

Marc Lund:

His efforts with the section's players motivated them to be among the best

By Bruce Smith
Matchup

When Marc Lund and the baritone section was on the practice or playing field, they weighed in six pounds heavier than normal.

It wasn't them, of course. It was their instrument. By the end of the Bingham Marching Band's season, Lund said the workouts made him 15 pounds lighter. In two years, he had lost 35 pounds.

"It was a lot of hard work," said Lund, who was section leader for two years. "We did Jazz running. It was a way to run while keeping your upper body still. With the baritone, you have to hold it up and it's a heavy instrument. You have to have good back and shoulder muscles."

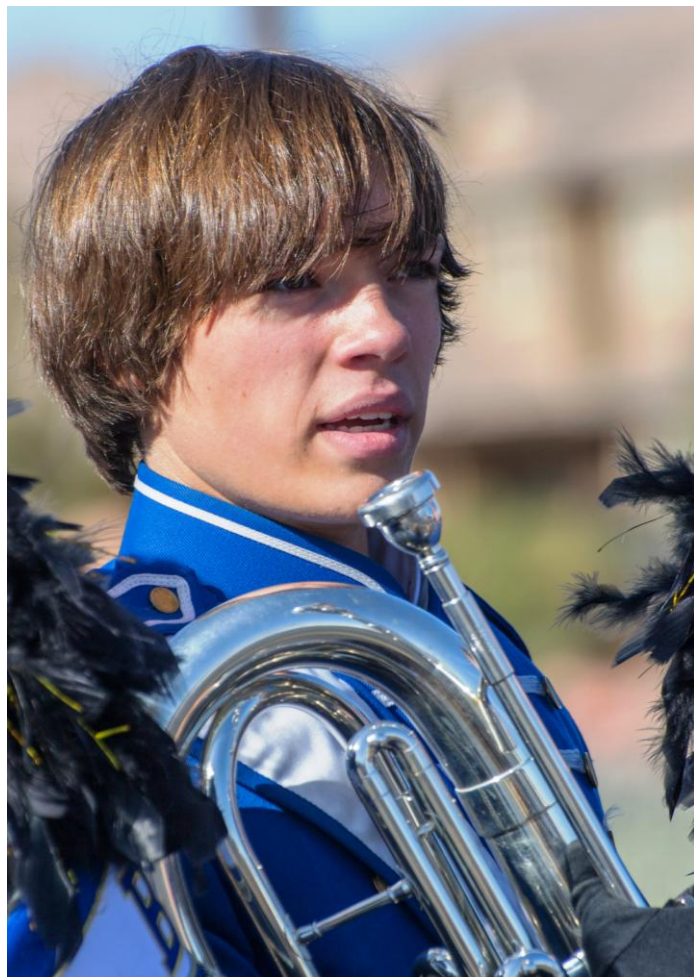
The baritones probably just looked at the flute section and rolled their eyes, but their hard work paid off. Besides the extra conditioning, most of the group learned a new instrument. While Lund was proficient with it, most of the others were not.

"People don't realize is that almost 80 percent of our section consists of trombone players and they had to learn the (baritone) instrument when they came in. (Bingham band director Darin) Graber doesn't like the marching trombone in our band. It's a long instrument and I assume that's why we don't have it."

There were nine people in the section. Graber said what set the group apart was its discipline. Last year, they had perfect attendance and this season was near-perfect.

"Their record since Marc has been section leader has been great," he said. "He works them hard, but they enjoyed being there."

"I was really impressed with the rookies this year," Lund said. "A lot of my baritones did incredibly well. The group we had was more



Marc Lund was a section leader for two straight years.

devoted and had higher morale. They seemed more motivated every time we did something."

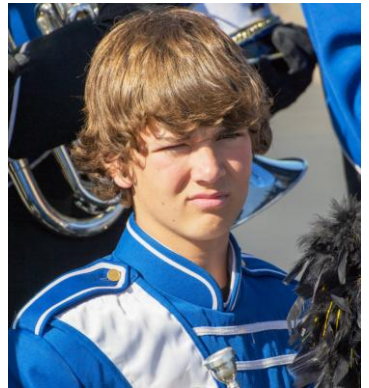
Lund's musical career has also been impressive, and came to fruition this year. He comes from a musical family. His dad is a singer, and mom plays the piano. He started playing the baritone in seventh grade, the trombone in ninth grade and tuba the year after.

He was named the baritone's section leader because the group did not have a senior. This year, he teamed with his good friend, Alex Ford. He said one of the team's biggest issues was trying to motivate some of the newer kids, but as the season progressed, they all got better.

Graber said many of the baritone players were involved in other activities – soccer, choir, theater and more. However, they arranged their schedules that worked out for everyone. Even Lund had other interests – Mountain Biking Club,

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BINGHAM MARCHING BAND: Baritones



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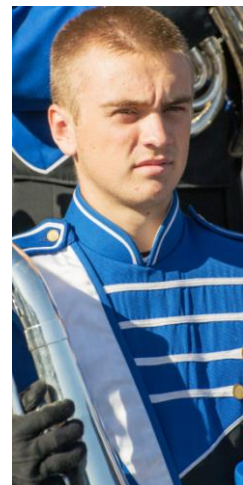
woodworking – that weren't affected.

That kind of teamwork helped Bingham reach a goal – third place at the Bands of America competition in St. George. Lund said that was easily the team's season highlight.

"It was exciting for all of us, especially because of the way we finished," he said. "We had a great group of players and strong performers."

The Marching Band season ended on a high note for everyone. After high school, Lund said he planned to serve an LDS Church mission and then go to a Utah college, majoring in business with perhaps a minor in art.

"Not sure how much music I'll be playing," he said. "If I minor in music, I'll still play and I hope to be part of a band."



ABOVE:

MIDDLE (left to right)