



**Oregon Crusaders**  
**2015**  
**CORPS MEMBER HANDBOOK**

November 8, 2014



## Purpose

As Oregon's Major League Team in marching music performance, the Oregon Crusaders provides education through performance in the areas of percussion, brass, dance and visual ensemble artistry.

We believe that through the group's achievement of artistic and performance excellence and through the addition of a leadership curriculum that draws upon some of the leading leadership training methodologies used in corporate America, the organization provides the educational, cultural, interpersonal, physical and emotional growth necessary for young people to become leaders.

## History

The original Oregon Crusaders junior drum and bugle was founded in the early 70's as the "Dickenson's Oregon Crusaders" based in Clackamas County, Oregon by Ron and David Jones. This corps would later merge with the "Imperial Cadets" to form what was called the "Imperial Crusaders". The designation "Crusaders" was later used by Rick Wise who, in the fall of 1999, founded what was then called the "Southern Oregon Crusaders" based out of Medford, Oregon. The corps was relocated the corps to the Portland Metro area and officially renamed the corps the "Oregon Crusaders" after the original Clackamas-based corps. For more details, see the History page on our web-site at: <http://oregoncrusaders.org/about-oc/history/>

Through 2003, the corps only participated in regional competitions. In 2004, the corps burst on to the national scene, winning the Division III World Championship in Denver, Colorado. Up until 2012, the Oregon Crusaders were a finalist in every Division II/III and Open Class Championships, culminating in their Open Class 1<sup>st</sup> Place finish in 2012. In 2013, the corps made their debut as a World Class competitor, having been a World Class Semifinalist since 2011. In 2014, the corps fielded its first maximum membership of 150.

### Oregon Crusaders programs, scores, and placements since 2004:

Year	Show Title	Final Score	Placement	Division/Class
2004	Metro Metal	87.425	1 <sup>st</sup>	Division III
2005	The Sands of Time	88.600	7 <sup>th</sup>	Division II
2006	Echo	92.875	4 <sup>th</sup>	Division II
2007	Gates	80.775	5 <sup>th</sup>	Division III
2008	Inner Connections	93.025	4 <sup>th</sup>	Open Class
2009	Equilibrium	87.95	8 <sup>th</sup>	Open Class
2010	Dance of the Flames	94.00	2 <sup>nd</sup>	Open Class
2011	The Blue Hour	94.70 / 75.15	2 <sup>nd</sup> / 22 <sup>nd</sup>	Open Class / World Class
2012	Dreaming in Color	95.25 / 77.45	1 <sup>st</sup> / 19 <sup>th</sup>	Open Class / World Class
2013	My Heart, My Battle, My Soul	81.05	17 <sup>th</sup>	World Class
2014	Nevermore	80.10	19 <sup>th</sup>	World Class



## **Style**

We expect that on and off the field our performers and staff members will exhibit attributes of professionalism – a style that has, over time, become recognizably “Oregon Crusaders”. While each of you brings individuality, which will be a source of great diversity and strength, the style that we expect of you is:

- \* Genuine and Honest
- \* Compassionate
- \* Professional
- \* Confident yet, Humble

As a group, we have a style that is recognizably modern and effect-driven, and always with class. We have a genuine focus on Excellence in all that we do. Our organizational style can only be sustained when all participants adhere to the professionalism that is expected of them.

## **The OC Compass Rose**



The OC Compass Rose represents personal direction and strength, two essential elements of leadership. It should be worn with pride.

## **Performance. Art.**

In 2011, our organization refined the Oregon Crusaders brand and image, which resulted in changes to our logo and tag line, “Performance. Art.”

To performers, audience members, and members of our community alike, Oregon Crusaders is one of the few performing arts organizations that transforms marching music into high *performance art* because it provides an unparalleled combination of power, precision, and modern visual artistry not found anywhere else.

Our performance of music creates visual art. It is music that you can literally see.



