Lyneham High School Band Newsletter Term 1, 2016

<table>
<thead>
<tr>
<th><strong>Key Contacts</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Music Executive Teacher; Year 10 Concert Band; Musical Production assistant</td>
<td><a href="mailto:debbie.masling@ed.act.edu.au">debbie.masling@ed.act.edu.au</a></td>
</tr>
<tr>
<td>Band Coordinator; Year 9 Concert Band; Senior Jazz Band</td>
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<tr>
<td>Year 8 Concert Band; Intermediate Jazz Band; Performance Music</td>
<td><a href="mailto:jason.peters@ed.act.edu.au">jason.peters@ed.act.edu.au</a></td>
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<td>Year 8 Concert Band; Senior Jazz Band; Performance Music</td>
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</tr>
<tr>
<td>Year 7 Concert Band; Musical Production; Performance Music</td>
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</tr>
<tr>
<td>Musical Production Executive Teacher; Year 7 Beginner Concert Band</td>
<td><a href="mailto:sara.cutler@ed.act.edu.au">sara.cutler@ed.act.edu.au</a></td>
</tr>
<tr>
<td>Performance Music; Vocal Group; Photography</td>
<td><a href="mailto:david.mahon@ed.act.edu.au">david.mahon@ed.act.edu.au</a></td>
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<tr>
<td>Live Production; Performance Music</td>
<td><a href="mailto:galen.ashley@ed.act.edu.au">galen.ashley@ed.act.edu.au</a></td>
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<tr>
<td>Performance Music; Vocal Group; Photography</td>
<td><a href="mailto:zach.raffan@ed.act.edu.au">zach.raffan@ed.act.edu.au</a></td>
</tr>
<tr>
<td><strong>Phone</strong></td>
<td>6205 6427 (staffroom), 0432 757 173, 0435 965 907, 0421 652 223 (mobiles are used for performances and tours only)</td>
</tr>
</tbody>
</table>

**CALENDAR OF EVENTS**

These events are subject to change in which case parents will be notified by email. Please ensure that we have your current email address. Extra performances may be added during the year.

**Term 1**

- 5 February: Extra-curricular activity sign up day. Lunch time at LPAC
- Musical production auditions 23, 24, 25 and 26 February: Musical production auditions times TBA
- 16 February: Year 7 parent mini timetable night
- 22 February: 10 Concert Band assembly performance; arrive 8.20am; band uniform tops
- 7 March: 9 Concert Band assembly performance; arrive 8.20am; band uniform tops
- 11 March: Band photos periods 1 & 2. Full band uniform required, including tucked in tops and top buttons done up.
- 18 March: All Bands 1st deposit due for band tours
- 21 March: Senior Jazz Band assembly performance; arrive 8.20am; band uniform tops
- 22-24 March: Musical Production camp Warrambui
- 4 April: 8 Concert Band assembly performance; arrive 8.20am; band uniform tops

**Term 2**

- 28 April: 10 Concert Band performance for feeder primary schools 9.45-11.01am; full band uniform
- 2 May: 7 Concert Band assembly performance; arrive 8.20am; band uniform tops
- 5 May: Running Festival Rock Bands
- 9 May: All Bands Faculty Concert; arrive 4.50pm, doors open to audience 5.20pm for a 5.30pm start; full band uniform
- 11 – 12 May: Year 6 Band testing
- 16 May: Beginner Concert Band assembly performance; arrive 8.20am; band uniform tops
- 19 May: Intermediate Jazz Band & Senior Jazz Band Australian National Eisteddfod afternoon & evening LPAC; full band uniform
- 22 May TBC: Public Education Day Vocal Group performance, 9.00 – 11.00am; full band uniform
- May Fri 20: GWO Open Concert Bands Australian National Eisteddfod evening; Llewellyn Hall
- 21-22 May: All Concert Bands Australian National Eisteddfod evening; Llewellyn Hall; full band uniform
- 25 May: Australian National Eisteddfod Primary School Bands
- 26 May: Rock Bands Australian National Eisteddfod afternoon & evening; CIT Phillip; appropriate clothing to represent our school
- 30 May: assembly performance; arrive 8.20am; band uniform tops
- 14-17 June: Musical Production bump-in week
- 20-21 June: Musical Production rehearsal days
- 20 June: Musical Production assembly
- 22-25 June: Musical Production performances
Term 3

