

Hi SMP musicians! SO many of you signed up for online lessons over the past two months that you've been able to maintain or even improve your skills! Now that online lessons are done, we thought you might want some hints to get you through the next two months of summer so you're ready to join the Advanced Band or Orchestra when things resume.

## **PRACTICE PLANS**

If you think of athletes, it's easy to see that they have a routine that they follow each time they practice. Think about your favorite sport (volleyball, football, baseball, yoga, swimming, soccer, track, etc.) and any accomplished athlete involved; well, they've all learned to warm-up, stretch, do some drills, exercise to build muscle, have FUN, and then cool down. Of course, lots of superstar athletes have trainers, coaches, physical therapists, team doctors, and a statistician keeping track of their progress. Musicians don't have all that so we need to learn how to use our practice time wisely so we can always get better. This is where the concept of a DAILY PRACTICE ROUTINE helps us a ton!

Here's an example of a Practice Plan for a musician. It's not complicated. It's easy to remember and follow. It's flexible so playing can be interesting for any 4<sup>th</sup> or 5<sup>th</sup> grader. In fact, this Practice Plan would only take about 15 minutes per day and you'd improve a lot over summer! (Remember, this is just an example of someone else's Plan. You get to develop your OWN!)

- Warmup – Long tones with excellent posture and holding position
- Drill – E-flat major scale, eighth-note=80 bmp – two times
- Drill – Concert Piece, m. 12-36, learn notes/rhythms with metronome @ 76 bmp
- Drill – Record yourself playing the bottom line of a short duet, then play top line along with the recording
- Play something fun! Choose your favorite tune and simply enjoy making music!
- Cool Down – record time and reflections on practice card/journal

**Now, there are effective ways to warm up for every instrument. Here's a list of helpful videos that will guide you toward an effective warm-up!**

- Flute: [https://www.youtube.com/watch?v=wostghL2\\_Tw](https://www.youtube.com/watch?v=wostghL2_Tw)
- Clarinet: <https://www.youtube.com/watch?v=rFPTcEdNa8Q> (use your book's fingering chart and simply choose the notes you already know. You'll only use the first 2.5 minutes of this video...unless you WANT to learn more!)
- Trumpet: <https://www.youtube.com/watch?v=UfURzA2ErR8> (The best measures for our SMP trumpet players are measures 4,5,6 but feel free to learn the others if you like!)
- Trombone: <https://www.youtube.com/watch?v=mXrVF-1R8d0> (some of the higher notes will be challenging so feel free to just do the low and medium glissandos. They're fun!)
- Percussion: <https://www.youtube.com/watch?v=BnrYRliu1bl>
- Violin: <https://www.youtube.com/watch?v=2-gkpdboxe0l>
- Cello: <https://www.youtube.com/watch?v=KiAwNTW3lu8>