

HOW MUCH SHOULD I PRACTICE? WHAT DO I PRACTICE?

FOLLOWING A CONSISTENT, DAILY PRACTICE SCHEDULE IS ESSENTIAL TO STUDENT PROGRESS. PAST EXPERIENCE HAS SHOWN US THAT STUDENTS WHO ARE PRACTICING AND MAKING NOTICEABLE PROGRESS ON THEIR INSTRUMENTS ARE MORE LIKELY TO ENJOY BAND THAN THOSE WHO DO NOT PRACTICE. KEEP THE FOLLOWING GUIDELINES IN MIND WHEN ESTABLISHING A PRACTICE ROUTINE:

- 1. PRACTICE FOR RESULTS, NOT JUST FOR THE SAKE OF "PUTTING IN TIME." (NO TIMERS PLEASE)**
- 2. KEEP DISTRACTIONS TO A MINIMUM: NO MUSIC, GAMES, OR TV WHILE PRACTICING.**
- 3. SET UP A DAILY SCHEDULE AND STICK TO IT. TREAT PRACTICE AS PART OF YOUR HOMEWORK.**
- 4. USE A METRONOME AND TAP YOUR TOE! THIS GREATLY ENHANCES YOUR SENSE OF PULSE. NO METRONOME? GOOGLE "METRONOME", AND YOU'RE SET!**
- 5. USE A MUSIC STAND. THIS HELPS AVOID THE FORMATION OF BAD HABITS.**
- 6. TRY TO FOLLOW A DAILY ROUTINE:**
 - 1. WARM-UP EXERCISES USED IN CLASS EACH DAY**
 - 1. FUNDAMENTALS (SUCH AS SCALES OR EXERCISES)**
 - 2. REVIEW MATERIAL COVERED IN CLASS THAT DAY**
 - 2. PRACTICE ASSIGNED MATERIAL**
 - 1. WORK AHEAD IN BOOK OR MUSIC TO MATERIAL NOT YET COVERED**
 - 2. PRACTICE PRIVATE LESSON MATERIAL OR OTHER MATERIAL ASSIGNED BY THE BAND DIRECTOR**
- 7. 30 MINUTES A DAY WILL BE MUCH MORE BENEFICIAL THAN TRYING TO MAKE UP BY DOING LONGER CHUNKS OF TIME EVERY FEW DAYS.**
- 8. PRACTICE DIFFICULT SECTIONS MEASURE BY MEASURE, NO NEED TO WASTE TIME ON THE MATERIAL YOU HAVE ALREADY LEARNED TO PLAY WELL.**
- 9. PRACTICE LOGS ARE GRADED ON A WEEKLY BASIS AND MUST BE SUBMITTED ONLINE OR IN CLASS BY THE END OF THE DAY ON FRIDAY OF EACH WEEK. THE PRACTICE WEEK BEGINS ON SATURDAY AND CONCLUDES ON FRIDAY. THESE ARE NOT ACCEPTED LATE UNLESS DUE TO AN ILLNESS OR EXCUSED ABSENCE.**
- 10. PARENTS SHOULD MONITOR PRACTICE AND ATTEST THAT THE STUDENT IS SUBMITTING HIS TIME HONESTLY.**