



**2016**  
**U.S. ARMY**  
**OLD GUARD FIFE AND DRUM CORPS**  
**JUNIORS' WORKSHOP**

**October 22nd, 2016**  
**JBM-HH, Virginia**



REPLY TO  
ATTENTION OF:

**DEPARTMENT OF THE ARMY**  
THE UNITED STATES ARMY OLD GUARD FIFE AND DRUM CORPS  
3d U.S. INFANTRY REGIMENT (THE OLD GUARD)  
201 Jackson Street  
JBM-HH, VIRGINIA 22211-5020

October 1, 2016

Hello Workshop Participants!

On behalf of the members of the United States Army Old Guard Fife and Drum Corps, we would like to welcome you to our 2016 Juniors' Workshop! We have included several pieces of information in this packet for you and your parents/guardians to go over before arriving at Fort Myer on the 22nd. Please take some time to read through it and contact us with any questions you may have.

Included in this packet is a Parental Release Form that needs to be printed and signed. Please bring this with you to check-in Saturday morning. Also be sure to print and bring your Workshop ticket. It was included in your confirmation e-mail, and can also be accessed by logging in to the event page at <http://www.eventbrite.com/mytickets/> At check-in, you will receive all other necessary information about the Workshop, music, schedule, and a map of nearby lunch options.

PLEASE NOTE: Anyone traveling onto Ft. Myer who possesses a government-issue photo ID must present it, along with a copy of your Workshop ticket, to the gate guard at the time of entry. A background check must also be completed by any visitors over the age of 18. (Reminder: The background check form can be downloaded at [http://www.fifeanddrum.army.mil/files/workshop/visitor\\_pass\\_request.pdf](http://www.fifeanddrum.army.mil/files/workshop/visitor_pass_request.pdf) A scan or photo of the completed form should be sent to [heather.l.tribble.mil@mail.mil](mailto:heather.l.tribble.mil@mail.mil) by October 7<sup>th</sup>, 2016. If you have already completed this form, please disregard this reminder.) Due to tighter security measures, you may experience some delay getting onto Ft. Myer, so please plan extra time to make sure you get to the Workshop on time. You will be directed to a security checkpoint to have your documents checked and vehicle inspected. Be sure to also have a valid Driver's License, proof of vehicle ownership (a valid registration) and proof of insurance ready. When asked for your destination, advise security that you are attending the United States Army Old Guard Fife and Drum Corps Juniors' Workshop at Conmy Hall. \*\*This vehicle inspection process takes time and there could be a line. Please allow yourself plenty of time to complete this process in order to arrive at check-in on time. Privately-owned firearms are not permitted on Ft. Myer.\*\*

Again, we are glad you are able to attend! We look forward to meeting you and sharing a day of music and fun. Have a safe trip, and we'll see you on October 22nd!

Sincerely,

Heather Tribble  
SFC, USA  
Public Affairs

Casey Paulozzi  
SSG, USA  
Public Affairs

## Workshop Information/Guidelines

1. Check-In is from 7:00–8:00 AM Saturday morning in Conmy Hall. Please turn in your signed Parental Release Form at this time. You will also receive your Workshop program. You must check-in before attending any of the Workshop activities. If you arrive after 8:00 AM, check-in will be at the Fife and Drum Building, #231.
2. Bring your instrument... of course!
3. Bring your workshop ticket and your signed Parental Release Form
4. You can bring a uniform for the Massed Band performance if you wish. It is not required. Participants and their parent/guardians are responsible for storage of the uniform and any related equipment during the workshop.
5. Participants are responsible for providing their instrument and any related equipment needed to play that instrument such as drum sticks or mallets, etc.
6. Drummers should bring a practice pad with them, as some of the instruction will utilize work on pads.
7. In case of inclement weather, we suggest bringing some kind of rain gear (umbrella or raincoat).
8. Lunch periods on Saturday will be on your own. Whether you choose to pack a lunch and stay on Fort Myer or drive to a nearby restaurant, please be advised that Workshop participants will NOT be supervised by workshop staff during these times. Please plan accordingly. Maps with nearby lunch options will be provided.

### Some military reminders...

1. Please remember you are on an active Military Installation. We are protected by an exceptional Military Police force that takes security very seriously. If stopped for any reason, please cooperate to your fullest.
2. Be sure to follow all posted speed limits as they are strictly enforced.
3. Be sure to park only in designated parking areas/spaces.
4. You are not allowed to wear headphones (i.e. with Mp3 or CD players) while walking on Fort Myer.
5. Using cell phones while operating a motor vehicle on Fort Myer is prohibited except if using a hands-free device.
6. There is **no** food or beverage, except water, allowed in any of the instructional spaces.