## Member Expectations

- \* **Be on time to all rehearsals.** If you are going to miss a rehearsal, advise your Caption Head and the Corps Director at least two weeks prior. It is your responsibility to know when, where and what the next rehearsal is. Arrive at rehearsals prepared and ready to rehearse. Know and understand the objectives/goals for each rehearsal. If you don't know – ASK!
- \* **Pay your tuition fees, and pay them on time.** It costs an incredible amount of money to put on a drum corps program for a season and to put it on the road for the summer. Everyone needs to do their part to ensure that we have the finances to make it happen. Make sure that you are aware of your obligations and the schedule for paying them. This information can be found at: <http://oregoncrusaders.org/membership-cost/>. If you're blowing off paying your fees, you are crippling the organization and its member's ability to have a successful season.
- \* **Excessive swearing and abusive language is not acceptable.** Rehearse and perform in a professional manner. You can expect the same professionalism from the instructional staff.
- \* **You are a role model for other corps members.** It is your responsibility to remember that at all times. Other corps members will act and behave as they see you act and behave. This role model responsibility applies at all times on the rehearsal/performance field as well as off the field.
- \* **Treat other corps members as you would like to be treated.** Respect their personal needs and requests.
- \* **Set high standards for yourself.** Ensure that you know and understand the organization's, Director's and instructional staff's expectation for the year.
- \* **Smoking is not permitted at camps, rehearsals, performances, on any school premises, or on the bus.** Smoking in an Oregon Crusader uniform or corps jacket is not allowed.
- \* **Alcohol use at any time is not allowed.** This includes rehearsals, performances, bus rides and any other functions associated with the corps. All schools where we stay/perform are alcohol free campuses. Clear evidence of alcohol use will end your membership with the Oregon Crusaders and create unnecessary hardship for the rest of the corps.
- \* **The use of illegal drugs at any time is not allowed.** This includes rehearsals, performances, bus rides and any other functions associated with the corps. All of the schools where we stay/perform are drug free campuses. Oregon Crusaders, in conjunction with DCI, prohibits the use of illegal substances as defined by the laws of the United States, by its members and is cause for immediate dismissal from any corps activities. (DCI Policy #515)
- \* **School activities (concerts, trips, etc.) take priority over corps functions.** We realize that without good grades, most members would not be allowed to participate in the corps. When a member must miss a rehearsal due to a scheduled school activity, please notify us as soon as possible, no less than two weeks in advance. Missing a rehearsal and then notifying staff after the fact is not acceptable. Manage your time and plan accordingly.
- \* **Take care of and respect your uniform and your equipment.** Brass players must wear gloves at ALL TIMES when handling their instruments. Any damage to your instrument, accident or otherwise, must be reported to your Caption Head or the Director immediately. If it is determined



that the damage done was due to negligence, it will be the member's responsibility to pay for the cost of repair or replacement.

- \* **Take care of and respect all rehearsal/housing facilities.** We are very fortunate and dependent upon the organizations that allow us to use their facilities. It is very difficult to find good facilities that meet our needs and at a reasonable cost. It is vitally important that we leave all facilities in better than shape than when we found them.
- \* **Treat instructional staff, support staff, drivers, board members, other corps, parents and fans with respect.** They will respond to you much more positively and with the same level of respect. If you have concerns with someone, please advise the Director for further support or action.
- \* **You represent the Oregon Crusaders organization at all times.** It does not matter where you are – rehearsal, performance, Facebook, or anywhere in the public eye. What you say and write as a member of the Oregon Crusaders will be viewed as the opinion and thoughts of the Oregon Crusaders organization. If someone knows you are a member of the corps, then you are representing the entire organization. Make all of your actions happen with pride, class and integrity!
- \* **Make sure that you are aware of Oregon Crusaders [Social Media Policy](#).**

### **Camps and Rehearsals**

Unless otherwise communicated, all weekend camps begin at 7PM Friday evening and end at 4PM Sunday evening. **Some camps will end on Monday.**

An evening snack on Friday (not dinner), breakfast, lunch and dinner on Saturday, and breakfast and lunch on Sunday are provided by the corps.

### **Airport, Train, and Bus Shuttles**

Oregon Crusaders can help with this for out of town members to and from camps. Please follow the instructions in our Travel Policy, which is posted online on the Audition and Member pages ([Travel Policy](#)).

### **Sponsorships**

We strongly encourage members to seek sponsorship for their participation in the Oregon Crusaders. We have a Sponsorship template that you can use to personalize with your specific story and needs, and is posted on the Members page of our web site. Many members have been successful with US mail, telephone, and in-person follow-up. It's very important that you tell your story and about why being in the Oregon Crusaders is important to you.

It takes time to get results with sponsorships. Do not wait until it's too late. Start now!

Checks or Money Orders should be made payable to Oregon Crusader with members' name in the memo section. Payments can be made online or with a credit card as well. *Please be aware that sponsorships made for member's tuition is not tax-deductible.*

### **Fundraisers**



In an effort to keep tuition costs low, the Oregon Crusaders requires that members and parents participate in fund-raising activities that benefit the corps. In addition to the volunteer help with cooking and as chaperons, it's critical that parents get involved in our fund-raising efforts. For 2014, OC is planning on the following fundraisers:

- \* Dinner & Auction, April 11, 2015.
- \* The Preview Gala on June 27<sup>th</sup>, 2015.
- \* Hosting our own Drum Corps show on July 2<sup>nd</sup>, 2015 in McMinnville, OR.
- \* There may be others that come up and we will ask for your or your parent's involvement.

### **Contacting Oregon Crusaders**

Throughout the course of a season, you may have questions and need to contact someone within the organization, whether it's a staff member, the Director, Tour Director, Volunteer Coordinator, or a board member. Email address are available on our staff page at: <http://oregoncrusaders.org/staff/>.