- 25 July: 10 Concert Band assembly performance; arrive 8.20am; band uniform tops
- 4 August: 9 Concert Band farewell concert; arrive 4.50pm, doors open to audience 5.20pm for a 5.30pm start; full band uniform
- 8 August: Rock Band assembly performance; arrive 8.20am; band uniform tops
- 14-19 August: 9 Concert Band Melbourne performance tour
- 22 August: 9 Concert Band assembly performance; arrive 8.20am; band uniform tops
- 22-26 August: Limelight; performers TBC
- 29 August: Beginner Concert Band & 7 Concert Band; Year 7 Bands in Concert; arrive 4.50pm, doors open to audience 5.20pm for a 5.30pm start; full band uniform
- 5 September: Senior Jazz Band assembly performance; arrive 8.20am; band uniform tops
- 7 September: Intermediate Jazz Band, Senior Jazz Band & Twilight Jazz Band; Jazz Bands in Concert; arrive 4.50pm, doors open to audience 5.20pm for a 5.30pm start; full band uniform
- 7 September: 8 Concert Band farewell concert; arrive 4.50pm, doors open to audience 5.20pm for a 5.30pm start; full band uniform
- 8 September: Beginner Concert Band, 7 Concert Band, 8 Concert Band & Intermediate Jazz Band ACT School Bands Festival; actual date TBC; full band uniform
- 12 September: 9 Concert Band, 10 Concert Band & Senior Jazz Band; Floriade performance 9.00-1.00pm; full band uniform and picnic lunch or money to buy lunch
- 14-16 September: 8 Concert Band Sydney performance tour
- 17 September: Jazz performance at Parliament House TBC
- 19 September: Intermediate Jazz Band assembly performance; arrive 8.20am; band uniform tops
- 21 September: 10 Concert Band and GWO in Concert; arrive 6.30pm for a 7.00pm start; this concert backs onto the 8 Concert Band farewell concert; full band uniform
- 22 September: Masterclass performance; arrive 5.00pm, doors open to audience 5.50pm for a 6.00pm start

Term 4

- 13 October: Battle of the Bands @ LPAC doors open 5:30pm
- 16-22 October: 10 Concert Band Queensland performance tour
- 17 October: Rock band assembly performance
- 21 October: 8 Concert Band; Orientation Day performance 2pm
- 24 October: Cluster Spectacular Bump in
- 31 October: 7 Concert Band assembly performance; arrive 8.20am; band uniform tops
- 1 November: Cluster Spectacular Dress Rehearsal
- 2-3 November: Cluster Spectacular performance
- 7 November: 7 Concert Band and Beginner Concert Band farewell concert; arrive 4.50pm, doors open to audience 5.20pm for a 5.30pm start; full band uniform
- 10-11 November: 7 Concert Band Merimbula performance tour
- 14 November: Beginner Concert Band assembly performance; arrive 8.20am; band uniform tops
- 17 November: All concert bands Massed Band Faculty Concert & farewell to 10 Concert Band; arrive 4.50pm, doors open to audience 5.20pm for a 5.30pm start; full band uniform
- 18 November: Massed Bands Assembly performance; arrive 8.20am; band uniform tops
- 21 November: Stock take & annual servicing commences - all school instruments to be returned including 2nd instruments; instruments to remain in storeroom but can be used for performances and rehearsals; they are not to be taken home
- 24 – 25 November: Beginner Concert Band Batemans Bay tour
- 28 November: Intermediate Jazz Band assembly performance; arrive 8.20am; band uniform tops
- 1 Dec: CIT MicFest TBC
- 2 Dec: Christmas Carols; arrive 4.50pm, doors open to audience 5.20pm for a 5.30pm start; full band uniform with Christmas decorations
- 12 Dec: 9 Concert Band; LHS Presentation Night performance
Welcome to the Lyneham High School Band Program, 2016. This year’s performance calendar will again be busy, as we aim to provide all of our musicians with as many opportunities as possible to showcase their musical development. We welcome our new year 7 band students and their families to our program.

