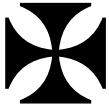


# 2006 Crossmen



## **Strengths and Weaknesses, Expectations and Goals.**

**Excellence:** Expectation.

**Perfection:** Goal.

These strengths push us closer to achieving our goals.

These weaknesses hold us back from reaching our goals, *and prevent us from meeting the expectation.*

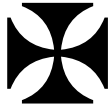
Right now, you have as many strengths as you have weaknesses listed. We selected 5 and 5 for a reason, to offer a balance. If we are to maintain that balance, we will remain the same. Byron Stripling, a world famous trumpet player with the Count Basie Band, remarked the following: "The definition of insanity is doing the same thing over and over again, without adapting or improving, but expecting different results." Clearly, we cannot maintain our current balance of strengths and weaknesses if we are to improve and go beyond what we did last year, let alone achieve better results.

As Crossmen, we *do* have individual strengths and weaknesses, however; because of the nature of this activity there's good news and bad news about that. The good news is we pool all of our talents, our passion, our leadership, and our unique traits into what makes each of us Bones. It is a remarkable thing to look through all of our strengths and see what an incredible mix of people have come together to form the 2006 Crossmen. The flip side of that is that our weaknesses, and our shortcomings also blend together. I don't necessarily like the Phrase "we're only as good as our weakest link" because I believe that it doesn't do justice to the fact that we are also as good as our strongest link. But it is important to remember that if the third snare in is lazy, and the fourth tuba in the line hates to run and is overweight, and the marimba player has poor memorization skills, and the colorguard member in the back of the field drops consistently during rehearsals and shows, this prevents ALL of us as Crossmen from achieving excellence.

If we eliminate all of the weaknesses, we are one step closer to excellence and perfection. Heck, if each of us starts by improving upon one weakness through the course of the weekend, we are already growing as a drum corps. For the Vets, continue to think about how your greatest strength will serve as your gift, and legacy to the 2006 Crossmen. Between now and move in, it is important that we address ALL of our weaknesses, while continuing to max out our strengths and turn what are currently shortcomings into positive qualities that will push us to be the **Best Crossmen Ever**.

For those wondering about entertainment and pleasing? The Crossmen are known for having one of the best times performing on the field, and sharing that with the crowd. Thus, the better we perform our show, the more in awe the audience will be, the more FUN they will have, and the more they will relish every chance they get to scream out "Darkhorse" "Bones" and "Crossmen...F\*#% YEA!" And of course, **we will earn** every night show and encore performance we get this year.

# Excellence



“I love 1997 and 1998. Biggest reasons? Thom Hannum and Michael Klesch. **They demanded excellence**, and more often than not, they got it. Talk about setting up a culture to succeed. It was about expecting greatness and making it happen. **EXPECTING IT.**”

“I don't think it's a coincidence that those two 6th place corps (1992 & 1997 Crossmen) were two very well disciplined corps. In every way. From the way they allowed themselves to appear in public, to the way they got on and off the bus, to the way they treated their equipment, to the condition they kept their rehearsal sites and buses. It was all connected. Consciously. From day one.”

– *Gary Cuzzocrea, Crossmen Hornline 90-92, Visual Staff 97-03, Crossmen Alumni Association Webmaster*

"We are what we repeatedly do. Excellence then, is not an act, but a **habit**."  
- *Aristotle*

"Excellence is the result of caring more than others think is wise; risking more than others think is safe; dreaming more than others think is practical and expecting more than others think is possible." - *Anonymous*

## Strengths of the 2006 Crossmen

These strengths push us closer to achieving our goals.

1. Tone quality
2. Toe roll
3. Dexterity
4. Endurance
5. Attitude
6. I love this activity, I've been into it since the 9th grade and nothing makes me happier than to be on this side of the game and get to perform my ass off.
7. **Love for this Corps. The Crossmen are my favorite corps, we're bad ass and just go out and throw down, regardless of peoples' opinions of us, I live and breathe Bones**
8. My enthusiasm, over the summer, I'm very into tour, not like extremist, but I like to help push the guys around me, and to fight through the pain, because in doing that, you feel more rewarded as a person
9. 3 years experience in HS marching band
10. Determination
11. Good baritone player
12. Good marcher
13. Dedication
14. Upper body posture
15. Positive attitude
16. I can play pretty loud
17. Experience
18. Fast Memorization
19. I'm a good musician
20. I have good work ethic
21. Most people think I'm nice and I make lots of people laugh (yea, so maybe this is a weak answer...)
22. I have leadership experience as a high school drum major
23. I'm always looking for ways to improve
24. I understand (esp. after last weekend) that it's going to take a butt load of work now in order to make it to Finals. And I want to work for it.
25. I'm a solid player/musician...can always be better, but I have a mature understanding of musicality, etc.
26. I know what it feels like to relax and hold the horn without sacrificing correct posture.
27. I have a pretty strong core...as far as abs and supporting the torso goes.
28. My endurance has increased at least 3 fold (I picked up the baritone in December after a 3 year hiatus)
29. Desire to get better and do well
30. Musicality
31. Running and endurance
32. Dedication
33. Knowing that complaining doesn't get anything done.
34. I am a very motivated, and am very determined.
35. I tend to be a perfectionist
36. I can easily memorize music.... It only takes me a couple of run throughs and it's done.
37. I am always early...I have a thing about being late.
38. I am an honest person
39. I don't give up easily
40. I am a good/strong player
41. **I have taken massage therapy classes\*\*\*\*\***
42. I have marched div I before so I know how mentally killer it can be
43. I am from TX so I am used to heat
44. **Even though I am really new, Bones is already starting to mean something to me so I have the desire to be the best I can be to**
45. I'm a pretty good musician
46. I'm determined to do this activity
47. I know when it's time to have fun and when it's time to work

