Wilmington Middle School Band

Please keep track of how much time you practice. Your goal should be to practice 4 or 5 times a week for 10-15 minutes each time.

1. ***HAVE SELF DISCIPLINE!*** Make practicing a part of your daily routine.

2. ***BE PREPARED!*** Have everything you need for a GOOD practice session with you in advance: instrument, music stand, practice music, cleaning and maintenance supplies, pencil, water bottle, metronome, etc.

3. ***PACE*** your practicing. Start your session by playing an easy song or the Wildcat Warm Up to warm up your instrument and your muscles. Next, work on the "hard spots" in your practice music by playing them slowly and carefully. Gradually speed up each section until you can play it a little faster than the actual tempo. Finally, end your practice session by playing a song that you really enjoy!

4. ***SHARE*** your talent! Once in a while, invite your family to be your audience and play a song or two that you really like. Practice with other band members. You can help each other and practicing will be more fun.

5. ***ORGANIZE*** your time. Really busy? Split up your practice time. Try 5 minutes before dinner and 5 or 10 minutes after dinner. Practice during the commercials of your favorite TV show.

6. ***REMEMBER*** that you can't "cram" music improvement. It's much more productive to practice several times a week for short periods of time than it is to practice once a week for an hour. Muscle memory and other skills will only develop through regular repetition.

NAME _____

DATE---->									
Material Practiced	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total	Parent Signature