The band staff includes Debbie Masling (Executive Teacher: Band and Music), Tim Bowyer (Music Coordinator), Jason Peters, Sara Cutler (Executive Teacher: Arts and Musical), David Mahon, Galen Ashley, Jennifer Tabur, Thomas Fell and Zach Raffan.

We would like to welcome Jennifer Tabur to the band staff. Jennifer joined the team in the second semester last year and we are very excited to have her on the team this year. Jennifer comes with a lot knowledge and experience particularly in musicals. We also welcome both Thomas Fell and Zach Raffan to the music staff this year. They are job sharing with Jason Peters and David Mahon respectively on the following days:

Jason Peters: Wednesday, Thursday, Friday
Tom Fell: Monday, Tuesday
David Mahon: Monday, Tuesday, Wednesday
Zach Raffan: Thursday, Friday

We are very excited to have them on board as they will bring their amazing musicianship and knowledge to the team which will ultimately allow the students access to an amazing wealth of knowledge from which to learn.

In all, we will be running five concert bands, two jazz bands, performance music classes, rock bands, a musical production and a vocal group. This year the Musical Production class will be performing The Addams Family Musical and the students and staff alike are very excited to bring such a famous stage show to Lyneham.

Newsletters will also be posted on our school website. All families will be emailed a band newsletter at the start of each term. Additionally, the newsletters and other important notes will be posted to your child’s Google Classroom. These are our primary source of communication with families. Please feel free to ring or email us at any time. PLEASE ENSURE THAT WE HAVE YOUR CURRENT EMAIL ADDRESS AND THAT YOU UPDATE IT WITH US WHEN YOU CHANGE IT.

IMPORTANT!! EMAIL COMMUNICATION WITH FAMILIES

We like to keep open the lines of communication with families and one of the best ways is via email. Notes and other important information are emailed to families. Your child’s band teacher has already sent at least one email to families. If you would like us to use a different email address, or add another email address then please return the email with the details. If you have access to email but don’t receive a band email by 20 February then please contact your child’s band teacher with the email address and you will be added to the band email database. Please remember to update your email address if it changes through the year.

BAND UNIFORM

The band uniform consists of black trousers, shoes and socks (no coloured stripes or logos) and blue band embroidered polo tops, hoodies and band caps. The polo top, hoodie and cap are available from the canteen. Please note that full band uniform is required for the band photos Friday, 11 March (week six of term one). Caps are not required for the photos, but will be worn at outdoor performances. In 2015 we introduced a zip-up blue band hoodie which has been extremely popular for performances in colder weather. Students attending the Melbourne tour will be required to wear this at performances.

HIRE OF SCHOOL INSTRUMENTS

The cost of hiring a school instrument is $150 per year. We will be sending out payment information soon. Students may take home their instrument once their loan agreement form has been returned.
This year we will be teaching the Australian Curriculum: Arts and assessing against the Achievement Standard. All band students will be expected to submit a video of them playing their instrument according to the criteria set by their band directors. Students will receive more information about this in a separate letter.

**AUSTRALIAN NATIONAL EISTEDDFOD**

All of our bands will participate in this eisteddfod, May 19–22. It is one of the major events on our band calendar and attendance is compulsory. Further details will follow closer to the event.