### A few last reminders...

1. Please dress appropriately. Mini-skirts, tops with spaghetti straps, tops that are low cut, and garments that reveal the midriff area are not appropriate attire. Pants that are worn so low as to expose undergarments are also not acceptable. Please be sure to bring appropriate footwear for marching. Flip-flops, certain kinds of sandals, and other shoes that lack proper support can make marching difficult.
2. All facilities on Fort Myer are non-smoking. No participants will be allowed to smoke during the Workshop. No exceptions. For parents/guardians, there will be a designated smoking area in the parking lot, away from the Workshop buildings.
3. As with any professional event, please be on your best behavior. Remember at all times that your behavior reflects your corps, fifers and drummers, and most importantly yourself. Please note that there will be no “hanging out” outside of class/instructional time. While we want you to have a great time with us during the weekend, inappropriate behavior or infractions of any of the guidelines listed above will result in you being asked to leave the Workshop.
4. **Have a great time!**

## Driving Directions

PLEASE NOTE: The names “Joint Base Myer-Henderson Hall” and “Fort Myer” may be used interchangeably. They both refer to the same military installation.

### From the South on I-95

- Inside the Capital Beltway, I-95 becomes I-395. Proceed north toward Washington, DC.
- Take Exit 8A (7 miles inside the Beltway), marked “Washington Blvd., Route 27.”
- After a short distance, take the exit on the right marked “Fort Myer Only.”
- Go through Fort Myer’s Hatfield Gate at top of exit ramp.
- After passing through the security checkpoint, turn right on Carpenter Road and left at the stop sign onto McNair Road. Take a left on Gorgas Street in a half mile. At the end of the road, take a right on Sheridan Avenue. Conmy Hall is at the end of Sheridan Avenue on the left.

### From the West on I-66

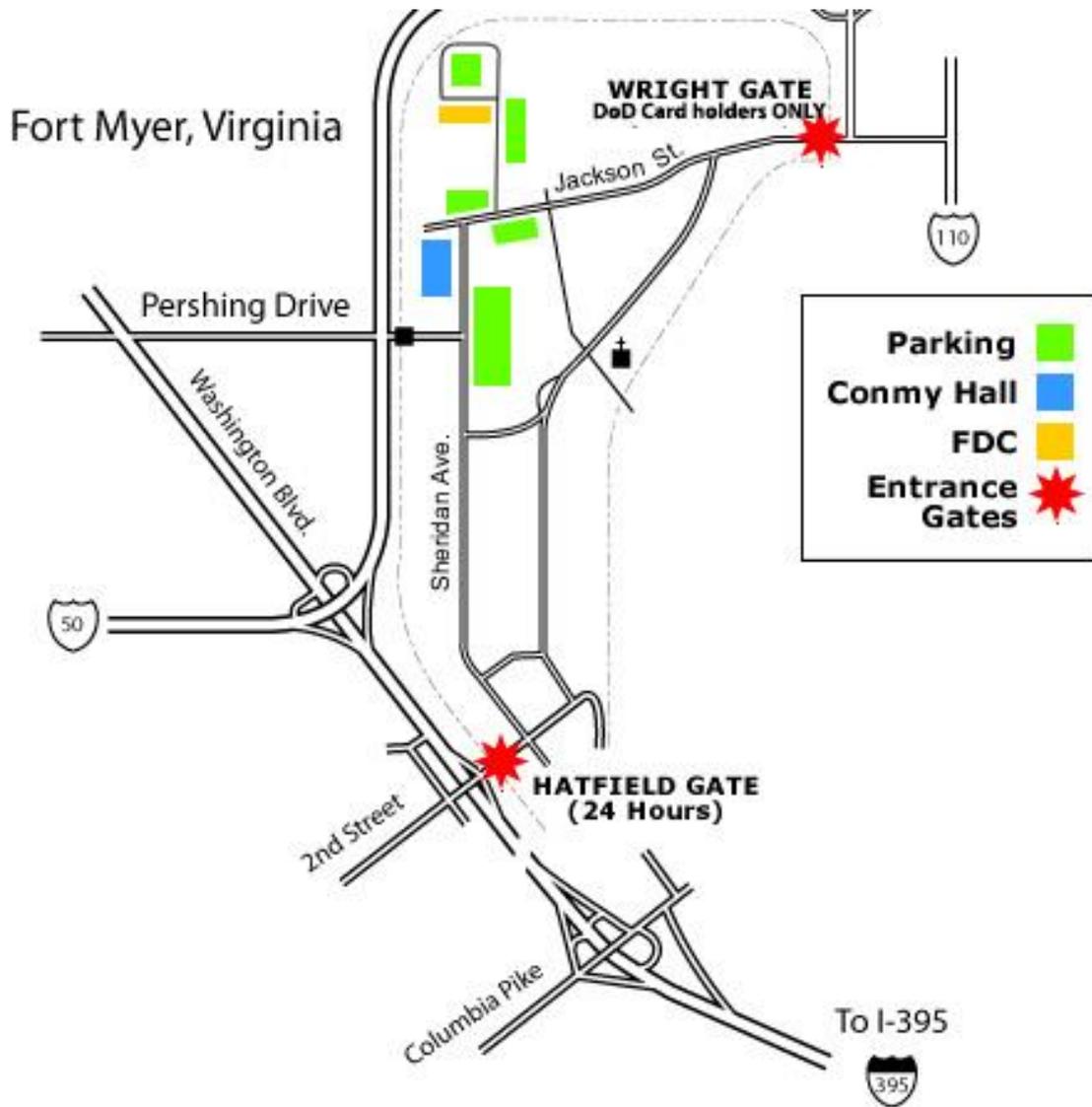
- Proceed on I-66 East inside the Capital Beltway
- Take exit 71 for Fairfax Dr toward Virginia 120/Virginia 237/Glebe Road
- Continue onto N Fairfax Dr
- Turn right onto VA-120 S/N Glebe Rd
- Turn left onto 2nd St S and proceed onto Ft. Myer through Hatfield Gate
- After passing through the security checkpoint, turn right on Carpenter Road and left at the stop sign onto McNair Road. Take a left on Gorgas Street in a half mile. At the end of the road, take a right on Sheridan Avenue. Conmy Hall is at the end of Sheridan Avenue on the left.

