

HOW DOES THE BAND IMPACT OUR COMMUNITY?

The South Lakes Band is an active member of the community with performances and events throughout the Reston area. Including:

- Home football game performances
- Homecoming parade
- Marching band competitions
- Reston Holiday Parade at Thanksgiving
- Marching band performances at local elementary schools
- Yearly instrument demonstration at SLHS for 4th-6th grade students
- Pit orchestra for the spring musical
- Winter and spring concerts
- Jazz band performances
- Fundraising events such as Tag Day and Citrus Sale

The South Lakes band sponsors the Reston Area Honor Band which is a group of fifth and sixth grade students from the elementary schools in the South Lakes Pyramid. This honors group meets on Monday afternoons in the SLHS band room. SLHS band members help mentor younger students and work to create positive bonds between the elementary and high school levels.

In the fall of each year the South Lakes band conducts its annual citrus sale and during this sale the band solicits donations of fruit for the Reston Interfaith Shelter.

DIRECTOR BIOGRAPHY



Grayson W. Fore has been Director of Bands at South Lakes High School since 1999. He is the Performing Arts Chairman and the Director of the Wind Ensemble, Symphonic Band, Jazz Band, and the Spirit of Reston Marching Seahawks. Mr. Fore is currently serving as the VBDOA District XII Instrumental Chair. Prior to this Mr. Fore was Director of Bands at Pulaski County High School for two years and Brookland Middle School in Henrico County for two years where his ensembles received superior ratings.

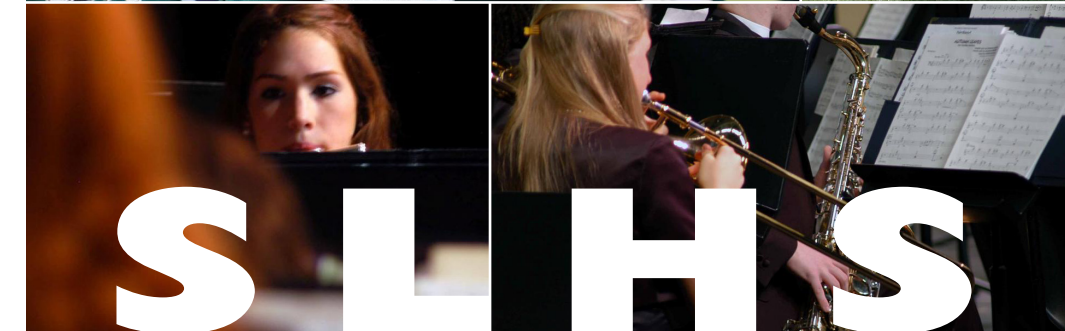
During Mr. Fore's tenure the Seahawk Band has earned numerous first place awards and superior ratings at festivals and competitions. The band performed at Carnegie Hall in 2009, at the 2012 and 2007 Music for All (formally Bands of America) National Concert Band Festival in Indianapolis, Indiana and at the 2006 DC Wind Band Invitational at the Kennedy Center. In 2005, 2006 and 2012 he was recognized by Who's Who in American Teachers for his dedication to teaching in the field of music and his hard work at South Lakes High School.

Mr. Fore is a native of Herndon, Virginia graduating from Herndon High School under the direction of Richard Bergman. He received his Bachelor of Arts degree in Instrumental Music Education and Saxophone Performance from Virginia Tech University and his Master's degree in Music Education from Florida State University. Mr. Fore is an active member of Fairfax County Wind Symphony and teaches private saxophone lessons. Mr. Fore's professional affiliations include the National Band Association, the Music Educator's National Conference, and the Virginia Band and Orchestra Director's Association. He currently resides in Cascades, Virginia with his wife Kinsey and daughter Kaydence.



For more information please e-mail Mr. Fore at GFore@fcps.edu or visit www.SouthLakesBand.org

South Lakes High School
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Images courtesy of Michael Cox, father of Evan, Brian and Stephanie.

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MUSIC AT SOUTH LAKES HIGH SCHOOL

South Lakes High School, opened in 1977, has over three decades of musical excellence experience. The band program has captured and continues to capture superior ratings and first place finishes at events across the United States.

South Lakes High School was the first school in Fairfax County to receive the prestigious **Sudler Flag of Honor**. The Sudler Flag, earned under the direction of Brad Draeger, recognizes high school band programs for outstanding work in jazz, concert and marching band. Approximately 100 bands have earned this award across the United States. Mr. Draeger's national performances include the Midwest Band and Orchestra Clinic in Chicago and the MENC National Conference in Los Angeles.

Since 1999, the band has been under the direction of Grayson Fore. In his first year at South Lakes Mr. Fore reestablished the jazz program and instituted small ensembles. In his second year he reestablished the flag corps and brought the Marching Seahawks back to competitive marching. Since 2000, the Marching Seahawks have captured numerous awards in local marching band competitions including the 2006 USSBA Virginia State Championship and they were a BOA Regional Finalist at the North Huntingdon Regional in 2011. The concert bands have been very active in earning district, regional, All-State and national honors.