If you need to talk to someone directly, or in an emergency, you may contact Mike Quillen, the Executive Director at 503-475-3592 ([director@oregoncrusaders.org](mailto:director@oregoncrusaders.org))

Email is the official communication medium for the Oregon Crusaders. When contacting OC for official business, even about being late or missing a rehearsal, it should be done through Email.

We are also very active on Facebook and other social media channels, with individual member groups, the Oregon Crusaders Member group, and a vibrant Parent, Volunteer, and Supporter group. We encourage you to join and participate.

Should you have a concern or issue that needs to be raised anonymously, this can be done through the Oregon Crusaders Whistle-blower process at <http://oregoncrusaders.org/whistleblower-policy/>



## The Oregon Crusaders Survival Guide

Move-in & Touring is a tremendous challenge. At times, it will not always go as planned, it will be exhausting and may involve hardship and frustration. There will be days where you'll wonder what in the world you were thinking when you decided to get into this. It will also be one of the most profound, important and exciting experiences of your life. Please read this guide over - carefully- with your parents - so we all start together. **Advance preparation and planning on your part is important.** This information is given to level set you on the expectations. It will set you up for success. Our tour operation only works when everyone does his or her share - reliably and enthusiastically. If you have any questions or suggestions, talk to us. Some of our best ideas will come from members, parents, volunteers and staff. Above all, be flexible, positive, and have a great sense of humor. It is important we can count on you, just as you need to be able to count on everyone else.

We have two very simple expectations of the corps members. You will not break the law and You will not embarrass the organization. The adults will not be looking over your shoulder and supervising you because we assume (and we operate with the assumption) that you are a professional, motivated, responsible and success-bound person. If you aren't yet, learn to be quickly or you are not going to have a good time this summer.

**School Property:** Any intentional misuse or abuse of property, stealing, exchanging of equipment or property will not be tolerated. A member may be dismissed and legal action may be pursued. This includes taking any item, no matter how "insignificant," that belongs to another member, another corps, or a housing site. You will be neat and organized in all areas you occupy. We leave a school cleaner than when we arrived and are known as a corps that can be trusted in housing sites.

**School Computers:** You know, and we know, that logging in and checking your email is not a problem, and that it isn't a big deal. After all, you know what you're doing. True. And wrong! What would your reaction be if someone you did not invite, came into your room and used your computer without your permission? **UNLESS YOU HAVE BEEN GIVEN SPECIFIC PERMISSION, YOU MAY NEVER LOG ON OR TOUCH A SCHOOL COMPUTER, NO MATTER HOW HARMLESS IT SEEMS TO BE!**

**Your Location:** You may not leave a housing site or a show site without checking with the designated in-charge person, usually the Tour Director. Eat with the corps at every meal. It's also important that you do not wander off alone, whether at show sites, laundry, or free days.



**Injury, illness and what to do:** If you are sick or injured, report to either your lead instructor at the time, the Tour Director, Medical staff, or the Corps Director. We will take care of you and take you to a doctor, Urgent Care, or Emergency Room, if necessary. You may end up needing to take time off to recover. Your participation in any performance is at the discretion of the Corp Director or his designee. This decision will be made with consultation of Medical and Instructional Staff.

As a general rule, to perform, you must have participated in the full ensemble rehearsal and the run through. Changes will have been made, and you will hurt yourself or someone else without that rehearsal time. If an injury or illness keeps you out for three or more days, we will talk with you about going home. Tour is not the place to recover from significant injury or illness.

**The Equipment Truck:** Things and people can get hurt on the truck. Be careful; safety is the most important thing. EVERY piece of equipment has an EXACT place. Do not help pack the trailer unless you have been instructed on how and when to load each piece of equipment. It will waste everyone's time if we have to unload it all again. All members will be given instruction on how and where to load their instrument, uniform, props and shakos. It will be YOUR responsibility to ensure that they are loaded after each rehearsal and performance. Make sure that you're wearing appropriate clothing and shoes.

**Buses - your home on wheels:** Your bus seat will be the closest thing you have to space of your own. Aside from getting along with your seat partner, there are things that make living with 54 of your "closest" friends a little easier. Respect each other's space and stuff. Pretend your neighbor's seat and the rack space above the seat is his/her personal bedroom and you'll get along fine. Be certain your stuff does not take up a selfish amount of space. Measure in your mind's eye the total space available on the bus and divide by 50. That is your space. Get off the bus only when instructed to do so. Important information is shared each time we stop, and before you get off the bus. You must sit in your assigned seat each time we pull out and IT IS YOUR RESPONSIBILITY TO MAKE SURE YOUR SEAT PARTNER IS ON THE BUS! You may change seats within your bus with the approval of your bus captain and your new seat partner. A seating chart is kept and must be accurate.

**Bus seat assignments:** Bus assignments are designated by section with a percussion bus, brass bus, and color guard bus. Some cross-over is allowed, simply because there are more brass members than will fit on one bus.

