



PRACTICE RULES

- Write down the clock time that you practice (i.e. 7:30-8:00) and total minutes that you practice each day. If you practice more than once in a day (or take a break between two practice sessions), write your time as 7:30-8:00, 8:55-9:15.
- Practice is defined for *March Madness* as time spent alone playing your instrument. Lessons, classes and rehearsals do not count as practice. Listening to a recording or practicing your bow hold while watching TV may be good exercises, but are not considered practice for this challenge.
- Exercise good sportsmanship by keeping an accurate record of your practice time and have your parent/guardian sign at the bottom of the page.
- The official scoring for the *DGSP March Madness* combines total minutes practiced AND total days practiced. It is better to practice a little every day than a lot on one day.
- A parent is asked to send a photo of the practice log at the end of each week by text (616-828-8321) or email (daviddgstrings@gmail.com) so the student's score can be updated on the website. Deadlines are midnight on February 3, 10 and 17. The paper copy should be turned in, signed by a parent or guardian, at class the week of February 25
Visit the website to see who is leading the practice challenge at:
<https://www.gerberstrings.org/practice-challenge.html>

PRACTICE TIPS

- **Seek help.** Ask a teacher for help in how to practice and ask a parent for help in reminding you to get started each day.
- **Plan.** Find a good time in your schedule to practice every day.
- **Stretch.** Gently prepare your fingers, hands and arms to play.
- **Scale.** Play a scale to review good technique.
- **Technique.** Posture (feet, arms, hands, head), Left Hand (straight wrist, accurate and curved fingers), Right Hand (bow hold, wrist, elbow, shoulder), Special Skills (bow styles, vibrato, shifting).
- **Divide & Conquer.** Find sections of your piece that are challenging and practice the specific skill that needs improvement.
- **Repetition.** Build a new habit by repeating something correctly 10-20 times.
- **Note Reading.** Practice identifying note names and rhythms.
- **Perform.** When you perfect all the elements of the song, imagine you are performing in a concert or perform for you friends or family.





PRACTICE AWARDS

- **Advancement.** After four weeks, 32 students in each division (Junior Division includes Suzuki students and beginners, Senior Division includes intermediates and advanced) will be advanced to the next round, which will be held on March 4-9. Students who advanced to the Sweet Sixteen will be notified by March 11 and those who advanced to the Elite Eight will be notified by March 18. The entire challenge will be finished on March 22.
- **Final Four.** Students reaching the Final Four will receive championship rings and other prizes.
- **Elite Eight.** Students finishing #5-8 will receive the next level of prizes.
- **Sweet Sixteen.** Students finishing #9-16 will receive the next level of prizes.
- **All-tournament team.** Students who meet a minimum standard will receive recognition for their efforts.
- **Prizes.** Awards are still being finalized, but will include ski passes to Boyne Mountain, horse riding at Maple Ridge Iberians, scholarships to DGSP summer camps, tickets to the Great Lakes Chamber Orchestra, Kilwin's fudge, an airplane tour from Fresh Air Aviation, gift certificates to BC Lanes, gift certificates for etc.