### From the North on the Capital Beltway (I-495)

- Immediately after crossing the American Legion Bridge into Virginia, use the right lane to take exit 43-44 for VA-193/George Washington Memorial Parkway/Georgetown Pike toward Washington. Keep right at the fork to continue on Exit 43, follow signs for Geo Washington Memorial Pkwy/Washington. Continue onto George Washington Memorial Pkwy
- Take the US-50 W exit toward Rosslyn, and continue onto US-50 W/Arlington Blvd
- Take exit on the right for Arlington Blvd and take your next right for Washington Blvd
- Follow signs to Fort Myer (exit onto Walter Reed Dr, Turn left onto Courthouse Rd, Turn left onto 2<sup>nd</sup> St and proceed onto Ft. Myer through Hatfield Gate)
- After passing through the security checkpoint, turn right on Carpenter Road and left at the stop sign onto McNair Road. Take a left on Gorgas Street in a half mile. At the end of the road, take a right on Sheridan Avenue. Conmy Hall is at the end of Sheridan Avenue on the left.

### From Within Washington DC

- Take I-395 South out of the Washington D.C. into Virginia.
- Pass the Pentagon and take Exit 8A for Washington Blvd.
- Proceed on Washington Blvd. and take exit marked “Fort Myer Only” on the right.
- Go through Fort Myer’s Hatfield Gate at top of exit ramp.
- After passing through the security checkpoint, turn right on Carpenter Road and left at the stop sign onto McNair Road. Take a left on Gorgas Street in a half mile. At the end of the road, take a right on Sheridan Avenue. Conmy Hall is at the end of Sheridan Avenue on the left.



