

filled this out carefully with honest and accurate information

Weekly Record: (record number of minutes practiced and add up for total)

| Wednesday | Thursday | Friday | Saturday | Sunday | Monday | Tuesday | Total |
|-----------|----------|--------|----------|--------|--------|---------|-------|
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Aim for 20-30 minutes a day, 6-7 days a week.

Today's Practice Report

I filled in this report during my practice time on this day. (It is not a summary of the week.)

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|-------|-------------|-----------|
| Date: | Start time: | End time: |
|-------|-------------|-----------|

Just playing through your songs is not careful practice. In each category below, explain **what you were doing to improve** and the **strategies you used** to do that. A list of practice strategies is on the back of this paper. Describe the practice techniques you used and give me specific details that help me understand exactly what you did during today's practice time. Spend a few minutes each day working in each of the four categories of **sound, technique, analysis, and synthesis**.

Improving my sound: Focus on making a clear, focused, beautiful tone. Use a tuner to check pitch.

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|-------------------------|---|--|
| <i>Time spent here:</i> | <ul style="list-style-type: none"> • Listening to models • Breathing Exercises • Long Tones practice • Dynamics practice • Brass Lip Slurs | <i>How did you work to improve your sound?</i> |
|-------------------------|---|--|

Improving my technical skills: Do your exercises and you'll get stronger.

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|-------------------------|---|---|
| <i>Time spent here:</i> | <ul style="list-style-type: none"> • Scales/Arpeggios • Percussion Rudiments • Technical Exercises • Rhythm Exercises | <i>What did you do to improve here? What tempo was the metronome?</i> |
|-------------------------|---|---|

Analysis: Band Music—fixing places where I mess up

Where do you stumble in your band music? Focus on just those few measures and make them perfect several times in a row. Be picky with yourself. Don't keep making the same mistakes.

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| <i>Time spent here:</i> | <i>What specific problems did you solve? What strategies helped you solve them?</i> |
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Synthesis: Band Music—putting it all together

Now put together longer sections of the band music. Connect the notes into musical phrases and make it sound interesting. Think about breathing, dynamics, tone, expression, and articulations. Use a metronome to be sure rhythm is precise, **keep a steady beat with no stops**, and count your rests carefully.

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| <i>Time spent here:</i> | <i>What did you rehearse? How did you make it expressive? What tempo was the metronome?</i> |
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Other practice: (*Optional*) You should have some of your own music in your folder. You can find lots of popular music at the local music store. If the band music is not hard for you, find a book of etudes (practice pieces) that will challenge you—Mr. Peske can help with this.

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| Time spent: | <i>Is there any other music you are practicing?</i> |
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Cleaning/Maintenance tasks:

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| <i>How are you keeping your instrument in good working order?</i> |
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STOP. READ these questions. THINK before you answer:

Reflection: As you practiced, what did you **discover**? (*about practicing, your music, your instrument, or life*)

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What will you practice next time in each category? Make a plan. Set 4 specific goals:

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|--|--|
| Improve sound by doing this: | |
| Improve Technique by doing this: | |
| Place in music I will work for Analysis: | |
| Song and goal for Synthesis practice: | |

Practice Techniques and Strategies

- 1) Always work for **3 times in a row** perfectly. If you can't play it correctly after a few tries, change something! Go slower, or take a smaller chunk. Practice playing it correctly.
- 2) Use a **metronome** (available at www.sisbands.org or purchase a metronome from the store). Be sure that you play exactly in time with it—don't just let it run and ignore its tempo.
- 3) **Slow down.** Take it slowly and work for perfection. Don't speed up unless you can play it perfectly at the slow tempo. It may take several days of practice to get to the speed you desire.
- 4) Use a **tuner.** Check that you are hitting the correct notes and that they are in tune. Hold out notes, crescendo/decelcendo and make sure they stay in tune. I have ones you can borrow.
- 5) Play **note by note**, out of rhythm. Be sure you know the name of each note. Check that each note is fingered correctly and sounds the right pitch. Don't crack any notes. After you can do that several times, then try it slowly in rhythm.
- 6) Play **rhythm only**, staying on the same note while you play the written rhythms.
- 7) Break it into little **chunks**: 2 or 4 measures at a time. Get one chunk perfect, then move on to the next. Make sure you carry through to count 1 of the next measure when you finish a chunk.
- 8) Try to **sing** what you are playing. Can you sing both the rhythm and the pitch? Try singing your part while you finger the notes. Make sure you sing the articulation indicated (slur, staccato, accent, etc.)
- 9) Try **working backwards**: do the last measure of a section, then the last 2, then the last 3, etc.
- 10) **Record yourself**, or play for an audience (real or imagined). Can you play it right the FIRST time? Use your phone and then listen to what you played. You will be surprised what you hear. Or find someone to listen while you play what you perform so that you can face that little bit of nervousness.

Note: I am looking for thoughtful answers as I grade this. You may only turn in one report per week. Extra Credit (up to 10 pts) may be earned for doing an extra report, but this cannot make up for missing a concert.