Bus seats are selected just before tour. Line up a seat partner in advance. The most veteran members select their seats first. Seat selection is the only time seniority is formally important in OC. There will be one Drum Major on each bus and a Bus "Captain" assigned, who are responsible for ensuring member proper member conduct, and that all members are on the bus prior to departure from anywhere.





**Sleeping on the bus:** Bus sleep is critical for survival! Bring a pillow and blanket for the bus.

**Other bus things:** Restrooms are not used except in a dire emergency. The bus will make regular stops at rest areas so folks can use the restroom. Just be certain to notify your driver that there is a need. The synergistic outcome of chemicals, the variable of summer heat, a stuffy bus, stale holding tanks and your bodily contribution is not a good thing. If you don't notify your driver, this distinct and unpleasant awakening will be the only way he/she will know.

**Percussionists:** Drum heads and practice pads are all designed to be hit with sticks. Hitting them is a good thing. However, bus seats and arms, windows, other people, gym floors, table tops/sides/legs and the like are not. And, hitting anything when the rest of the bus is trying to sleep or when the bus is in motion is not acceptable.

**Lights out on the bus:** Lights out will generally be 45 to 60 minutes after departure or at a designated time. Once in a while, we stay up for movies or special bus celebrations. Each bus has a video system. You may want to bring a couple of DVDs to share. If you bring videos, use good judgment. What is entertaining to you can be offensive or inappropriate for someone else. Generally, PG-13 is the limit.

**Parents/Staff/Volunteers roles on the bus:** The adults who ride your bus are there to get to the next city just like you, but they serve important roles in the event of illness or injury and should be treated as a welcome guest. Members are responsible for their own behavior on the bus, but the adults have the authority to intervene if necessary.

**Travel Stops:** While traveling, we stop about every three hours for bathroom breaks, driver stretches and fuel. You may get off to use the restrooms at these stops. Do your "business" and get back on the bus. Don't be the one we have to wait for. Most stops will only last 20 to 30 minutes. It is rare we will allow shopping at fuel stops. We cannot travel efficiently if we are buying candy and chips 150 times, and most items are overpriced at truck stops anyway. Volunteers and Staff may buy things at stops because we can get this number checked out in the time we have.

**Lost, Stolen, Damaged belongings:** OC is not responsible for lost, stolen or damaged belongings of any member or staff member. We do not always control public access to our areas, especially in housing sites and we can be (and have been) stolen from. BRING NOTHING YOU CAN'T AFFORD TO LOSE!

**Seat back pockets:** Check with a returning member for details on this. They're made from a towel with pockets sewn in. They hook to the headrest in front of you and hang down the back. An elastic band holds it tight against the seat back. There may also ready-made options available in stores or online for seat-back storage.



**Grocery Stops:** Every 7-10 days, we go shopping for toiletries, snacks and other necessities. These are scheduled in advance so you can plan accordingly. Don't try to carry a full summer's worth of any consumables. Plan to buy as you go for all perishable and consumable items. A good idea is to discuss with your seat partner who is bringing what for bus boxes, music, snacks, seat back pockets, headphone jacks and such. You can share.

**Laundry:** We do laundry every 10-14 days, ***but plan for a couple of extra days***. We may use 2-3 laundries simultaneously, dropping a group at each one. The whole process usually takes about four hours, and it becomes a nice break from tour, too. If you are not sure how to do laundry, check with mom or dad now. Your white shirt will be really cute when it turns pink. Do not bring liquid detergent with you. It spills, it's heavy and it smells. Buy it each time we do laundry. If you end up with extra, leave it at the laundry for the needy.

**Good idea:** Carry a trash bag in your suitcase for dirty laundry and fill it as you go. This keeps the bouquet in check and is very handy to grab and take to the laundry. A 13-gallon extra stretch kitchen garbage bag with pull ties is very good for this. Throw a couple of sheets of Bounce in the bag before you leave to help keep the fragrance in check. Keep this dirty clothes bag in your suitcase, not loose under the bus.

**Tour Itineraries:** We will prepare an itinerary that will be posted on the website. It may also change from day to day and will be texted out to the entire organization daily. Daily schedules will also be posted near the Cook trailer or the meal line.

**Packing for tour:** Limited bus space requires careful planning on your part, but in the long run you will appreciate your efficiency. Everything you bring on tour must fit into one carry-on bag, one suitcase and one sleeping bag roll. There is a size restriction on your luggage.

Bring a sleeping bag/pillow/blanket. When rolled up, it must be no bigger than 18" in diameter. Fold it lengthwise, roll it and then measure it. Foam pads or air mats ARE allowed but they cannot take up more space than a sleeping bag either while rolled in storage or in use on the floor. Adult staff MAY bring whatever cots, pads or air mattresses they would like, but the smaller the better! It's also a good idea to bring a sleeping bag that has a waterproof nylon cover. Damp bags are very unpleasant and they take days to dry!

A carry-on bag is suggested for use while on the bus and it should contain your bare essentials including at least one change of clothes, snacks, toiletries etc.