48. I love drum corps, marching band, and everything related to them and I'm having a lot of trouble coming up with a fifth one, but would being real into the music we're playing for the show count?
49. Musicianship
50. Willingness to learn and take criticism
- 51. Humor**
52. Patience at times
53. Experience from marching two years with a div2/3 corps
54. My mind can overcome my body
55. I think and have been told i have nice tone while playing
56. My determination
57. I have OCD so EVERYTHING has to be perfect
58. My ability to communicate with others
59. I am a hard worker and somewhat of a perfectionist. I think that will work for me in this activity.
60. I am a good listener in both ensemble and in other aspects.
61. I am a good ensemble player and I have been told that my sound fits in well with others.
62. I am a pretty good runner, having done cross-country in high school all four years and I also enjoy running. This will help me with the fitness aspect of drum corps.
63. I am a good team player and I work well with others. I can serve many functions of a group adequately.
64. Great horn player
65. Obsessed with DCI
66. Give great massages
67. Good friend
68. Can finally hold the horn
69. I am a responsible and dependable person
70. I am very driven, and rarely give up on things,(could also be a weakness)
71. My physical fitness level is very high
72. I am organized
73. I am a good musician
74. Posture
75. Breathing
76. Finger dexterity
77. Endurance
78. Preparation between camps.
79. I have done drum corps for 4 years.
80. I give 120% all the time and will try to give more when needed
81. I can play my trumpet and will bring my part out.
82. Have a fit body
- 83. I will not bitch\*\*\*\*\***
84. Playing louder
85. Dedicated to getting it right
86. Drive and push to getting it done
87. Remembering changes done to music and applying them right away
88. Knowing my music and playing it with emotion needed
89. Getting to know more people, even vets
90. Lost a lot of weight
91. Keeping consistent with a workout
92. Better player because I listen to people around me instead of just myself
93. Marching ability overall
94. Running
- 95. Overcoming Asthma**
96. Posture
97. Marching
98. Tone
99. Physical Fitness and knowledge about physical fitness.
100. First aid skills
101. Trumpet Tone
102. Dedication/Determination
103. Smart
104. Relaxed Upper Body
105. Range

106. Breath Control

**107. Confidence on and off the field**

108. Posture

109. Working out during the off season, memorizing things

110. Quicker, having the spirit of bones, starting to step up to the plate

111. Before being asked to, trying to get acquainted with more of the corps and staff

**112. Hard worker- when I get into something I don't like to stop until I have completed it.**

**Sometimes this is a weakness as I have trouble balancing several different classes at school along with work social life, but when I'm on the field I lock in and work. I've been much more focused on tasks this year such as my job as an RA, certain large projects, etc.**

113. Lead by example: I have always been the type to lead by example. This year I feel I am back to the work ethic I had 2 years ago if not stronger. I plan to be a very strong motivator on and off the field this season. I want better results in many different places compared to last year.

114. Strong marcher- I have been marching in top level organizations for the last 5 years of my life and have become strong in my marching. I still feel like I suck though, but feel better than this time last year

115. Strong player- I have come so far since joining the Crossmen. From 3rd trumpet, to 2nd, to this being my 2nd year on lead mellophone. I have come so far and I hope to keep that strength improving. I feel better than this time last year.

116. I am able to get along with pretty much anyone and feel comfortable talking with people, being a friend, but also getting on top of people when they aren't doing what they need to be. Being an RA this year has helped that and I think I will be able to do a good job as a section leader this year.

**117. I always remind myself that drum corps is mind over matter, so mental endurance is a strength.**

118. I like to have fun, and I also like to work hard. I'm very good at flipping the light switch, so to speak, between having a good time and working hard (although sometimes the two coincide).

119. I tend to get along with everyone I meet, especially in drum corps. I don't have problems with people.

120. I am good at taking criticism and feedback. I never talk back, and I never take it personally. I don't usually ask questions either.

**121. I am dedicated; I'll do whatever it takes to accomplish my goals / the corps' goals.**

122. First and foremost, I would consider myself a very good musician. I've made All State here in Jersey in 3 out of the 4 years and any other honor band that I've had to audition for.

123. I am a very quick learner, and I can pick up on concepts and drill rather quickly. In that case, I wouldn't slow us down.

124. I am really fun to be around when I open up.

**125. I am a perfectionist; I always do things to the best of my ability every time I do it.**

126. I almost NEVER get pissed off or angry.

127. I am starting to prepare earlier.

128. I am more in shape than last year at this time.

129. The fast licks are easier for me to clean.

130. I have more of my music memorized.

131. I have a better attitude about pushing myself physically

132. Getting to know the whole corps - being more outgoing with people, etc.

133. Leadership skills (due to field-lining)

134. Organizational/planning skills (due to field-lining)

135. Being more flexible on the field (realizing I don't know everything...things aren't always as they seem)

136. Playing Accuracy (especially finger dexterity - miles better!)

**137. Straight legs**

138. Memorize music quickly

**139. Excited about this summer**

140. I have done activities similar to this one

141. I have been playing brass instrument since 4th grade

142. I am self disciplined and will get done what I am supposed to in the time allotted

143. I have a strong musical background being a junior at the Ithaca School of Music

144. I marched with East Coast Jazz last season and am good at picking up new techniques in marching and making quick changes in music

