**Weekly Band Practice Record (100 Points)**

Name \_ Month/Day       through\_\_\_\_\_\_\_\_\_\_\_\_First and Last Monday Sunday

Record the number of minutes you practice each day (even zero) and the total number of minutes for the entire week. To earn an A, turn in at least the required amount of time listed below (circle yours). **Forms must be filled in completely and are due each Monday during class.** 100 points are awarded if turned in on time with at least the minimum number of required minutes. Additional points are available for extra minutes and points are subtracted for fewer minutes or late assignments. Circle below.

80 minutes per week: Beginning Band

100 minutes per week: Intermediate Band     Advanced Band

|  |  |  |
| --- | --- | --- |
|  | List specific practice items – include the piece and measures, scale names, etc. | **Daily Total** |
| Monday |  |  |
| Tuesday |  |  |
| Wednesday |  |  |
| Thursday |  |  |
| Friday |  |  |
| Saturday |  |  |
| Sunday |  |  |
| **Total Weekly Minutes** |  |

**Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Name Date signed

**How to Practice**

(All players need to use a metronome and tuner.)

1. **Warm-up**: Just like an athlete warms up to avoid injury and prepare to play the best game ever, musicians need to warm-up their embouchure and hands.

***Long Tones:*** 3-5 minutes per day. Play every note you have learned for one full breath. Strive for a relaxed, smooth, and even sound. Use a tuner if you have one. Intermediate level players add crescendo and decrescendo to long tones. Advanced players add vibrato. Percussion long tones are snare rolls, with dynamics. Electric Bass, use this time for scales instead. **On your busiest day, at least play long tones, even if you don’t have time for anything else! Everyone can find 3-5 minutes!**

1. **Technique Builders:** Scales, rudiments, ornaments, 3-5 minutes per day.

Practice a variety of ***scales and/or technique exercises*** in the book slowly and carefully.  It is much more important to play something correctly than to play it fast and sloppily. Intermediate level players add eighth note scales, advanced players add triplets, 16th notes, and trill studies. (Trill studies can help you with alternate fingerings.)

1. **Band Music Focused Practice: Find the hard part!** 12 to 25 minutes per day.

This is the part you have been working towards. Find the two or six measures of each piece that are difficult for you.  Slow the tempo down to learn the correct notes and rhythms. Play that same spot slowly until it is right, and then GRADUALLY speed up the tempo.  (When you can play it perfectly 3 times in a row, you can move the metronome setting up one or two clicks.) Don’t worry if it isn’t at performance tempo at the end of the week, it will get there.

1. **Finish With Something Fun - find an audience!**

Pull out that tune that you really like and play well, and jam on it!  Remember that practicing with friends is more fun, and if you are following the steps above, still counts for practice time. Plus, the time goes by quickly and you can help each other with challenging sections. When you’re done, carefully clean your instrument and put it away, fill out your practice sheet and say ”Good Job!” You’re on track to be the best musician you can be.

1. **Additional Enrichment - Private Lessons and YouTube.**

Students may count private lesson time providing they document what was covered in the lesson. Have the private teacher initial the documentation.  YouTube is a great resource for all musicians. **Students may count up to 15 minutes per week of YouTube videos featuring a professional on their instrument**.

1. **Live Music**

Nothing makes a more lasting impression than watching live music!  Examples include: Oregon Symphony, 1905, chamber music concerts, student recitals, performances at other schools, etc.  Students may earn extra credit by attending live performances and submitting a one page review and the concert program (this is also the make-up assignment for missing a performance).  The one page review should include the time and date of performance, the style of music, and the student’s reflections of the performance – what was your favorite part/ what did you learn?