**EXTRA-CURRICULAR ACTIVITIES**

There are still some vacancies in our extra-curricular music activities so there is still time to join. Please see one of the music teachers very soon if you want to participate.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Rehearsal times</th>
<th>Teachers</th>
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<tbody>
<tr>
<td>Intermediate Jazz Band</td>
<td>Thursday 8:00 – 8:45am term 1 weeks 3 -10, term 2 weeks 1-5 and all of term 3. Additionally, one lunchtime rehearsal per week may be called, particularly as we lead up to the eisteddfod. No jazz term 4.</td>
<td>Jason Peters Galen Ashley Zach Raffan</td>
</tr>
<tr>
<td>(years 7 &amp; 8 who are already in a concert band)</td>
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<tr>
<td>Senior Jazz Band</td>
<td>Tuesday 8:00 – 8:45am term 1 weeks 3 -10, term 2 weeks 1-5 and all of term 3. Additionally, one lunchtime rehearsal per week may be called, particularly as we lead up to the eisteddfod. No jazz term 4.</td>
<td>Tim Bowyer Tom Fell</td>
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<td>(years 9 &amp; 10 who are already in a concert band)</td>
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<tr>
<td>Vocal Group</td>
<td>Monday 8.00-8.45am</td>
<td>David Mahon</td>
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<td>(all years &amp; do not have to be in a concert band)</td>
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**BAND PERFORMANCE TOURS**

**ALL TOURS:** Tour information letters and commitment to attend forms will be sent home very soon. Please note that the first deposit for all band tours is 18 March. We need this early payment because many of the venues and places of accommodation require a deposit to be paid in advance to secure the bookings. Please carefully consider your commitment to participating in these tours. Once the first deposits have been paid and the commitment to attend form returned the final numbers will be confirmed at the venues.

I cannot stress enough the importance of letting us know if your child will not be participating in their band tour as this significantly affects the budget and planning process and the final cost to individuals. Should you have any concerns about this, please contact the music staff.

<table>
<thead>
<tr>
<th>Band</th>
<th>Dates</th>
<th>Destination</th>
<th>Approx. cost</th>
<th>Deposit due 18 March</th>
</tr>
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<tbody>
<tr>
<td>7 Beginner Concert Band</td>
<td>24 - 25 November</td>
<td>Bateman's Bay</td>
<td>$200</td>
<td>$100</td>
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<tr>
<td>7 Concert Band</td>
<td>10-11 November</td>
<td>Merimbula</td>
<td>$200</td>
<td>$100</td>
</tr>
<tr>
<td>8 Concert Band</td>
<td>14-16 September</td>
<td>Sydney</td>
<td>$400</td>
<td>$200</td>
</tr>
<tr>
<td>9 Concert Band</td>
<td>14 -19 August</td>
<td>Melbourne</td>
<td>$850</td>
<td>$350</td>
</tr>
<tr>
<td>10 Concert Band</td>
<td>16 -22 October</td>
<td>Brisbane</td>
<td>$775</td>
<td>$350</td>
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**COMMITMENT TO PERFORMANCES**

It is important that students and their families are aware that each of our bands and ensembles are performing groups. As such, the music staff expects that every effort is made to attend all rehearsals and performances. If it is known in advance that a student is unable to attend a performance, please notify the teacher of the group.
ASAP so that a replacement player can be organised. An example is when a student may be absent from school during the day and has a performance that evening. We are so very grateful when a message comes through to let us know whether or not the student will be attending the evening performance. We do understand, however, that emergencies occasionally arise and always appreciate a call to let us know that the student is safe. Contact details for your child’s teacher are on page one of this newsletter. It is a good idea to Cc Debbie Masling into any communication for absences in case the teacher also is absent.

We would like to encourage students to attend the performances of bands other than their own. For example, it is a wonderful experience for younger bands to listen to the older LHS bands and similarly, it is always satisfying to play for a large audience. The music teachers also believe that it will encourage a greater sense of community within the Band Program.