145. I have a good ear and am good at adjusting before being told

146. I have a vast amount of respect for my instructors who are so experienced and knowledgeable and also a vast respect for the corps I am in.
147. More extrovert
148. More serious about physical fitness
149. Most serious about memorization
- 150. Better tubaist**
151. More positive outlook
152. Holding the horn up
153. Discipline in horn arch
154. Sound quality on the horn
155. Mental discipline
156. Straight-leg technique
157. I'm in better physical shape.
158. My attitude.
159. Sound quality.
160. Attention to detail.
- 161. Attentiveness during rehearsal. Do something all the time it all helps in the end.**
162. I am good at memorizing music.
163. I try to always keep a positive attitude
164. I'm a pretty good musician
165. I catch on pretty fast
166. I'm willing to put in time to get stronger than I am currently.
167. Performance
168. Quick learning
169. Love for the corps
170. Strong desire to do well this season
171. Timing
172. Organization: color coding, keeping things neat and in order
173. Time Management: keeping the goofing off to a minimum, running back to sets, anything to make the most of rehearsal time
174. Take Charge frame of mind: having been a dm I tend to play team leader and enforce a bit of time management and keep the knocking off to a min
175. I don't mind serious hard work. I like to be pushed mentally and physically because it makes me a better person/marshaller/ musician in the end
- 176. I don't like leaving anyone behind. If we're running and I fall back a bit but someone is falling back farther I run with him or her so they don't get left behind. I think it takes a team to help someone reach their potential.**
177. I push myself to do or to get better
- 178. I try to push and encourage others and be empathetic to people with whatever's going on that day**
- 179. I've learned to brush the shit off and just do what I am here to do**
180. I take performing for a crowd and for my corps very seriously
181. I stay very focused and listen to directions to limit any questions I may have
182. I am extremely flexible and can adapt to change very quickly
- 183. I am a team player, very often putting the success of others before my own.**
184. I have excellent rehearsal etiquette.
185. I have the ability to keep others around me motivated to do well.
186. I always look ahead and will often fix problems before they ever become problems.
- 187. Listening to all the old shows, being proud of being a Crossmen**
- 188. Getting to know everyone's name in the drumline in the winter**
189. Leading by example instead of trying to be a JR instructor
190. Spending time practicing on a drum in between camps, instead of just on a pad
191. Taking time to drum with Brian Smith and Doozel between camps
192. Fast learning
193. Good memorization
194. Technique
195. Good attitude
196. Focus
197. The general attitude of the administration, in pushing us to succeed.
198. The push to learn more about Crossmen history and take pride in our organization.
199. The stretching and running at camps.

200. The member communication, we never had emails like this last year!
- 201. Realizing that we can't sit around and say "dark horse" all summer; we have to make something happen.**
202. I am a damn hard worker.
203. I work well with groups, especially important on a bass line. I'm a good moderator when it comes to issues and I realize that getting along is an important part of playing well together.
- 204. I am willing to take criticism and do my absolute best to put it to use and make myself better.**
205. I am a musician through and through...I've played piano for 11 years, drums and mallets for 5, oboe for 8, and believe it or not, all of these things sort of relate to each other and have built my skills up together. I've got a good understanding of musicianship and timing, in particular.
206. I know my weaknesses and push myself to get past them.
207. Hard worker
208. Perfectionist
- 209. Caring**
- 210. I love to drum**
211. Teaching others
- 212. Persistent, I have never quit yet!!!**
213. Hard worker
214. Team Player
215. Always looking to improve something
- 216. Spirit of the Crossmen drumline every time I wear the drum**
217. I am a team player, very often putting the success of others before my own.
218. I have the ability to keep others around me motivated to do well.
219. I always look ahead and will often fix problems before they ever become problems.
220. My sight-reading has improved significantly from the previous year with the Crossmen.
221. My maturity as a player and a person has rose to a higher level, but needs more work.
222. My attention to taking care of where I'm staying has rose to a much better level.
223. My forgetfulness has decreased from the 2005 season with the Crossmen.
224. My ability to work hard, even though I'm tired and can't go anymore as improved a lot.
- 225. I LOVE to perform and I generally have an easy time of turning it on**
226. I'm a good marcher
227. I am quick at making corrections
228. I get along very well with others esp. people I march with
229. I can be a good leader when needed but I can also follow instruction very well
- 230. I love doing this, and I love the people we're around. Wouldn't change any of it for the world.**
231. I like to think I lead by example as opposed to peer instructing.
232. I was already in decent shape at the beginning of spring training last year, and i hope to be in even better condition this year.
233. I do/did a decent job of staying in touch with the other tenor guys.
234. *Once we move in, I'm really dedicated...*
- 235. Perfectionist - I'm never satisfied until the end result is positive**
236. Positive attitude
237. Not lazy
238. Willing to learn/listen to what others have to say
239. Love to perform
240. I am a perfectionist
241. I am a pretty good leader
242. I am a good runner
243. I take corrections pretty well
244. I have a lot of discipline
245. Taking on leadership responsibilities by speaking up more to make sure that things get done in an efficient manner.
- 246. Communication with Crossmen members by just talking to people on aim or the phone or hanging out at get-togethers.**
247. Becoming a better mallet percussionist by focusing on particular areas of weakness when I practice and being more critical of my playing.
248. Taking what staff members say and applying it to improve my musical abilities more.
249. Working cooperatively with Crossmen members and listening to what they have to say.
- 250. I always set my goals high and constantly strive to achieve them to the best of my ability.**