### Arriving – Entry Guidelines

ANYONE TRAVELING ONTO FORT MYER WHO POSSESSES A GOVERNMENT-ISSUE PHOTO ID MUST PRESENT IT, ALONG WITH A COPY OF YOUR WORKSHOP TICKET, TO THE GATE GUARD AT THE TIME OF ENTRY. All workshop participants should use Hatfield Gate. (Only drivers who possess a Department of Defense ID Card may use Wright Gate.) Due to tighter security measures, you may experience some delay getting onto Fort Myer, so please plan extra time to make sure you get to the Workshop on time. You will be directed to a security checkpoint to have your documents checked and vehicle inspected. Be sure to also have a valid Driver's License, proof of vehicle ownership (a valid registration) and proof of insurance ready. When asked for your destination, advise security that you are attending the Old Guard Fife and Drum Corps Juniors' Workshop at Conmy Hall. \*\*This vehicle inspection process takes time and there could be a line. Please allow yourself plenty of time to complete this process in order to arrive at check-in on time. PRIVATELY-OWNED FIREARMS ARE NOT PERMITTED ON FT. MYER. \*\*

# Schedule

## 2016 Juniors' Workshop Schedule

MAP#	1	2	3
	Conmy Hall	Fife and Drum Rehearsal Hall	Bldg. 230 Classroom
7:00-8:00	Check-In		
7:45-8:00	Welcome		
8:00-9:30	Marching	Beginning Drum Techniques	Beginning Fife Techniques
9:30-11:00	Marching	Advanced Drum Techniques	Advanced Fife Techniques
11:00-12:00	Healthy Body	A Day in the Life of FDC Panel Discussion	Fife and Drum History
12:00-2:00		<b>LUNCH</b>	
2:00-3:00	Drumline Masterclass	Fife Reading Session for Advanced Players	Fife Reading Session for Beginning Players
3:00-4:00	Fife Ensemble Masterclass	Developing Drum Chops for Advanced Players	Developing Drum Chops for Beginners
4:00-5:00		Snack/ Socialize	
5:00-5:30	Massed Band Rehearsal		
5:30-6:30	Finale - Massed Band and The United States Army Old Guard Fife and Drum Corps		
6:30-close	Jam		

## **Class Descriptions**

This year, you choose your schedule! There are many classes to choose from, and you get to put together a schedule that fits your interests. You do not need to state your class preferences ahead of time, and you can change your mind at any time. Use the class descriptions below to help choose what classes you to attend.

### **Marching Class**

Learn how to march like the soldier-musicians of the Corps! This class will focus on the different movements and techniques used by the Corps to stay in-step, guide, and perform.

### **Beginning Fife Techniques**

Focus on the basics in this Beginner Fife Techniques class. Class tunes include “Chester” and “Road to Boston”, with in-depth instruction on tone, articulation, embouchure, and more to build a strong foundation for your playing.

### **Advanced Fife Techniques**

Further your mastery of the instrument in this Advanced Fife Techniques class. Class tunes include “Drums and Guns” and “Downshire” with in-depth instruction on tone, articulation, embouchure, and more to take your playing to the next level.

### **Beginning Drum Techniques**

Learn about the basics of drumming! This class is geared toward less-experienced players who want to know the essentials regarding technique, grip, reading music, and much more. Class tunes will include “First of September” and “Yankee Doodle”, as well as exercises designed for the beginning player.

### **Advanced Drum Techniques**

Learn advanced drumming tactics! Geared toward more-experienced players, this class is designed to promote the technical and musical concepts used by the Corps to perform at the highest level. Class tunes include the Old Guard Drumline solo “Adventures of Joe 90” as well as exercises designed for the experienced player.

### **Healthy Body**

Join Staff Sgt. Brooke Metrinko, ACE (American Council on Exercise) certified personal trainer and group fitness instructor, as she discusses healthy approaches for preparing your body for the physical demands of playing, marching, and performing.

### **A Day in the Life of FDC Panel Discussion**

Ever wonder what the process is like to get into the Corps? Or what we do on a daily basis? Come ask the fifers, buglers, and drummers of the Corps anything you would like in this open panel discussion about life as an Old Guard soldier.

### **Fife and Drum History**

Join Staff Sgt. John Parks as he explores the history of Fife and Drum! Follow the life of a Revolutionary War musician and learn more about the fifers and drummers of long ago and why they were so imperative on the battlefield.

### **Drumline Masterclass**

Come learn and interact with soldiers from the Old Guard Drumline as they discuss the influence and history of rudimental drumming styles from around the world and demonstrate the playing prowess that they are renowned for.

### **Developing Drum Chops for Beginners**

Learn how to develop what all drummers strive to have, CHOPS! This class will teach you how to quickly improve your speed, dynamic range, stamina, control, and other crucial skills under the guidance of an Old Guard Drummer.

### **Developing Drum Chops for Advanced Players**

Learn how to develop what all drummers strive to have, CHOPS! Challenge yourself mentally and physically as we work on ways to improve your speed, dynamic range, stamina, control, and mental toughness in this class that explores progressive concepts.