**BAND PROGRAM EVALUATION**

Thank you to the families who contributed to the Band Program Evaluation parent survey last year. Overall the feedback was very affirming. One concern that was identified by a few parents/carers was based around communication with families. Below is a list of ways in which we currently communicate with families. If you have additional ideas then please feel free to email them to Debbie Masling, who will see whether or not the suggestion is something that we can manage within the faculty. One request was that we eliminate abbreviations of the titles of each band from the calendar at the front of the newsletter. You will notice that the calendar contained in this newsletter has full band names. The ways in which we currently communicate to band members and their families are:

1. A band newsletter is emailed to all band families. A hard copy is available for any student or their family who requests it and a copy is available on the school’s website.
2. A band handbook is produced, emailed and uploaded to the school's website. Hard copies are available.
3. All notes and assignments are uploaded to the band’s Google classroom.
4. All information letters, such as tour notes are given as a hard copy to students and emailed to families.
5. Entries in the school newsletter.
6. Families are encouraged to attend our band performances and the music teachers are available for conversations afterwards.
7. Phone calls home to families if the teachers have any concerns.
9. The email addresses, staff room phone number and mobile phone numbers taken on tours and performances are published at the start of each newsletter.
10. A list of staff directly associated with music and band activities is published at the start of the newsletter.

**STUDENT VOICE**

Our school is committed to student voice. So far the 8, 9 and 10 bands have had a say in their seating plan and the repertoire that they play. Last year the students were asked what styles/genres/pieces of music they would like to play this year. The repertoire chosen reflects the feedback given to staff, balanced by pieces chosen by their conductor. As the year unfolds there will be further opportunities for student voice.

**INSTRUMENTS**

All students by now should have received their instrument if they have hired one through the school. The initial contact for problems with instruments is the Band Coordinator, Tim Bowyer.

The instrument that you are allocated will be for you to use for the entire year. If a repair is required and your instrument is sent away, you need to ask a teacher for a temporary loan until yours is returned. If anything happens to the instrument through lack of care, or you lose it, you will be liable for the repairs or replacement. It is recommended that you insure the instrument.

Do not take your instrument home until you have signed and returned the loan agreement form to Mr Bowyer. Please pay $150 hire fee to the front office ASAP. If there are any concerns with this payment please come and talk to one of the music staff to discuss options. We will be sending out payment reminders in the coming weeks for any outstanding hire fees.
Each school instrument has a labeled pigeonhole in the instrument storeroom. Additional pigeonholes are labeled with red stickers and are available for privately owned instruments. Students may choose to store their privately owned instrument in their locker or use the LPAC instrument storeroom. Instruments should never be placed on the floor as this creates a trip hazard. Because many instruments are the same brand and model, always take care to return instruments to the CORRECT instrument case and storeroom pigeonhole.

The band storeroom is opened at **8.30am** and again at **8.45am** for students to deposit their instruments prior to home group. Instruments may be collected at **3.05pm**. Students are reminded that the storeroom is not a meeting area. Please place the instrument in the designated pigeonhole and leave. **Please do not leave instruments on the floor of the storeroom as they become trip hazards.** At no stage should instruments be left outside of the storeroom (e.g. in the corridor). If, for some reason, the storeroom has not been opened before home group, students should take their instruments to class, then deposit them in the storeroom later in the day. The storage of instruments in school bags is not recommended. Only band students are allowed in the storeroom, so please ask friends to wait outside. The storeroom must be a safe place for your valuable instruments, so if you see anyone tampering with equipment please let us know. Students should never help themselves to an unused instrument or borrow items from an instrument case. Small items such as reeds, oils and guitar leads should be kept in the student’s school bag, not their instrument case.

Band students will need the following items:

- **music folder:** it is essential that all band students have a BLACK plastic sleeve folder to keep all home copies of music. Please name this folder because they all look the same!
- **flute, piccolo:** pull-through or cleaning rod and cloth, tally-ho papers, polishing cloth
- **oboe, bassoon, clarinet, saxophone:** reeds (always have several spares) case to protect reeds (they often come in a case), pull-through and cleaning cloth, cork grease, polishing cloth
- **trumpet, melophone, euphonium, baritone, tuba:** valve oil, slide grease (for tuning slides), polishing cloth
- **French horn:** key oil, slide grease (for tuning slides), polishing cloth.
- **trombone:** slide cream, small spray water bottle, slide cream (for tuning slide), polishing cloth
- **bass guitar:** lead, small practice amplifier for home practice (or similar), neck strap
- **percussion:** drum sticks, medium mallets (for timpani and cymbals), hard mallets (for glockenspiel/xylophone). Mallets will be provided for use at school for students who do not have their own.