- 251. I constantly push myself to try even harder even when that may seem impossible to do.**
- 252. I also love performing with the Crossmen, and I hope to be able to share that enthusiasm with other Crossmen members so that they can experience the same excitement that I feel when we perform.**
253. I'm very dedicated.
254. I love Burton more than Stevens.
255. I'm easy to get along with.
256. I have a decent memory when it comes to memorizing music.
257. Good mallet technique
- 258. I can run for a long time**
259. I always have energy
260. I don't get tired too easily
- 261. I am a good friend**
262. My ripple rolls are better :)
263. Chops are a hell of a lot better
264. No more feather tapping for me :)
265. My listening skills have gotten a lot better. It's easy to notice in my high school indoor drumline. I remember it being a lot harder for me last year before Crossmen. It's kind of surprising that it's easier for me to keep things together though, because our battery is dirty as shit
266. My communication skills have gotten a lot better. It's obvious in my indoor drumline. Although they have gotten better, I still feel they could be even better.
267. I can do some Permutations really well.
268. I don't really have a problem with playing Forte.
269. I have more 4 mallet chops than 2 mallet chops.
270. I have a really good memory. I don't forget music.
271. I can connect with an audience really well.
272. I have good listening skills...I'm always there to talk and can relate to almost anything
273. Attitude - I'm dedicated, motivated, and committed to being the best all the time
274. I can groove pretty hard and my time isn't bad either leadership...I feel more confident being a vet and I'm more capable of taking control and helping the group
- 275. Perseverance - I won't give up until I die (or at least until I'm 21...)**
276. My fitness and strength levels
277. My Burton skills
278. Playing louder
279. Grooving
280. My note placement accuracy.
281. Good technique
282. Good attitude most of the time, generally in a good mood
283. Good performer
284. When I force myself to start working I can get a lot done.
- 285. I have a good ear for what's going on in the ensemble musically.**
286. Desire to learn
287. Open to new ideas and techniques
288. Hardworking
289. Good team player
290. Excited to be part of the Crossmen
291. Since this summer I have greatly improved my chops. Last season, I knew that when we did point drill or would just drum on pads that my chops were nothing compared to everyone else's. Since then I have learned chop exercises like the grid with drags, cheese, and cheese fives (flam fives) whatever. My endurance w/ my hands is also better.
292. I know what drum corps is now. Last year, and especially since I was in a section full of virgin 'drum corpses', I had no idea what to expect and I definitely did not think it would be as intense as it was. Now that I know what the activity is about I feel I won't be weighing down the group like last year.
293. I no longer have a girlfriend. Last year I had a girlfriend who I talked to many nights. While I normally practiced on the buses, I can now practice and then go to sleep rather than staying up so late.
294. Relations w/ fellow quads. Last year, our section wasn't very tight until midway through spring training. Now I feel like they are my best friends, and it's awesome to not have to go through that shit again.

295. Being afraid to tick. Last year, especially in the lot, I was very nervous about ticking and I would play to not tick... after a while I was like, this is no fun, so I started to go for it... which immediately made me play better.
296. Never quit
297. Ready to take on anything
298. Never really complain about doing things that are shitty. I might say something about it but I'll always do it anyway
299. A good sense of humor. To me this is very important in a line. Keeps the stress down and people from going insane when there are mad or frustrated
300. Very supportive
301. Fitness - Am able to run 5 and 10K's and finish in the top tier of people
302. Reading - My ability to read is fairly good I think
303. Listening - I can usually apply what I've heard immediately ... the only problem is keeping it for the long haul
304. Confidence in playing
305. I'm able to communicate thoughts I have in a constructive manner
306. Posture
307. Good solid tone
308. High range
309. Musical technique
310. Endurance
311. Leader by example.
312. Could possibly use my musicianship in a sectional setting
313. Pretty good with staying in shape and not letting myself "go"
314. Always ready to practice, physically and mentally...when its time to fool around and there is a time to get down to work.
315. Anyone can come to me with ANY concern or problem, doesn't even have to be about what we are doing in corps I would be willing to help them in any way I could.
316. Better communication between leadership and Director
317. Better organization at camps, figuring out who is doing what
318. Clearer plan for excellence and goals for the season, and how to accomplish
319. Spending more time with Crossmen between camps, and getting to know people better
320. Remaining calm when problems arise at camps, and troubleshooting better rather than panicking or losing my cool
321. I think I usually know when to be quiet or to not talk about something. (Please correct me if I'm deceiving myself here :-)
322. I try to be a really well-rounded person who can connect to lots of people because of experiences not only in vocal music, piano, band, and jazz, but also agriculture, traveling, cooking, fitness, outdoors, camping, hunting, church + mission work, science stuff, 4-H, and computers (I love Apple).
323. Constantly evaluating efficiency and how to manage getting things done
324. Taking care of people and trying to develop their character while I learn from them as well.
325. Fairly developed skills and awareness in musical and visual perception
326. Music
327. Music Memorization
328. Endurance/Holding up the horn in arc, at attention, don't park it on my gut
329. Easy to get along with takes criticism well, you tell me I suck at something and I'll try harder to fix it.
330. I am a hard worker
331. I am willing to give time and money to march with the corps.
332. I have increased the amount of time that I can hold the contra in between camps.
333. I don't give up.
334. I have lost about 25 pounds since making the drum corps.
335. I am able to hold my horn up at the proper angle at all times.
336. I am fit
337. I am at a good comfortable weight
338. I can run long distance without tiring
339. I am constantly active to make sure I'm ready for anything
340. Gotten better at playing since picking up the horn in 2004
- 341.** No longer the scared kid from Jersey like I was in the very beginning, becoming more social is a good thing I've improved upon

- 342. More improvement in marching, I understand the technique better and I feel that I can march better than when I began
- 343. I feel that since 2004 I have learned how to manage my time much more effectively
- 344. Being able to withstand the physical activity has gotten much better within the years
- 345. The ability to learn from constructive criticism
- 346. The determination to get better
- 347. Showing up to as many rehearsals as prepared as possible
- 348. I have challenging spirit.
- 349. I am adaptive.
- 350. I am good at team work/I am a team player.
- 351. I have goals and aspirations.
- 352. I have an unyielding spirit.
- 353. Professional music training
- 354. Ability to work hard and not care
- 355. Easy to talk to and can mediate pretty well
- 356. Respectful to leadership

