

Student Name: _____



WPMS BANDS PRACTICE RECORD

Beginning Cadet Band

Week of September 25th - October 1st, 2023

Due Monday, October 2nd

WHAT - Do I Practice This Week?

Every student should now have secured a working instrument and appropriate mouthpiece! If you haven't please RENT AN INSTRUMENT ON whitepinebands.com! Communicate with Mr. Bellon if you need help!

BRASS - Practice setting embouchure and making a vibration on the mouthpiece. Practice putting the instrument together correctly, seated, from the floor. Check hand positions. Trombones, remember to check slide locks. Practice #1-#6 in "Essential Elements." Do each exercise at least twice, vibrating the first time, playing the second. Make sure you have good tone - Tone Always! Full Note Lengths!!!

FLUTES - Practice setting your embouchure on the headjoint in a mirror (cover, frown, "pooh", "tiny pop"). First make a sound several times saying "pooh." Then, practice each of the 4 headjoint notes in the mirror 4, 6, & 8 counts - make sure it starts with "Too." Practice putting your instrument together correctly from the floor. Check hand position. Practice #1-#6 in "Essential Elements." Make sure you have good tone - Tone Always! Make sure to dry out headjoint with cloth and cleaning rod when finished.

CLARINETS - Practice setting your reed, ligature, and mouthpiece correctly. Make sure the ligature is properly placed between the lines, even, and tight. Make sure the reed is centered, not too high, not too low. Be careful not to chip your reed! Practice setting your embouchure in a mirror (Firm, pointed chin, event teeth, Milkshake face, push up), and making a tone on mouthpiece & barrel for 4, 6, & 8 counts. Remember to start with a "DEE" syllable. Remember your tongue is in a HISS and your air is fast and cold! Practice #1-#6 in "Essential Elements." Make sure you have a good tone - Ton Always! Make sure to remove your reed FIRST when finished and store it. Then remove mothpiece. Then swab entire clarinet to dry before putting it away.

WHY - Am I Practicing This?

- Securing proper equipment is needed for playing correctly. Having appropriate materials will be needed in most jobs and colleges, and problem-solving how to achieve that is applicable to life
- When learning a new skill, fundamentals and small details are important to perfect. Before you can run, you must learn to walk. This approach takes patience, but will pay off when learning any new skill.

HOW - Will I Know I Can Demonstrate These Skills?

- When I have an instrument that Mr. Bellon says is appropriate and working properly!
- Mr. Bellon will assess and give feedback in class. You will use a mirror and your ears to self-assess at home. When you are comfortable making a good, consistent tone on your mouthpiece or headjoint, you will know that you are ready to move on.

Write the number of minutes you practiced each day in the box below. Please try to practice AT LEAST 20 minutes each night, with a maximum of 2 days off each week. **Band is a physical skill and, much like strength training, we are developing muscles (they are just small muscles!). Frequency is key. goal is a minimum of 100 minutes of practice per week, with each practice record being a total of 100 points (each minute = 1 point). 3s and 4s will only be given for completed practice.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Student Signature: _____

Parent Signature: _____