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**HOW TO CARE FOR YOUR INSTRUMENT**

### ALL INSTRUMENTS

- Your instrument should NEVER be left on the floor at home or at school.
- Your instrument should NEVER be handled or played by someone else.
- Always close your case during a practice session and put it back into the correct pigeonhole. Do not leave the empty case on the floor.
- All players may store their container of oil in the case if there is room. Remember to check that the lid is screwed down tightly.
- Never use Vaseline on an instrument.
- Trombone players – take care not to hit the music stand as this can cause great damage to your slide.
- DO NOT store your music or your music stand in the case with the instrument.
- DO NOT attempt repairs yourself, without the permission of the Band Director.
- Music sheets or other items should NEVER be stored inside instrument cases as this can cause damage to the instrument.

### WOODWINDS

- DO NOT put any woodwind instrument into water or try to wash it in the bath like brass instruments.
- Woodwind instruments need oiling **ONCE A MONTH.** Use KEY OIL ONLY. Place one drop on each moving joint. Remove excess oil and do not get any on the pads.
- If you own an instrument made of WOOD, you will also need to use BORE OIL. Place a few drops on your pull-thru and pull it through the instrument 3 or 4 times, with the mouthpiece removed. Do this once a week for 3 months for a new instrument, then once a month. For a used instrument, oil the inside once a month.
- NEVER leave your clarinet standing on its bell.
- Dry the inside of your instrument after each use, using a special fluffy cleaner or a pull-through.

**BRASS**

- Valves and trombone slides should be oiled or cream applied (trombones) twice a week. One of these times you should actually clean the valves or trombone slide.
- Wash your instrument ONCE A MONTH. *(See ‘How to Wash Your BRASS Instrument’)*
- NEVER use ‘Brasso’ or ‘Silvo’ on any brass or silver surface.
- Your mouthpiece should not move loosely about in the case. If there is no special hole or spot for its storage, wrap it in a clean cloth or make a string pull pouch and leave it in your case.

**PERCUSSIO**

- The only parts on the snare drum that may need adjustment are the drumhead or snare. This should only be done after consulting your Band Director.
- Replace any broken or damaged drumsticks. Never re-use them.
- Cymbals should be cleaned once a year with cymbal cleaner. Please consult your Band Director.
- Drums and cymbals should be transported in their cases.
- Take great care when adjusting or assembling the kit, not to let the tom-toms rub against the bass drum.
- Oil the bass drum pedal once a month.

### HOW TO WASH YOUR BRASS INSTRUMENT

**WASHING**

- You need: instrument, valve oil, slide cream for trombones, towel, dishwashing detergent (like Sunlight).
- Place a towel in the bottom of the bathtub (to avoid scratching), then add enough WARM (not hot) WATER to cover the instrument. Mix in the detergent.
- Take your instrument apart carefully – leave the valves in, but remove the bottom valve caps. Put the bigger sections in the bath first. Trombones put the slide in LAST.
- Let the instrument soak for about 20 minutes. Jiggle the valves every now and then.

**CLEANING**

- Take the small parts from the water first (trombones take the slide out first). Carefully shake as much water as possible from each part. Wipe the outside clean and dry.
- Take out the biggest section of your instrument. Carefully turn it around so that the water can run out from inside. Be careful – there could be a lot of water in some of the bigger instruments!
- Wipe the instrument dry with a soft, clean cloth. NEVER USE A METAL POLISH!!
- Put a smear of slide cream on all slides OTHER THAN TROMBONE SLIDES and replace.
- TROMBONES wipe slide clean with a lint-free cloth. Apply slide oil or slide cream and water. Always take great care with your slide – the smallest dent can make it unplayable.
- Trumpet, euphonium, melophone, tuba – take out one valve at a time, clean it with a lint-free cloth, pull the cloth through the valve chamber, oil the valve with one drop of VALVE OIL ONLY, then replace it. Now repeat with the next valve.