**...I AM BONES.**

## Weaknesses of the 2006 Crossmen

These weaknesses hold us back from reaching our goals, *and prevent us from meeting the expectation.*

1. Weight
2. Backwards march
3. Hip alignment
4. Rehearsal etiquette
5. Preparation
6. My weight gained back on after tour,
7. My asthma (It's not a severe case so it's not a real problem, I fight through it),
8. Keeping my chops in shape on the off season (Not as much of an issue because I switched majors from sax to euphonium so I'll be playing a lot more)
9. Always wanting people to just get it right NOW and getting
10. Frustrated. I never say anything, but I guess sometimes I demand too
11. Much of my peers, I don't tell them what to do, but sometimes I just
12. Get disappointed and frustrated, I need to be more patient and have
13. More faith in them,
14. Not being able to last the whole weekend in the winter without my
15. Chops getting f'ed, no more double buzzing this year, not anymore.
16. Focusing - ADHD
17. Arm strength
18. Endurance
19. Music memorization
20. Young - only 16 don't know how to change this by summer, but I'll be 17 in May.
21. Bendy leg marching
22. Turtleneck
23. Double buzzing midrange notes
24. Not enough practice
25. Pretty lazy
26. My range is poor
27. I can't hold the horn for long enough
28. My tonguing could be better
29. When my arms are tired I start to crack notes
30. I need to get in better shape
31. My arms are not trained enough to maintain good posture for the necessary amount of time.
32. I need to maintain the relaxed feeling when holding the horn.
33. I need to maintain the horn angle.
34. I fidget entirely too much in horn arc (and everywhere else). But
35. I'm becoming more aware of this...
36. I struggle to incorporate the time that's necessary for Crossmen into everyday life against academics and (yes, I know...) clarinet.
37. Horn Holding
38. Procrastination
39. Getting distracted by things
40. Not at the weight I need to be...yet
41. I can hold the horn, I just have to work on keeping my posture
42. I can be hard on myself when I make mistakes
43. I do not maintain the same amount of focus throughout the day
44. Controlling my weight when marching or doing other exercises
45. Holding the horn
46. Running
47. Being really hard on myself and letting effect my concentration
48. Always feeling like I am disappointing people
49. Being overweight
50. I can be very pessimistic
51. I'm nowhere near where I need to be to march this summer in terms of physical fitness and stamina
52. I hate running
53. I've got really bad finger coordination since I'm a trombone player
54. I get frustrated very easily and have a tendency to overreact to little problems

55. Endurance
56. Running and exercises
57. Impatience at times
58. Smart attitude at times
59. Cynical
60. Physical strength
61. I have asthma
62. Sometimes I tend to drift mentally and zone out
63. My horn angle isn't the greatest after a long day of holding it up
64. I need to work on lip endurance
65. I am not a very social person and I am also pretty shy. I think this works against me.
66. I probably don't practice as much as I should.
67. I have a tendency to not watch my diet that much. I eat out too much, but I have stayed away from drinking pop, or as most people not from Pittsburgh call it "soda".
68. Having been away from marching band for three years, I forget a lot of things about marching band. I need to improve my band knowledge and regain some of my previous skills.
69. Depending on the day, I can be either a good morning person or a bad one. I think to function well over the course of the summer I will need to learn to be a good morning person everyday.
70. HATE running
71. Get bored quickly when not paying attention
72. I am a high school student participating in the musical, jazz band, symphonic band, regional band, and various other activities and therefore very busy and struggling with administration to get off of school in time for spring training
73. Asks stupid questions
74. I am an introvert.
75. I play way to many hours of video games.
76. I don't spend enough time on schoolwork.
77. I tend to daydream often.
78. I sometimes become over worried or paranoid about trivial things.
79. Back marching at quick tempos and large step sizes
80. Fast upward slurs
81. Volume (I need to learn to play even louder)
82. Physical endurance (running and circle drill)
83. Breath control (to be able to take even deeper breaths)
84. Shoulders on the lateral slide
85. Keeping my legs straight (but they are straighter)
86. Embouchure is still off (but it sure is hard to correct)
87. Keeping the horn up (did better last camp, but I can be better)
88. I wasn't too much better in overall rehearsal etiquette. Sometimes I make little side comments that aren't necessary.
89. Sometimes this one knee will acted up
90. Smoking Trying to Quit
91. Will spend my money on shit
92. Will judge myself too soon
93. Will sometimes will wait to the last min. to do something
94. Keeping legs straighter on back up
95. Shoulders flat to side line on slides
96. Small technical stuff like position of left hand while playing, keeping right hand round and palms off the horn.
97. Keeping my Horn in working shape (polished, cleaner)
98. Memorizing my dots
99. Looking good in arch after long periods of holding the horn (I know its only a trumpet but i mean looking fresh all day)
100. Endurance chop wise
101. Being social
102. Responsibility like remembering shit
103. Work on playing while marching before drill comes
104. Running
105. Long marching strides (mainly backwards) - I'm short
106. Asthma
107. Impatience with those who aren't prepared

