

Liberty HS Practice Log

Student Name _____ Date Submitted _____

1. Practice Logs are collected at the first day of the school week. Grades will be lowered by one letter grade each day it is late.
2. Practice Logs must only reflect the previous week's practice totals.
3. Any time that you practice outside of the school day may be counted as practice time, including after school time (in the band room) and private lessons.
4. **No credit will be given unless the form is filled out completely. This includes Name, Dates, Time, total, and Parent Signatures.**

Example:

Date: 9/10/15 Practiced (*minutes*) 30 Parent/Teacher Signature: *Travis Whaley*

Date: _____ Practiced (*minutes*) _____ Parent/Teacher Signature: _____

Date: _____ Practiced (*minutes*) _____ Parent/Teacher Signature: _____

Date: _____ Practiced (*minutes*) _____ Parent/Teacher Signature: _____

Date: _____ Practiced (*minutes*) _____ Parent/Teacher Signature: _____

Date: _____ Practiced (*minutes*) _____ Parent/Teacher Signature: _____

Date: _____ Practiced (*minutes*) _____ Parent/Teacher Signature: _____

Date: _____ Practiced (*minutes*) _____ Parent/Teacher Signature: _____

Total Minutes _____

Above 200 mins = A 150-199 mins = B 100-149 mins = C 50-99 mins = D Less than 50 mins = F

FOLD HERE

How to Practice

Always practice with a **metronome**. Always practice with a **tuner**.

- You are your own best teacher
- When you identify a problem spot in a piece, **turn that spot into an exercise**. Play it as slowly as necessary to eliminate the mistake, and then gradually increase the tempo. A **metronome** can be useful for this.
- Practice being correct. When you are working on a difficult piece or section, **don't try for a fast tempo until you are ready**. If you try to play it too fast, you will make the **same mistakes over and over**, and you will get better at making those mistakes. You don't want that!
- Try to practice **every day**, or nearly every day for **45 minutes**. Twice as much if you're serious. Find a time of day that works for you, and stick to it.
- Find a place to practice where you can concentrate - **no TV**, or anything else bothering or distracting you.
- Be patient with yourself. Learning to play an instrument is a long-term project.
- If you are taking lessons, you should make your practicing cover these three things: **1) Review of your last lesson**, applying what you learned; **2) Preparation for your next lesson** (i.e., your assignment), and **3) Anything else that you feel is important** to you - or fun for you.
- **Scales and arpeggios**: These are the basic building blocks of music, and will be a huge help to you in the long term. Memorize them!
- **Long tones** (for wind instruments): Hold a note as long as you can, medium loud, with the best sound that you can. Keep the volume and the pitch absolutely steady. Do this with notes in **every register** - high/middle/low. Do this for 5 minutes every day.
- As you become a more advanced player, you will be working on pieces that may take **several weeks** (or more!) to learn.
- **Sight reading**: This is an important skill to develop. Open one of your exercise books to a random page, and see if you can read it correctly on the first try.
- Always try to play with a good tone, even when practicing scales.
- When you are practicing a piece, **play with feeling and expression**. Of course you should follow the dynamics and expression markings, but you can also add the kind of expression that can't be written down.
- Stay relaxed, both mentally and physically. You'll think better and play better.
- Say that you have an hour to practice. What sorts of things, specifically, could you spend your time working on? Let's make a list! It might look something like this:
 - long tones
 - scales - all kinds (major, minor, modes, chromatic, etc.)
 - arpeggios (triads, seventh chords - by ear or from exercise books)
 - patterns and licks in 12 keys
 - jazz reading - transcribed solos or etudes (project pieces)
 - classical reading - etudes, duets, etc. (project pieces)
 - sight reading, jazz or classical
 - soloing/improv - with playalong recordings, or unaccompanied
 - stuff for "tomorrow" - school pieces or urgent projects, for upcoming concerts or gigs
 - overtones
 - altissimo
 - memorizing (classical)
 - memorizing tunes & changes (jazz players)
 - working on reeds
 - listening - classical/jazz
 - transcribing (on paper or by ear)
 - solo analysis (jazz) or harmonic analysis (classical)
- Here is an obvious fact: You might be able to seriously work on one or two of these things in an hour. There is no way that you could do justice to all of them.
The better you are playing your instrument, the more fun you will have in your musical career!