

# Jacob Garcia

Have people experienced injuries while marching or rehearsing?

0:06

Not that I've been here. A lot of the stuff that we do requires our legs and ankles. So specifically with that, we usually do some exercises where we rotate our ankles to kind of get us prepared for like, the long day ahead of us, of all the marching. And we do a lot of trunk twists and stretching and all that to get all our upper body muscles relaxed and ready to stand still for like hours on end.

How have you adjusted to Lubbock weather?

0:31

Yeah, so I'm from Houston, so it's very, very humid compared to here, so it's definitely a day and night change for me. At least for me, I drink lots of water. I'm using Aquaphor and all the chapstick I can, and just all the cold air and preparation for the dry heat up here. I am used to the heat, but it is a different type of heat. The cold weather, Houston also gets pretty cold, but it's a different type of cold up here. So again, kind of the reverse of that, still just like lots of water and buying a lot of a lot of bigger clothes.

How do you stay fit?

1:10

Yeah, so during the summer, I usually weight lift, and I go on like runs. So I'll usually do like a two, four mile run or something, just to stay fit to keep my cardiovascular system intact and keep my muscles and strength up. But even after all that, in the summer of that, sometimes being out here can get me a little bit.

What do you think is a misconception that people have about band members?

1:31

That it doesn't take a lot of effort. In my personal opinion, I do think it does take a lot of effort. This is an activity, a physical activity, it takes a lot. You know, marching one show for halftime can like the adrenaline and all the heat and everything and all the factors. Can like it raises your heart rate and you get sweaty and you get tired, physically and mentally. So I definitely think people don't give marching band enough credit for what we do. Yeah.

Do you ever get overwhelmed by the audience size?

2:01

Oh no, I love the audience. I man, I go, I get up in the front, and I'm like, Whoa. This is crazy.