- 108.Upper register
- 109.Proper use of breath support
- 110.Finger dexterity and speed
- 111.Dehydrate quickly
- 112.PHYSICAL FITNESS- I struggle with this so much.... I am working on it...in all honesty i find myself slipping a lot...
- 113.Marching Technique- as most of you vets know...I was just NOT good at the start of last season...I feel I've come a long way...but there is always room for improvement...
- 114.Staying focused- I DAYDREAM ALOT!!
- 115.Learning and applying changes Faster and MORE EFFICIENTLY
- 116.LESS TICKING OVERALL- VETS you all know I was a giant tick box at the start of things...yes I got better ...but this is always something I can work on
- 117.My step size in my marching,
- 118.Runs within the music,
- 119.Not sitting back in my hips,
- 120.The new marching technique
- 121.Centering my body at all times.
- 122.Bad with time management- I am horrible at being on time to things. I have gotten better in the last few years at Crossmen, but this is a big area for me.
- 123.Not good at memorization- for some reason I have the toughest time memorizing things.
- 124.Posture- I start collapsing when I get tired. Need to develop more mental awareness of this. When I am aware of it, I can fight it.
- 125.Contact- I have been really bad about contacting my section and you guys. I plan to fix that from this day forward now that I have everything figured out.
- 126.Ground in sound- I still suck at marching and playing at the same time. Need to really work on this from Day 1 marching this year
- 127.I do not have very strong chops. I consider myself a decent musician, but my physical playing ability has always been... eh. I have been and still am working hard to build up my chops, but it is still a weak point.
- 128.For some reason, I sometimes have a hard time moving quickly from place to place. I try to compensate by being the first person wherever I go, but it doesn't always work.
- 129.Strength. Sometimes I have trouble holding my horn up. It's partially due to the fact that I broke my left arm in three places a few years ago, and it's permanently damaged, but I hate making excuses. It's a shame that all of the weight of the horn is supposed to be in your left arm. :-/
- 130.Endurance. Sometimes I find myself out of breath more quickly than I probably should. I'm running, working out, and playing sports to try to fix that.
- 131.I take long showers
- 132.Arm Strength. If you were there last camp, it was apparent. I will definitely be working that everyday before next camp, because I don't want to feel that kind of pain again.
- 133.I tend to be lazy, and procrastinate a lot. That's something I need to and will improve to be successful this year in Crossmen.
- 134.When I'm around people I don't know, I tend to be very shy.
- 135.My marching technique isn't the greatest, but it's decent. I will start to develop a habit of marching wherever I walk, so that should make it better.
- 136.My endurance really isn't what it used to be, but I don't see that being a problem by next camp.
- 137.Having ALL my music memorized
- 138.My running
- 139.Maintaining good posture.
- 140.Knowing people's name
- 141.Getting my playing endurance back to where it was on tour last year
- 142.Running Endurance
- 143.Backwards marching 6-to-5
- 144.Communicating w/ someone when I have a problem/worry/concern.
- 145.Weak knowledge of advanced music vocabulary.
- 146.Letting small things frustrate me sometimes and being too hard on myself...especially on days when I feel I'm a walking tick box.
- 147.Upper body strength
- 148.Getting used to the mellophone
- 149.Improve posture
- 150.Abdominal Strength
- 151.Duration of air

152. I am a fairly runner but can always use more work there
153. It's hard for me to break things that become habit
154. My back legs always tend to want to bend on the backup, lol
155. It takes me a while to fully trust people I don't know very well
156. I have always had a hard time dealing with groups of instructors who disagree with one another and have the group doing completely different things instead of agreeing on one technique or idea before hand
157. Straight legs
158. Upper body strength
159. Being able to do the tuba spin-up thing
160. Focusing at the beginning of the day during horn arch
161. Organization
162. I don't think I'm playing loud enough on the horn
163. I don't practice enough on a horn
164. I have trouble eating healthy
165. With an inconsistent schedule it's hard for me to workout
166. I'm anxious for tour to get here
167. Preparation for camps.
168. Memorization.
169. Attacks. I need to audiate pitches more.
170. Holding my horn the same way every time.
171. Stamina while running.
172. Holding the horn at set.
173. Forward marching
174. Upper Body Strength in general
175. I don't focus as much as I could during actual rehearsal
176. Breathing
177. Roll quality
178. Right knee
179. Physical condition
180. Endurance
181. Doing things right the first time
182. Timing in my feet (marking time) ugh, i need a blaring met behind me to help. It will take time but I'll get there.
183. I haven't marched in 3 years, and it shows a bit. I'm rusty on crabbing for sure.
184. I need to be stronger and faster, which means more practice and more running
185. Memorize music better. i get too busy and I need to make more time for my music
186. Avoid burn out before camps. Again, I get way too busy and have to put off Crossmen stuff for too much school and work.
187. I feel I have a need to impress staff or my other corpsmates
188. I often come to camp unprepared and stressed about what's going on in my personal life, i.e. school, family, stress, etc.
189. I tend to dwell on my mistakes, and get frustrated. Instead of looking at what I did good
190. I find little imperfections to big a BIG deal
191. I always feel like I'm not good enough, due to things that have been said to me in the past
192. Memorization. I've always had difficulty learning music or drill the first time around.
193. My enthusiasm to fix problems sometimes causes me to get in the way of staff.
194. Endurance. I've never had trouble in the past but I expect this to be a little more intense than anything I've done before.
195. I tend to keep to myself outside of rehearsal. I would like to try to get to know new people.
196. My timing is off sometimes.
197. Drumming Every Day, even if only a few minutes
198. Not talking too much, especially during rehearsal
199. Running before move-ins, just cause I'm thin doesn't mean I'm in shape
200. Paying attention to parade tunes and yea tunes as much as the real show
201. Spend more time on videos; don't just rush through them.
202. Marching technique
203. Need some more chops before summer
204. Get used to holding the tenors for long periods of time
205. Not waiting until the week before camp to memorize my music like I did all last winter.

