

Name _____ Period _____ Due Date _____

☺ ~Practice Card~ ☺

WEEK _____ - _____ TOTAL MIN _____ Wind Ens./Adv. Band Minimum 180-240 minutes per week
 Beginning Band Minimum 130-180 minutes per week

Material to Practice (Practice each Daily)	Weekly Agenda (Write down your GOALS on each of the Categories)	This week I worked on... (Write in a couple of sentences on what accomplished)
Tone Development 5-10 minutes		Monday: (mins) ____
Rhythm Exercises 5-10 minutes		Tuesday: ____
Technique 10-15 minutes		Wednesday: ____
Piece No. 1 10-20 minutes		Thursday: ____
Piece No. 2 10-20 minutes		Friday: ____
Piece No. 3 10-20 minutes		Saturday: ____
Other S/E music, private lesson music, additional music/instruments		Sunday: ____

WEEK _____ - _____ TOTAL MIN _____

Material to Practice (Practice each Daily)	Weekly Agenda (Write down from the white board)	This week I worked on... (Write in a couple of sentences on what accomplished)
Tone Development 5-10 minutes		Monday: (mins) ____
Rhythm Exercises 5-10 minutes		Tuesday: ____
Technique 10-15 minutes		Wednesday: ____
Piece No. 1 10-20 minutes		Thursday: ____
Piece No. 2 10-20 minutes		Friday: ____
Piece No. 3 10-20 minutes		Saturday: ____
Other S/E music, private lesson music, additional music/instruments		Sunday: ____

Parent Signature _____ Date _____

What should I practice?

Long tones or Scales should be used as a warm up. Long tones focus on your tone quality. Always use a full sound when practicing and focus on clearing up your tone when practicing long tones. **Rhythmic Exercises** include clap and tap and rhythm exercises assigned during class. **Technique includes** many kinds of exercises but the most important are Scales and Arpeggios (the major building block of music). Make sure you review all previously learned technique on a daily basis. When practicing technique, start at a slower tempo and gradually work towards a faster tempo. Make sure to use your metronome and increase the tempos as needed until you hit your “goal tempo.”

Pieces of Music for Class, make sure to focus on not only notes and rhythms, but also articulations, dynamics, pitch and style. Make sure you are working towards mastery of all six areas. Any additional material your private teacher assigns should be practiced as well. They should instruct you on how long to practice their material.

Tips for Practicing/Rehearsing:

- Use a pencil to make corrections while practicing (keep at least 3 in your pencil pouch). Mark any flats, sharps or naturals that you are having problems with (before the note, not after). Try to be as specific as possible with your pencil markings/corrections. Circle any areas that are difficult and practice those places first. Mark question marks next to sections where you need detailed instruction from your teacher to clarify the music.
- Constantly check your hand and body posture when practicing. It is very important that you use a music stand to practice so that you can use your air and support correctly. Practice in front of a mirror to watch the posture in your hands and body.
- Always practice with a good tone quality! Practice all exercises and pieces at a mezzo forte (medium full) dynamic. Always produce a pleasing sound on your instrument. Always make sure to support your air with your stomach muscles.
- Know the difference between “playing” and “practicing.” **“Playing”** means you are just running through the music and you don’t make any corrections. You don’t stop and fix mistakes. You have no goals for your practice session (except to watch the clock). **“Practicing”** means you have specific things you need to work on (notes/rhythms/articulations/dynamics/pitch/emotion). You stop and work on mistakes using the **Four I’s Method** (see below). You use a metronome and a tuner when needed. You have specific goals of what you want to accomplish during your practice session. ***You will not become a better musician if you “play” your instrument, however, you will become a better musician if you “practice” your instrument.***
- Remember the **Four I’s of practicing: Identify** your problem area (where is the mistake), **Investigate** the problem (why did I make a mistake, how can I make it better), **Isolate** the difficult passage (practice the passage by itself at least 10 times correctly, musicians learn by repetition), **Incorporate** the difficult passage back into the section of the piece. When you can play through the section without any mistakes, go back to the beginning and play through the whole piece.
- **USE A METRONOME!** Start your piece at a slow tempo and gradually increase the tempo as you master your music. Always start at a moderate and “clean” tempo. If you can’t play it at a tempo that you have chosen, drop the metronome down a notch or two. Don’t have a metronome, try using the following website, www.metronomeonline.com
- Memorize your scales and music. Make sure to use your music when you are trying to memorize. If you don’t use music and look at it, you will end up memorizing your music incorrectly. Play the selection four times with music and then try one time without the music. Work in two to four measure sections (don’t try to memorize too big of a chunk of music). Repeat this cycle as many times as needed until the selection is memorized. Move on to the next section.....
- When you are almost done with your practice session, go back to the beginning and play all of what you worked on that day. It’s a good way to review all of your work and progress!

What counts as practicing?

- **CLASS TIME DOES NOT COUNT AS PRACTICING.** Class time is used by the teacher to assess what you accomplished the previous day in your practice routine. Class time is used to find mistakes and fix them. Class time is used to create goals for learning. Class time is used to assign homework for that night. Class time is used to make adjustments to balance and blend of the instrument, not to teach you how to play your part (because you didn’t practice). Don’t waste your classmate’s time, **practice at home, perform in the band room.**
- **After school rehearsals/sectionals count as practicing on the practice card.** Any rehearsal after school counts as practicing. Any students who take private lessons may count their lesson time as practicing (if they’d like to).
- Students who have difficulty taking home their instrument or would like to practice during lunch, may come into the band room and practice during their lunch (My lunch is during period 6. Seventh and Eighth graders may ask to come in during their lunch which is period 5). All students need to have a pass to be in the band room during lunch time. If a student is found to be “playing” their instrument and not using their time correctly, they will be asked to leave and return to lunch. Please remember the difference between “playing” and “practicing.”