You can bring one full sized suitcase of a size and weight you care to deal with at 4 A.M., but it can't be motorized. It rides in the bus bay with your sleeping bag, and once loaded, it is not available again until we pull into our next housing site some 400 miles from here and unload. Your suitcase can have wheels but you must be able to carry it in one hand.



Your quality of life on tour is directly correlated to how full you pack your suitcase. A suitcase about 75% full is full. If it barely closes before you leave, it will not be fun later. You will pick up souvenirs along the way, and dirty clothes take up surprisingly more space than clean ones. Since there are many different sizes and shapes of suitcases, we go instead by GIRTH, which is length, width and circumference combined. To figure the girth, measure the length of your suitcase in inches on one side. Next, measure the width of your suitcase across one end. Finally, measure the entire circumference around the middle, at the handle. Add these three numbers. This is the girth. THE LIMIT for girth is 100 inches.

You can carry more clothes, find them easier and keep them nicer if you roll instead of fold them. And remember, dirty clothes take up much more room than clean ones. Leave some room!

Keep your stuff in your carry on or in your bus box.

You need to know that we don't always lock the buses at housing sites or at shows because our drivers' sleep time is more important than our drivers' "opening the bus bays all day" time. Bring your sleeping bag, carry-on and suitcase with you on your first and only trip into the school. Do not ever leave your suitcase in the bus bay at a housing site.

Always think of the whole first. What is best for the greatest number of people is best, even if it may not be for you personally. Don't be one of the few we have to teach this lesson to, nor be one others have to cover for.

It's a good idea to have your name written indelibly on everything you bring, especially things that are the same as the other members have.

### **What to bring:**

*Note: We will provide a more comprehensive list in the Spring of 2015.*

- \* Comfortable athletic clothes, enough to last you 14 days. Some days you will end up changing clothes during the day. Your clothes must be comfortable in hot, humid and hard rehearsals - light colored, loose shirts and pants/shorts/sweats, low-cut tennis shoes, a hat or bandanna. NO HIGH TOPS and NO FLIP FLOPS (except for use in the shower)! Flip flops are bad for your feet and increase your risk of foot and ankle injuries.
- \* Sweatshirts, sweats and a blanket for the bus. It gets cool at night. One nice outfit for free days.
- \* Two fluffy towels and plastic bags for storage of wet towels.
- \* Sports insoles – We strongly recommend the Spenco brand sports insoles, such as the walker/runner style. These full-foot cushion insoles, believe it or not, are VERY effective at reducing the risk of ankle, foot and knee injuries.
- \* Shower supplies - soap, shampoo, toothbrush, razors, towels, and such. In a small, separate toiletry bag to take to the showers. Restock consumables as you go through tour. The less, the lighter, the better for all of it!
- \* Mosquito repellent and plenty of sunscreen (factor 15 or better).
- \* A water jug for rehearsal and on the bus, approximately 2-quart size.
- \* A hat that fully covers your head. (ball caps work well)
- \* Sunglasses
- \* Swimsuit (we may get a chance or two)
- \* Sweatshirt and sweatpants
- \* A rain jacket. We will be practicing in the rain.



**What not to bring:**

- \* A computer or DVD player of any kind. They will disappear and they will take up valuable room.
- \* Alcohol or drugs. Prescription or over-the-counter medications may be carried with you, but you must indicate that you are using them on your medical form. If you begin taking medications, you must update your medical form.

**Money you need.** The amount of money you need for personal spending is entirely up to you and your needs and habits. Members have spent less than \$100 all summer and others have spent that much in a week. There are a few things for which you definitely need cash: laundry (\$10 a time), free days, grocery stops for toiletries, snacks and supplies, and probably some souvenirs. You will need meal money only for free days. We suggest you carry a limited amount of cash and an ATM/cash card. DO NOT, under any circumstances, wire money!

**Phones on Tour:** Cell phones are allowed, and Smart phones are recommended for use on the field when learning your drill. However, texting and talking on the phone at rehearsals is not acceptable.

**Message Board System:** The day's schedule and important information is posted on a message board near the kitchen trailer each day. It is your responsibility to check it carefully every meal. Information can and will change during the day. You are responsible for the information that is posted on the board.

**Mail Service:** We arrange for incoming mail to mail drops every seven to ten days while on tour. Parents, try to send something every mail drop! Believe it or not, your kid will miss you. HEALTHY bus snacks, a 'miss you' letter, a card, a favorite teddy bear, or of course, a little extra spending money are all appreciated. **Please DO NOT send anything via UPS, Federal Express, or any other carrier except the US POSTAL SERVICE. UPS or FED EX to a Post Office Box will not be accepted. USE THE U.S. POSTAL SERVICE ONLY!!!** Mail in plenty of time! Express mail (overnight delivery) for last minute items is USUALLY reliable, but do not count on "Priority Mail" to save any time at all! Also, Express Mail is traceable. Do not send anything directly to our housing site. The school secretary will think it's a new textbook, and will dutifully put it in the school warehouse for the fall, or we may have our housing site changed when we arrive.