206. Playing snare every day. Even though I'm playing some form of percussion almost daily I sometimes disregard my snare stuff and my chops suffer during the winter.
207. I need to run more, I often disregard running in favor of lifting but it doesn't balance out.
208. I want to communicate more with the other people in the line beyond these emails, talking to someone or even visiting them and just hanging out means a lot more in my mind.
209. Last but not least, I need to be more active in the new drumline group and this email list no matter how busy stuff at school becomes.
210. I hate running and, well, suck at it. I'm working on getting fit but I'm definitely not there yet.
211. Even though I'm pretty tough I know I have physical limitations and I'm going to have some trouble with the bass drum. Particularly with marching.
212. My technique needs some major work, mostly in my left hand. I still am not playing with the velocity I need to be and have a bunch of other issues.
213. My chops aren't nearly strong enough yet.
214. I can get really frustrated with myself when I can't do something.
215. Learning things
216. Confidence
217. Standing up when something is wrong (kind of confidence, but I mean it in a different manner)
218. Leading others
219. Not decisive enough
220. Heights
221. Over hype, but improving
222. P.T. in the off season
223. Time Management in the off season
224. Memorization. I've always had difficulty learning music or drill the first time around.
225. My enthusiasm to fix problems sometimes causes me to get in the way of staff.
226. Endurance. I've never had trouble in the past but I expect this to be a little more intense than anything I've done before.
227. I tend to keep to myself outside of rehearsal. I would like to try to get to know new people.
228. My timing is off sometimes.
229. My ability to be organized has not improved enough by any means (stuff scattered everywhere and about)
230. My communication skills aren't too well (calling people from the drumline, seeing what's up, etc...)
231. My preparation as far as marching goes needs much work.
232. My maturity to certain situations could rise (handling arguments or knowing when to shut up)
233. My maturity as a player could be better as far as things like over hyping. I overbalance the ensemble when I over hype and it has a harsh effect on the outside of the snareline as well as the entire percussion ensemble.
234. I sometimes will settle for mediocrity
235. When learning a lot of music I sometimes have retention problems
236. I lose focus easily when I'm tired
237. I can be lazy at times
238. I have a problem motivating myself sometimes
239. Until we move in, I have problems finding and/or making time to practice.
240. I'd like to be able to rehearse exactly like I perform...every day...every rep.
241. I'm nowhere as good a drummer as I need to be...technique and chop issues.
242. I don't eat well at all before move-in
243. I'm kind of quiet and I don't learn names well. Not a good combination when it comes to interacting with the hornline/guard.
244. Cardiovascular fitness
245. Upper body strength
246. Can be easily frustrated
247. Sometimes keep to myself (i need to be more outgoing)
248. Have trouble memorizing music between camps (by myself)
249. Upper Body Strength
250. Sometimes in visual block I lose focus and miss directions
251. I procrastinate occasionally
252. I'm not the best at reading music
253. Managing my time between school, work, Crossmen, and various other activities so that I can develop an effective practice schedule, while still keeping my grades up.

254. Getting too frustrated with and worrying about little things that are essentially trivial.
255. Not as strong as I would like to be at really stepping up and taking control when needed as a leader.
256. Staying completely focused during practice so that I do not make silly mistakes because of a lack of concentration.
257. Not complaining or giving up when things may seem overwhelming.
258. During the school year I'm prone to overloading myself with work and thus often risk not having adequate time to prepare for camps.
259. I'm relatively new to playing percussion.
260. I love sleep and I know I'll miss it on tour
261. Being out in the sun too long makes me break out unless I put lots of sun block on.
262. This will be my first summer on tour with a drum corps.
263. Don't practice as much as I should
264. I tend to get lazy sometimes
265. I don't exercise enough
266. I sometimes day dream in practice (although after last summer not anymore)
267. I sometimes wait till the last minute to do things
268. I have been told I still play a little too loud
269. I still feel that I have poor endurance (like long permuted sections... i break occasionally and it's lame)
270. My inside mallets are still quite weak (especially doing triple laterals)
271. My attention span is horrible (odd to mention I know, but seriously like during long rehearsals it's hard for me to concentrate towards the end, and less improvements are made that should be.)
272. I still use more finger in my left hand than in my right, during two mallet passages that is... and it sucks but I'm working on it :) left hands freaking suck.
273. I don't have good timing. I'm not very good at figuring out rhythmic things.
274. Sight Reading isn't that bad it is just not as good as everyone else's. But I can still improve on it.
275. I have a really hard time playing with finesse.
276. Being involved... I'm kind of a loner when I can be
277. Loosening up (personality-wise and playing-wise) I need to relax on the set and in general
278. Questions.... I need to hold my tongue and figure things out on my own
279. Fitness... although I'm in the pit, I really need to run and get in shape
280. I need to set my priorities and stick to that list (and Crossmen is undoubtedly first)
281. Getting motivated to practice
282. Sight reading
283. Retaining music after I've learned.
284. Practicing more
285. Not slacking off so much
286. Getting in shape, I could stand to lose a few pounds before the summer starts
287. Better attitude, I can be lazy sometimes
288. Sight-reading could definitely use some improvement
289. Mental focus can sometimes lapse
290. Can be goofy
291. Right hand taps
292. Inexperienced in Drum Corps
293. Will have to miss the first day of move in for final exams
294. My head. Last year and even still, it seems the only reason I ever mess up is b/c I start thinking about unrelated shit. It's not that I don't care about what I'm doing or that I'm bored, my mind just wanders. If I could control this then I would hardly ever mess up.
295. Physical shape. Last year, I certainly did not expect the hardships of drum corps. I plan to run and exercise more often to prepare for this.
296. The family aspect. While I totally felt like the 2005 Crossmen were my family, I didn't always feel the connection to previous years like Jarrett, Ryan, and Becky did. I'd like to figure out how the people they didn't even march w/ can still feel like family... I didn't really word that well, but whatever.
297. My aggression. At camps I will sometimes not go for it like I should. At the last camp the entire quad line got called out for it... I would like to fix that.
298. Heights. I would like to really make my heights perfect this year; I think that could be the key to success.
299. When I do learn something if it is wrong. Correcting it is never a good time
300. Sounds strange but I sometimes think too much

