009 **Emerald Regiment** Summer Band Camp
*(mandatory and takes place at RBHS)*

July 29 - 31 (guard and drumline)
August 3 – 7 (everyone)
August 10 – 14 (everyone)

**Rock Bridge High School Bands**

**Wind Ensemble**
**Symphonic Band**
**Jazz Ensemble**
**Jazz Band**
**The Emerald Regiment** *(Marching Band)*
**Drumline**
**Color Guard**
**Percussion Ensemble**
**Chamber Ensembles**

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Hawaii 2008

*Be Part of The BEST*