**Mail Drops for the summer:** Mail must be addressed exactly as:

HOLD FOR OREGON CRUSADERS DRUM & BUGLE CORPS (MEMBER NAME)  
GENERAL DELIVERY  
CITY, STATE ZIP CODE

We will publish the exact mail drops on the itineraries.



**Hydration and Nutrition:** The level of physical stress your body will be under is unlike anything most of you have ever had before. Effectively, you will be training and performing like professional athletes. Trust us on all of this. It's critical to your health and success.

Dehydration can be a big problem on tour if you don't take care of yourself and pay attention to your body. You will need much more fluid than normal and you will satisfy your thirst craving long before you have actually replaced the fluids you have lost. Drink more water than you are feeling thirsty for. We take many quick gulp and go breaks during rehearsal so a personal water jug is required. It is imperative you drink a large volume of water before exercise. Your body will use 8-16 ounces of water every 30 minutes at the level of exertion at which we operate. If you begin to get a headache, you may be becoming dehydrated and you must immediately replace fluids. Dehydration occurs because you did not drink enough fluids before exertion. Also, watch to see if your urine is becoming darker than normal; if it is, you are heading toward trouble with dehydration and infections. If you begin to experience discomfort in the rest room, tell us right away. Bladder infections can end a season yet, they are easily treatable if caught early.

Carbonation and caffeine exponentially worsen dehydration, so they are not recommended on tour. This is a real shock to the system for you Mountain Dew and coffee addicts, but it really makes a difference. Water, juice, and Gatorade are the things we drink. Food controls dehydration, too. Our meals are planned for summer exertion. Even if you don't think you are hungry, you are. Eat every meal and eat as much as you like. Your caloric intake must be increased substantially in the summer to keep up with the energy you are using. We do not and you will not use salt tablets.

**Meal Etiquette:** Your volunteer kitchen crew will prepare and serve over 10,000 meals this summer. It is hard, demanding and exhausting work. These amazing people who travel with us will do just about anything for a thank you once in a while.

- \* Shoes and shirts are required in the food line. "No shoes, No shirt, No Service" applies.
- \* Use only one cup per meal. You may refill as many times as you like.
- \* Save your plate for seconds. Seconds are almost always available, but wait until everyone has been through the first time. Please don't hover around the food line waiting. You make people nervous when you do that.
- \* Peanut butter and jelly is usually available to supplement your meal, but it should never be your only nutrition at any meal, even lunch.
- \* Juice & Gatorade is for meals only. Between meals, and for your field jugs, use water only.
- \* You will usually have 30 minutes to get through the line for meals. You may choose to shower and pack first, and you may have duties. Regardless, eat within 30 minute window. The kitchen crew is on a tighter schedule than you are. Respect their time.
- \* If you have special dietary needs, we will do what we can to accommodate you, within reason. Talk with us in advance to see what can be done.
- \* There may be times you don't care for something that is served, but try to eat some of everything, especially the entrée and the fruits and vegetables. If you really can't eat what we have, talk to us!
- \* Please don't complain, and eat what you can. We try hard for variety, too, so we'll try some things you may have not had before. Try it all.
- \* The kitchen crew has the toughest job of all. Be supportive. If you have a couple minutes, see if they need a hand. It makes a big difference to them.



### Frequently Un-asked Questions:

- \* Members may attend Sunday morning church services if we are not traveling. Check in with the tour director to make arrangements. We will make every effort to accommodate, and are usually successful, although sometimes logistics, housing locations or lack of local information interfere.
- \* Sleeping arrangements are separate and distinct areas for male and female. At lights out, you are to be in your respective sleeping bag, on the appropriate side of the gym, having completed your bedtime grooming and good night wishing before lights out.
- \* Discipline problems are rare because members share the same commitment, vision and goals. Most situations that may arise involve operating rules and are handled internally, often by peers. Although rare, illegal activities, activities deemed to be causing a danger to individuals or to the well-being of others or the organization may be handled in any way the organization sees fit, including but not limited to assistance from legal authorities and/or immediate termination of membership. In such a rare instance, travel expenses and all logistical issues would be the responsibility of the member or their family. We would not abandon anyone, of course, but we are not required to make it convenient. We really don't expect or experience many of these types of problems. At the same time, we are not naïve, and we know our members represent a cross section of high school and college age young people, albeit much more motivated and success-bound than many. Regardless, no matter what your habits may be in college or real life, leave it there. If you are tempted to bring alcohol or illegal drugs on tour with you, consider:
  - **There are no secrets on tour.**
  - **In 41 states, any amount of drug possession on a public school property is an automatic felony that would haunt you for life.**

**Adults on tour:** The adults who travel with us are there to support you. Whether driving, teaching, cooking, fitting uniforms or helping out in any number of ways, please understand and appreciate that they are working as hard as you are. They are also serving in a supervisory role. We expect you, as members, to respond to their direction.