301. Sometimes I don't go all the way just what I need to do to get by
302. Not always in to what I am doing I let myself stray away from what is important at times.
303. Endurance - realized last camp how much endurance this DCI thing takes and realized i was nowhere near where i should be both physically and mentally.
304. Posture - found myself being corrected a lot last camp
305. Memorizing - takes me like a billion times for it to stick, but I'm working on it!!
306. Breathing - I can get a good first breath but after that they are often weak and shallow
307. Kind of goes with endurance ... Staying focused for long periods of time.
308. Backward march (6-5 or bigger)
309. Daydreaming (happens when I'm really, really tired)
310. Horn angle in arc (not a problem on the field)
311. Jazz running
312. Getting up in the morning after 2 hours on the floor
313. Sometimes I observe too much when I should engage people and participate fully
314. I'm committed to many other groups of people at home and at school that it is not easy for me to make Crossmen my main family when I'm with them. I need ya'lls help with this one!
315. Not always envisioning and applying creative ideas to achieve long-range success for a group
316. Occasionally complaining when I shouldn't
317. Not a lot of experience as a drum major, so I have to learn a lot about preparing for rehearsals as well as what to watch and listen for during rehearsal and performance
318. Can not be as outgoing as I need to be in a situation such as this when meeting the people I will be living with the entire summer
319. Not communicating as well as I know I can between camps.
320. -I can get very lazy and not practice as much as I should be between camps...this needs to change fast :(
321. Finishing up my score study at camps on Friday nights rather than at home
322. Not running enough
323. Still a little neurotic about things. Need to "chill out" a bit more
324. Daydreaming during rehearsals sometimes
325. Need to learn names of members quicker. Didn't have everyone's name learned until half way through spring training last year. Still don't have everyone memorized yet.
326. Marching/just can't keep my legs straight
327. I am of shape 15 pounds is my next weight loss goal. I've already lost 8 pounds since last camp.
328. I am unorganized
329. I can be forgetful sometime/clumsy
330. I am a procrastinator
331. I have trouble keeping my legs straight
332. I get frustrated easily.
333. I have trouble focusing on one thing for a long time
334. I am still overweight and under muscle
335. I don't always believe in myself
336. I don't work more on my arm strength as much as I need to
337. I don't work on visual as much as music
338. I need to get more rest in preparation for camps
339. I need to constantly be thinking about how I look so I can look my best at all times
340. Still have an issue keeping my shoulders relaxed
341. Being a kid with ADD, I still sometimes find it hard not to zone off sometimes, so a weakness is staying focused
342. I still believe that I am not the best player and could improve upon this as much as possible
343. It takes me time to learn and get something, I feel this is a weakness because I should be able to do better
344. Not being able to analyze myself to come up with strengths and weaknesses
345. Physical strength and conditioning
346. Frustration
347. Meeting new people
348. I have not staying power...poor endurance.
349. The body is stiff.
350. The muscle is insufficient.
351. I am passive...not outgoing enough..
352. Tonguing is no good.
353. Ability to be irrational sometimes

- 354. Sometimes too relaxed
- 355. Temporary loss of focus
- 356. Sometimes disorganized
- 357. Ability to lose things easily
- 358. Inability to wake up on time

## Leading by Example: 2006 Crossmen Vets

The greatest contributions offered by our Vets.

1. My biggest contribution would have to be that in between camps, the entire quad line knows that if they need music, or clarification on a change that they can email/call me and I will scan and send them the music. I did all that last year and just kind of kept going with it... at the same time, one of my strongest points is that I have no problem being an Indian. I realize there has to be only a few chiefs, and it does not bother me at all to sit back and let others lead.
2. I think my effort to never give up on something is the best thing I can offer. I might not be able to make what ever it is the best or make it happen right away but I know it will get done. With what ever it takes.
3. I believe my strong desire to do well in the 2006 season will prove to be the most valuable.
4. I think my attention to detail will be a big help, especially during drill. I need to max out my show as much as possible, and be the best snare drummer I can be. Lead by example.
5. My Most Important attribute to the corps is the incredible pride I take in being part of this organization and wearing the cross. I have never been prouder of any group I've been a part of, this corps is amazing, and I will go to any lengths to contribute to our success this summer.
6. My strongest quality that I can bring to the Crossmen is, I take the history, and I try to apply it every time I wear the drum. The Crossmen drumline in the past, was a bunch of Badasses bobbing their heads, well its time to get a blast from the past in '06!!! TIME TO JAMM!!!
7. My maturity is my best quality. I like to think that I just kind of blend in and do the right things during rehearsal, but that I'll be there for the new guys if they have questions about stuff.
8. My strongest qualities contributed to the Crossmen are my handwork and enthusiasm. I always set my goals high and constantly strive to achieve them to the best of my ability. I constantly push myself to try even harder even when that may seem impossible to do. I also love performing with the Crossmen, and I hope to be able the share that enthusiasm with other Crossmen members so that they can experience the same excitement that I feel when we perform.
9. I eat, sleep, breathe, and live for the Crossmen. It's all I think about and all I care about. I owe my life to the corps and I will always do everything I can do to serve in its name. I am proud to wear the cross. I am a member of the Crossmen Drum and Bugle Corps.
10. Willingness to work hard to make the corps the best it can be
11. I'd have to say the drive and passion I have for not only the corps but activity and music all around...I'm an easy going guy...but I'm very passionate about what needs to be done.... so lets get it done!
12. My strongest quality to the Crossmen is I never give up. I always try to make things better and look on the brighter side of things.
13. Ability to serve as not only a leader and a facilitator of work and planning, but my ability to develop a personal relationship with each member and make him or her feel like they are a part of a family.
14. Just being as solid a person as I can be, trying to set an example of how to live inside and outside drum corps