**CHECKING**

- Play a few notes to check that you have re-assembled the instrument correctly. It may gurgle if some water remains inside.
- Clean the bathtub!
- While you wash the instrument, have an adult boil your mouthpiece like an egg, in a saucepan for 3 minutes, to sterilise it. If you have a cold, a virus, mouth ulcers or cold sores, boil the mouthpiece before and after you play. The germs will live quite happily in the mouthpiece for a while unless you sterilise it.
- NEVER use too much valve oil and always use water as well as valve oil. Valve oil alone will not work very well.

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### PRIVATE TUITION

It is recommended that students receive private tuition on their instrument. We have been impressed by the progress and enthusiasm of students who have had this opportunity. The fees for private tuition vary between
tutors for a half-hour lesson and some tutors are prepared to take students in pairs for a lesser fee. Where possible, the Band Coordinator Tim Bowyer will be happy to provide you with a list of tutors and their telephone numbers. Often tutors will advertise on the LPAC notice board. Private tuition is not compulsory, nor is it an actual program run by the school.

### SOME HELPFUL TIPS FOR HOME PRACTICE

1. **LONG NOTES**
   - Holding notes for 8 or 10 seconds. Long notes will improve your tone and strengthen your embouchure. Play your long notes in these ways:
     - Holding all at one volume
     - Crescendo to loud and then decrescendo to soft
     - Listen to your sound. Are the notes even with no unplanned swells, do they start evenly, are there any leaks in your embouchure, etc?
     - Use the easiest scales for long note practice. Don’t play high notes too early in your practice sessions as they can damage our facial muscles and make you tired. You will get no benefit from playing high notes yet - wait until you’ve warmed up.
   - Percussionists should practise rolling on not only the snare, but on all surfaces, including cymbals.

2. **SCALES**
   - Scales will improve your technique and dexterity, and allow you to play fast passages easily
   - Practise your scales until you can play them from memory
   - Start all your scales slowly and work towards a gradual increase in speed. There is no benefit to be gained from playing your scales so fast that you cannot play them accurately
   - Listen to your scales. Are you (1) using your tongue correctly, (2) using the correct fingering for each note, (3) pitching the notes correctly?
   - Trombone players should experiment with and learn alternate slide positions for each note.
   - Trumpet players should learn alternate fingering for some notes
   - Bassists should be alternating fingers, not just using one finger
   - Percussionists should also learn scales on a mallet percussion instrument

3. **EXERCISES**
   - **Brass:** Practice playing harmonics without using your tongue to articulate. These are called lip slurs and help improve your range and confidence. Start working between 2 harmonics and gradually work up to 4 or 5. Trumpets should start on middle C and move chromatically down to low G or F#. Work at getting a clean slur between the two notes that moves when you want it to move.
   - **Woodwind:** Practice working through the break and try to achieve a smooth transition from upper to lower registers. More advanced players should start working on the very high register.

4. **MUSIC**
   - You should be working on the parts of the music that are causing you trouble.
   - Slow down the tricky bits until you can play them accurately. You will gain no benefit from repeating the same notes over and over.
   - Try to play all sections at a faster speed than usual. This will allow you to play your music at a variety of tempi with confidence.
   - You should practise the new music from band as well as some old material. You should also try to find some music that is not from band and play that as well, just for fun.

5. **SUGGESTED PRACTICE ROUTINE**
   i) long notes for 1 minute
   ii) exercises for 1 minute
   iii) scales for 2 minutes
   iv) new music from band for 7 minutes
   v) old music from band for 4 minutes
   vi) your own choice for 5 minutes

This is just a guide as to how and what to practice. You should try to make your practice sessions as interesting and fun as possible. Challenge yourself and don’t be lazy. You can achieve virtually anything in your music if you want to. All it takes is a little bit of hard work.