

PREPARATION

- Join a band/orchestra.
- Practice every day.

Not only will this ensure that your pieces are as prepared as they can be, but it will help with stamina.

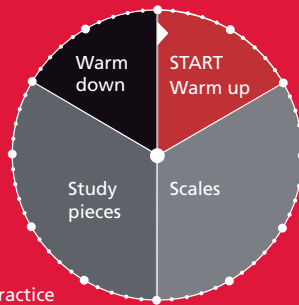
- Know as much about the Royal Marines Band Service as possible.
- Think of as many questions as possible. Now is the time to get informed answers about training and life in the Band Service.
- Read the joining instructions thoroughly.



WHAT TO BRING

- Instrument(s)!
- Mouthpiece(s).
- Prepared pieces/studies.
- Knowledge of scales to the grade you have been working on.
- A suit.

However long your practice session your time should be divided as shown



WHAT TO EXPECT

- A warm, friendly reception. Relax.
- You will be looked upon as an auditionee the moment you step off the train. Expect to conduct yourself as such.
- To be asked lots of questions on your musical background.
- To be asked to try instruments you may have never played before.
- To be assessed on your musical knowledge including music history, theory and harmony.

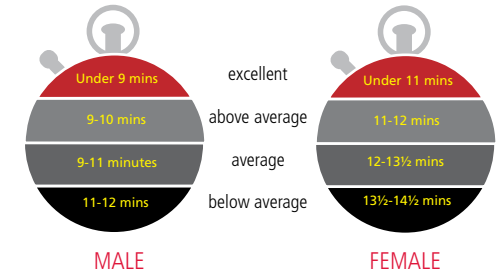
PHYSICAL STANDARDS REQUIRED

You will undergo various assessments throughout the week supervised by the Physical Training Instructors (PTI) from the Royal Marines Band Service.

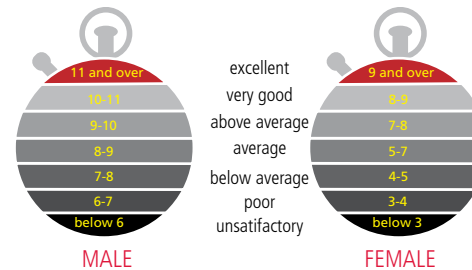
1.5 mile Individual Run

1.5 miles running the route as an introduction with the PTIs in 15 minutes; this will be a walk and jog on a flat course. On completion of the course introduction, you will then run the route again, this time individually, and as fast as you can.

PASS MARK



YOUR TARGET



VO2 Max Shuttle Run

This assessment will take place in the gymnasium. It is designed to test your oxygen uptake (VO2 Max) or maximal aerobic power. Generally, the greater the VO2 Max the better the performance in endurance exercises. This is because more oxygen can be supplied to the working muscles allowing a larger workload to be performed before there is significant build-up of anaerobic metabolites (lactic acid). Over a distance of 25 metres, you will shuttle back and forth, steadily gaining speed over a period of time. Audio tape is used to ensure this is done.

Royal Marines Band Fitness Test (gender free)

This test is designed to test your upper body strength in the gymnasium environment. The exercises are as follows: sit-ups, press-ups (females can rest their knees of the floor) and burpees. Each exercise is carried out over a set time and the number completed will be scored on a points system that has been set for the Band Service.

Fitness in the Royal Marines Band Service is taken seriously and is part of everyday life for service personnel. The Royal Marines Band Service are widely respected throughout the services for producing excellent results in whatever the sport event may be.

YOUR AIM