**Lost and Found:** We carry a lost and found container on the truck, and set it out daily. Check there if you are missing something. Once a week or so, we clean out the lost and found. Unclaimed items are given away, discarded or worn by the staff.

**Souvenirs of your summer:** Many members like a keepsake from the summer. That's great, and it's encouraged. Some ideas and guidelines may help:

- \* Autographs on your member shirt finals week.
- \* Autographs on a program from a show.
- \* Autographs on a drumhead. If you wish to do this, keep and use the last head changed at the beginning of finals week. Do not use the final head of the season. We need this one to get started next year. Also, please do not use a new head.



Show flags, practice flags, poles, uniforms, rifles or sabers are NOT souvenirs. They belong to the corps and are reused or sold.

We encourage you to support other corps, including purchasing souvenirs from them if you would like. However, do not wear any other corps items while you are with the Oregon Crusaders in any capacity.

**Medical and First Aid:** Due to the expense of over the counter medicines we require members to provide their own basic medical supplies. A suggested medical kit includes: Ibuprofen or other anti-inflammatory, band-aids, pepto tablets, cold medicine, cough drops, antibiotic cream, aloe vera, moisturizing cream and Gold Bond. If you have knee, ankle, or wrist problems, braces and ice packs are recommended. Some of these supplies may be available in our medical kits in an emergency.

We will err on the side of caution regarding seeking medical attention. An adult will take you for treatment and the cost will be your responsibility. Be sure you have medical insurance information on your medical form and have a medical insurance card with you on tour. Sometimes, insurance will not cover clinic visits or prescriptions on the spot. If cash is needed, we will ask that the member pay it. If they can't, we will pay the bill and will bill the parents. We are not able to file insurance claims for you. Repay the Oregon Crusaders right away and seek reimbursement from your insurance carrier. IF YOUR INSURANCE CARRIER REQUIRES PRE-AUTHORIZATION, we will commit our best efforts to contact parents and / or your insurance first, but we cannot guarantee that we will, nor will we unreasonably delay treatment while trying to do so.

**Your Feet:** The most common reason for missed rehearsals or performances and in some cases, season-ending disability, is foot problems. Your feet are your life in drum corps. If you injure your feet, there is little chance for healing, even if you take time off. Your rehearsal shoes are the most important things you will select for the summer. You will be on your feet more than you ever dreamed, and your shoes must do the job to support and protect. Make sure that you have excellent athletic shoes, with plenty of support, in exactly the right size and designed for the kind of strain you will put your feet through. You have no idea! Trust us on this! **You WILL wear shoes any time you are outside for any reason for any length of time.** You will wear shoes when you get off the bus to go into the school, too, no matter how sleepy you are.

Athlete's foot can be a major problem on tour. Treat it immediately. Bring foot powder with you and use it. Also consider wearing flip-flops in the shower. You never know when the locker room has been cleaned last during the summer. Clean them regularly as well.

Bring plenty of clean socks for rehearsal. Change them frequently, and definitely if they get wet. Always wear socks in rehearsal. Keep your toenails trimmed in a straight line across your toe, especially the big toe. Ingrown toenails can take you out from several days to all season. They are also incredibly painful, and are especially difficult to cure on tour. You don't want to go through the experience of the medical treatment that must be done once you have an infected toe. It's not pretty or pleasant, it's totally avoidable and it can be a major medical problem.



**Uniforms and Professionalism:** Once you are issued a uniform, you are responsible for its care. When you are in it, on or off the field, you are performing. With only the highest level of professionalism acceptable in an OC performance, guide your decisions accordingly. These guidelines will help you.

