

## PRACTICE LOG

- ✓ This will take place over 30 weeks ending April 26, 2010.
- ✓ You must average at least 15 minutes per day and 90 minutes per week.
- ✓ You can take two days off each week (though I don't recommend it!).
- ✓ Any day you practice less than 10 minutes does not count. You can make up 5 minutes a day. For example, you could practice 10 minutes one day and 20 minutes the next, BUT you cannot practice 5 minutes one day and 25 the next.
- ✓ You must complete at least 28 of the 30 weeks.
- ✓ Everyone who meets the practice goals will be eligible for the reward trip – tentatively go-carts!!!!!!!!!!!!

## HOW TO PRACTICE

- *Try to find a quiet place where you will not be disturbed and you will not disturb anyone else. If you have your own bedroom, go there and close your door. It's OK to practice outside, in the garage, in the barn, etc., if you need to. Be respectful of your family. Find a time to practice when you won't be disturbing your parents' favorite TV show or your sister's homework time.*
- *You need a chair to sit in. Sitting on your bed or a sofa will make practice far more difficult.*
- *Be sure you have some way to get your music "in sight." If your parents can afford to purchase a small folding music stand (they are fairly cheap), that would be great. If not, find a way to prop your music up on a desk or against a pillow so you do not have to look down.*
- *You don't have to practice for hours to make a difference. 15-20 minutes of practice **every day** will make a huge difference. 30 minutes would be wonderful! Treat this just like homework – it's that important!!!*

- *Make sure you are organized. Every practice session should have some basic parts just like band class. Spend 3-4 minutes warming up. Be sure to spend some time on scales. Spend a few minutes reviewing music you know. Finally, practice new music or music you need work on.*
- *Don't get overwhelmed!!! You can't really work on and learn 30 or 40 measures of music in 20 minutes all in one night. Instead break your music down into 4 to 8 measure segments. Spend 5 minutes every day during the week working on 8 measures, and you will have covered the 40 measures by the end of the week.*
- *Practice for perfection, but don't get stuck. If you just can't get it, ask for help the next day at school.*
- *Playing straight through music is not practice. It is good to play through a piece once you learn in, but be sure to spend time breaking selections down into smaller pieces for real practice.*
- *Record yourself or have someone else listen and give you comments.*
- *Consistent, daily practice is the most important thing. It would be much better to practice 20 minutes a day EVERY day rather than 45 minutes a day three or four times a week.*
- *If getting your instrument home is difficult or you have trouble finding the time at night, practice at school during the day. Come before school, during lunch, or right after school. You can easily find 15-20 minutes every day during these times.*