

## Joel Pagán, Ph.D.

How often do band members practice before a performance?

0:06

So typically before performance, we have about eight hours of practice that includes the daily rehearsals that we do as part of our class time and the game day rehearsals that we have on Saturdays right before the performance.

What are the conditions students deal with during a performance and what kind of toll does it take on their bodies? How does travel change that?

0:22

Yes, so in terms of when does it matter when students travel? Not, not particularly so during the regular home game, for example, especially during the fall, the weather's really, really hot, right? Because we're here in Texas, so it does kind of take a toll on the student's bodies, obviously, but this is something that we condition and prepare for throughout the season. That's what we're doing right now. But it becomes very, very warm some, some of the things that we do to ensure that they're prepared for this is we're not in full uniform during the rehearsal portion of our game days, right? But once we hit those game days performances and we're marching over, we are in full uniform. So you can imagine having to march from the School of Music Building over to Jones AT&T Stadium. That does take a toll, and then having to run onto the field for our pregame and do that first part, it does become a very exhausting experience. But again, it's something that we prepare for, that we condition the students do throughout the season, and so they're prepared when it comes game daytime.

What do you do to make sure students are conditioned for these performances?

1:20

Well, we try to encourage them, especially over the summer months, to continue doing outdoor activities and continue to do what they can. But during our first week of summer band, right before school starts, we do have very long days. We start at 7:15, in the morning, and go till nine at night. So you can think of those as almost three a days. We do a morning, afternoon and night. So a lot of that is essentially to condition the body, to prepare them. This will be the hardest that they work in terms of a continuous amount of time during this week, but that makes the performance a little easier, and it conditions them for that time, because after this week, we will never perform or rehearse this much in this extended amount of time. So everything we do prepares us for what essentially is about the six to eight minute very high intensity workout during the halftime performance. So this week is essentially our conditioning time to prepare for that.

Anything else to add?

2:07

Well we're just really excited for this year. We can't wait to support our Red Raiders for this season, and it's going to be a really fantastic season with a lot of great music this year.