- \* Brass and Percussion players will wear black Dri-fit shirts to help with keep moisture on the uniforms to a minimum. For 2014, OC will provide 2 of these to each member. Additional shirts may be purchased.
- \* Do not ever sit on asphalt.
- \* Never run in uniform. You can fall and hurt your uniform and yourself.
- \* Use full-length plain black socks for uniform wear.
- \* Our pants fit closely, and cheap seams do show through. For under the pants plain, bring black lycra biking shorts (Under Armor works great) no stripes or markings! These are available at discount stores for around \$10. Don't spend a fortune. You will be in public at times while changing, and you don't want to be standing in the parking lot in your boxers or briefs while they walk by.
- \* Boxer shorts do not work under the uniform because they get bunched up and show up as rolls and bumps.
- \* You should bring black shoe polish and polish rag (in a re-sealable plastic bag), but you shall NEVER polish your shoes indoors for any reason.
- \* Brass and percussion hair should be worn off the collar and under the hat or in the designated style when in uniform. Pit players do not wear hats during the show, making your hairstyle and color decision even more important.
- \* After a performance, we remain in full uniform unless otherwise instructed.
- \* There is no eating in uniform except in rare instances where you will be instructed to do so. We drink only water while in uniform.
- \* Only the language of proper ladies and gentlemen is expected.
- \* Things happen to get people legitimately upset sometimes, but not in uniform or while representing the corps. No matter what has just happened that has created an emotional firestorm in your soul, restrain from emotional outbursts in public. Remember, you are representing all of us when you are in public, whether in or out of uniform.
- \* Never engage in negative conversation about another corps, your corps, or any facet of the drum corps activity while in public, and especially while in uniform. You are a professional performer in the public's eye.
- \* Let your uniform 'breathe' as long as possible before you cover it with your uniform bag.
- \* Do not carry anything in your uniform bag except your uniform. Everything else, including your shoes and gloves, should be in your carry-on bag on the bus with you.
- \* Outward displays of affection while in public and especially while in uniform is not acceptable.
- \* Brass players wear clean gloves with the uniform. Wear your performance gloves for performances only, not for practice.
- \* Uniform loading is a big part of the equipment truck loading and unloading puzzle. Be sure to have your uniform where it is supposed to be. In general, uniforms are placed in the truck or uniform boxes immediately following the show. Other equipment and people must wait for the uniforms to be loaded before they can complete their tasks.
- \* Clean shoes and uniform parts are your responsibility, but only the OC cleans the uniforms. You may not take your uniform home without permission.





**Parent Guidelines:** Parents, friends, supporters and alumni are welcome to join us at any time on tour. For the benefit of all involved, please follow these guidelines. Members are under the direct supervision of Oregon Crusaders staff. We ask that, unless you witness a dangerous situation, you do not interfere. Talk to us privately about concerns or suggestions you may have. You'll find us to be very responsive. Your input is welcome and needed.

You are welcome to observe rehearsals, but we ask that you understand a certain environment exists and you should not distract. Close up videoing of your member can be embarrassing and distracting. Please use discretion (and a zoom lens). A run through of the full show is generally performed at the conclusion of each evening's rehearsal. Plan to get there if you can. It is always amazing to see and hear.

If you are meeting your member after a performance or rehearsal, please wait until we have dismissed from our post-event meeting. When visiting a housing site, we ask that you not enter the sleeping area. This is "home" to the members. Please meet in the lobby, or even better, at the kitchen trailer.

Members appreciate care packages and goodies from friends and family when you visit, and we encourage them, but be selective and aware. Please realize that members have been training like athletes. Their nutritional intake has been carefully planned accordingly. Snacks with high sugar content are highly discouraged.

Members must check out before leaving and they may leave with immediate family members only, unless prior arrangements are made. If you leave, do not take uniforms, equipment or luggage with you.

When you come to visit on tour, please consider bringing lots of fresh fruit, at least 6 dozen pieces of fruit, or 25 pounds of things like grapes. It is really appreciated and enjoyed by everyone. We can use whatever you bring, and of course, you can still visit even if you don't come bearing gifts!

**Summer birthdays:** If your member has a summer birthday, let us know if you would like to try to arrange something special. It is not always possible to celebrate with something special on exactly the right day, but we do our best to make it a special recognition for your member. We cannot provide birthday cake on tour, but we do offer a "Birthday Pizza Party" at some point close to the birthday. We can share a party with several members for \$75 or offer an exclusive one for \$300. It is an appreciated treat for everyone. Parents may bring birthday cake if you would like. Please bring sheet cakes for 160 people. (2 full size sheet cakes usually are just right). And don't forget the ice cream! 8 gallons.



**“Scheduled” volunteers:** We need volunteers to staff the kitchen trailer, help with serving meals, and clean up. There are always spots open, even if only for a couple of days you may have available. You don't need to be a great cook to help. We'll help guide you through the process of the work that needs to be done. Yes, it can be hard work but, it's also a labor of love for these great kids. Please give us a hand!

We must make a clear distinction between scheduled volunteers and visitors. We can only allow scheduled volunteers to stay with us or travel on OC vehicles. If you travel with your own with children, make sure they are cooperative and stay out of the member and staff areas. If you take a personal vehicle on tour, OC assumes no risk, including mechanical or liability. OC insurance covers only vehicles that are owned, leased and operated by us.

We provide scheduled volunteers with passes to shows but they are limited and not available for visitors. We ask that visitors eat with us only after all the kids, staff and scheduled volunteers have eaten. If you are not able to volunteer for the full day, and therefore are a “visitor”, a donation of \$5 per meal is suggested. We encourage visitors any time, including during finals week, but we must insist that only scheduled volunteers stay overnight with us.

Please call with any questions or clarification about your status for finals week as it relates to housing. If you are a scheduled volunteer, driving your own vehicle on tour is a not a good idea unless it's a really short trip. You will need to sleep. Contact us to arrange vehicle and other logistics in and out of tour. We can be very creative! If you want to travel with us, we will figure out how to get you there and back!