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**MISSOURI BANDMASTERS ASSOCIATION**

**BUILDING BETTER BANDS**

Sept 2025 | Vol. 27



## IMPORTANT DATES

### **All-State Band Registration Window**

November 4-25, 2025

### **All-State Band Auditions**

December 6, 2025

### **All-State Paperwork Due**

December 16, 2025

### **All-State Payments Due**

January 13, 2026

### **All-State Band/MMEA**

January 28-31, 2026

### **MBA Summer Convention**

June 14-17, 2026

## **Fueling Yourself for the Busy Season**

The fall semester is a whirlwind of activity—from football games and marching competitions to endless emails and meetings. In the midst of this chaos, it's easy to feel like you're running on fumes. Remember, to avoid burnout, it's essential to set boundaries and prioritize self-care.

You don't need to make huge changes all at once. Start small! Try to set aside just five minutes each day for yourself. This year, I've committed to reading a little from *Upbeat* by Matthew Arau every school day to work on my mindset. I'm also making an effort to stay hydrated with my Hidrate Spark bottle, which reminds me when to drink.

Beyond personal habits, remember to connect with others. Say hello to the secretary, pop into the teachers' lounge to chat, and build relationships with those around you. Young teachers, don't hesitate to reach out to a veteran teacher for advice; and veteran teachers, make the first move to connect with a newer colleague.

Most importantly, give yourself permission to take a break. Your students will benefit when you are centered, energized, and modeling a healthy work-life balance. Taking care of your well-being isn't selfish—it's the key to a long and joyful career in music education.

## **FREE RESOURCE**

Looking to level up your ensemble's musical skills without selling a kidney? The John McAllister Music website is your jam! It's packed with free resources, including theory, warm-ups, scales, and sight-reading exercises for various instruments. And if you feel a burst of gratitude for all this free musical goodness, there's a "Buy me a coffee" button. Because let's face it, that much free music deserves a little bit of appreciation.

<https://www.johnmcallistermusic.com/>

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### MEYER MUSIC SPOTLIGHT

Meyer Music is a proud supporter of music education in Missouri and is a Diamond Sponsor for the Missouri Bandmasters Summer Convention. This sponsorship is a reflection of the company's long-standing commitment to working alongside music educators to build strong band programs across the state. As a Diamond Sponsor, Meyer Music provides crucial support for the convention, which offers clinics, concerts, and professional development opportunities for band directors. Their partnership with the Missouri Bandmasters Association helps ensure that music educators have the resources they need to teach effectively and inspire the next generation of musicians.

<https://www.meyermusic.com/>

### MBA Exhibitors and Sponsors Contact Information

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