SLHS Band National Recognition:

- 2012 National Concert Band Festival, Indianapolis, Indiana (one of 14 bands selected from across the nation)
- 2012 BOA Regional Finalist at North Huntingdon, PA Marching Band Competition
- 2009 Performance at Carnegie Hall, New York
- 2009 Performance for the Virginia State School Board Association
- 2007 Performance at National Concert Band Festival, Indianapolis
(1 of 17 bands selected and only band from VA, SLHS was also selected in 1997)
- 2006 USSBA State Marching Band Champions Class AA
- 2006 Performance at Kennedy Center for DC Wind Band Invitational
- 2005 Pit Orchestra Nominated for a Cappie for Best Pit Orchestra in DC/Metro Area

South Lakes provides students with a high-quality music education. The **International Baccalaureate** program offers a rigorous two-year theory and history program which, along with the band program, has enabled our graduates the opportunity to pursue music studies at schools such as Eastman School of Music, New England Conservatory of Music, MIT, Princeton and Julliard.

The South Lakes band students and staff wouldn't be as successful as they are today without the help and support from Principal Bruce Butler, the South Lakes faculty and administration, parents, and Band Boosters. The **Band Boosters** conduct fundraising to meet the needs of the band program and countless hours of volunteer support ranging from uniform maintenance, providing refreshments and logistical support moving the band. To find out how YOU can get involved please visit www.SouthLakesBand.org and click on "Boosters."

COME JOIN OUR TEAM COURSE OFFERINGS

All ensembles are by auditions. Auditions will be held in the spring with results posted by the close of the school year. One audition day will be held at RCMS and LHMS. Other audition dates will be made available at SLHS. All ensembles require after school rehearsals and performances.

WIND ENSEMBLE 923416

The premiere performing ensemble at SLHS. Students in this advance band study music in the VBODA grade V to VI, marching band techniques, and small ensemble work. Participation in the Spirit of Reston marching band is part of the course curriculum.* Fees are a part of the course. Marching Band as required by FCPS does have after school and weekend events.

SYMPHONIC BAND 923415 OR 923315

Students in this ensemble study music in the VBODA grade IV to V, marching band techniques, and small ensemble work. Students in this course who participate in the Spirit of Reston marching band will receive advanced credit, 923415.* Students who do not complete marching band will receive intermediate credit, 923315. Fees are a part of both courses. Marching Band as required by FCPS does have after school and weekend events.

PERCUSSION CLASS 925015

This course is designed to cater to percussion students. Students will study rudimental drumming, mallet technique and auxiliary percussion. Participation in the Spirit of Reston marching band is part of the course curriculum.* Additional instruction and support for this class is provided by percussion Instructor Aubrey Adam, retired USAF Band chief percussionist. Fees are a part of the course.

JAZZ ENSEMBLE 924015

The Jazz band is a 10th period class that meets after school on Tuesdays and/or Thursdays after marching band. Students study various styles of jazz and improvisational techniques. Participation in the Spirit of Reston marching band is part of the course curriculum.* Fees are a part of the course.

FLAG CORP 925032

This semester course meets August through November and provides the visual element for the Spirit of Reston marching band.* It is a 10th period subject and students must attend all marching band rehearsals and events. Auditions for the flag corp will be held in May. Fees are a part of the course.

** Summer rehearsal for marching band begins in August, usually the final three weeks of August. Exact dates can be found on the band website, www.SouthLakesBand.org.*

VALUE OF MUSIC EDUCATION*

Band students learn important lessons about focus, commitment and teamwork. Students also take on many leadership roles including band offices, section leaders, drum majors and flag corp captains. Music is about communication, creativity, and cooperation. Band builds strong ties within the group as they work toward common goals. The many attributes and skills students gain in band help build enthusiasm for their school and themselves.

A musician is constantly adjusting decisions on tempo, tone, style, rhythm, phrasing, and feeling—training the brain to become incredibly good at organizing and conducting numerous activities at once. Dedicated practice of this orchestration can have a great payoff for lifelong attention skills, intelligence, and promotes self-expression and provides self-gratification while giving pleasure to others.

The skills learned through the discipline of music carry over into intellectual pursuits that lead to effective study and work habits, communication skills, and cognitive skills useful in every part of the curriculum.

Children with music training have significantly better verbal memory than those without such training, and the longer the training, the better the verbal memory. Students in high-quality school music programs score 17% to 22% higher on standardized tests, regardless of the socioeconomic level. Students with coursework/experience in music performance and music appreciation score higher on the SAT, 41-44 points higher on math and 57-63 points higher on verbal. Schools and students in music programs have significantly higher attendance rates and higher graduation rates.

The College Board identifies the arts as one of the six basic academic subject areas students should study in order to succeed in college. They view participation in music as a valuable experience that broadens students' understanding and appreciation of the world around them.

Recent SLHS band graduates have gone to colleges and universities including: Julliard School of Music, Eastman School of Music, New England Conservatory of Music, Princeton, Yale, MIT, Cornell, West Point, U.S. Air Force Academy, U.S. Naval Academy, Virginia Tech, UVA, W&M, IU, JMU, GMU, CNU, WVU, ECU, UMW, ODU

*Facts on the value of music are from The National Association for Music Education.