**Fife Ensemble Masterclass**

Listen and learn from your peers and the soldier-musicians of the corps in this clinic-type environment. Discuss tunes played and techniques exhibited and how you can implement those techniques into your own playing. Feel free to volunteer to perform a piece for your peers!

**Fife Reading Session for Beginner Players**

Improve your sight-reading skills with beginner level pieces. Expand your repertoire and enhance your ability to read music alongside fifers from the Corps!

**Fife Reading Session for Advanced Players**

Improve your sight-reading skills with advanced level pieces. Expand your repertoire and enhance your ability to read music alongside fifers from the Corps!

**Massed Band Music:**

The following music will be used at the Finale performance by all participants at the end of the day. You will also be provided with a copy of the music at Check-In on Saturday.

*First of September*

F1  
F2

F1  
F2

*Road To Boston (Fifes)*

248  
F1  
F2

257  
F1  
F2

*Yankee Doodle*

F1  
F2

F1  
F2



# ***The United States Army Old Guard Fife and Drum Corps 2016 Juniors' Workshop Parental Release Form***

In consideration of the benefits to be derived, and in view of the fact that participation in The United States Army Old Guard Fife and Drum Corps 2016 Juniors' Workshop is voluntary, and having full confidence that every reasonable precaution will be taken to ensure the safety and well-being of my child/children, namely:

\_\_\_\_\_  
(Print Child's Name)

\_\_\_\_\_  
(Print Child's Name)

\_\_\_\_\_  
(Print Child's Name)

\_\_\_\_\_  
(Print Child's Name)

I/we hereby agree to our child's/children's participation in The United States Army Old Guard Fife and Drum Corps 2016 Juniors' Workshop, and waive any and all claims against the leaders of this Workshop, the United States Army, the Department of Defense, and the United States of America, their officers, and the officers, agents, and representatives, for any reason whatsoever, arising from participation in this workshop.

In the event of a medical emergency, and in my absence, the United States Army has my permission to obtain emergency medical treatment for my child with the nearest doctor or hospital, at our expense. The phone number(s) where I/we can be reached in an emergency during this activity is (are):

Parent/Guardian 1: Name/relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

Parent/Guardian 2: Name/relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

Additional (optional): Name/relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

It is expected that all workshop attendees will conduct themselves appropriately. A major infraction, serious enough to warrant significant adult intervention, will be considered grounds for sending an attendee home for the remainder of the Workshop. Examples of this are theft, serious fighting, repeated or gross insubordination to the adult advisers, possession of drugs, alcohol or other illegal materials or substances, damaging and abusive treatment of government property or other attendees.

In signing this document, I agree to immediately retrieve my son/daughter from The United States Army Old Guard fife and Drum Corps Juniors' Workshop should the leaders find it necessary to expel the son/daughter from workshop. I/my spouse/designee will be available at one of the above numbers during the time of the Workshop. (If another number is necessary, please record it on the 'Additional' line.)

Privacy Act Statement

The information you provide to The United States Army Old Guard Fife and Drum Corps is covered by the Privacy Act of 1974.

**AUTHORITY:** Title 5 U.S.C. Chapters 53, 55 and 81; Title 10 U.S.C. Chapters 11, 61-73; Title 37 U.S.C.; GAO Manual for Guidance of Federal Agencies, Title 6, Chapter 4, para. 4.2.B.2; and E.O. 9397

**PRINCIPAL PURPOSES:** Information is collected to allow The United States Army Old Guard Fife and Drum Corps to process your application for participation in The United States Army Old Guard Fife and Drum Corps 2016 Juniors' Workshop.

**ROUTINE USES:** Personal data will be disclosed to The United States Army Old Guard Fife and Drum Corps.

**DISCLOSURE:** Voluntary. However, failure to provide the information requested may result in your not being able to participate in The United States Army Old Guard Fife and Drum Corps 2016 Juniors' Workshop.

Name (Parent/Guardian): \_\_\_\_\_

Signature (Parent/Guardian): \_\_\_\_\_

Date: \_\_\_\_\_

SFC Heather Tribble  
Public Affairs Office  
703-696-9593

The United States Army  
Old Guard Fife and Drum Corps  
3d US Infantry Regiment (The Old Guard)  
201 Jackson Street  
Fort Myer, VA 22211

