



### Suggested 30 Minute Practice Routine

Post this at home where you will see it and remember that 30 minutes is only a guideline. 15 minutes of focused and mindful practice is always better than 30 minutes of clock watching.

- Set-up – 5 minutes
  - Find a quiet spot to practice. Put your instrument together carefully and be sure to moisten reeds, oil valves and grease corks.
  - Use a music stand. If you don't have one, get one
  - Sit in a good chair with no arms or stand so you can work on good posture and proper breathing.
- Warm-ups – 5 minutes
  - Practice Long-Tones and New Notes
  - Breathe deeply, play slowly and listen carefully. Are you getting a good sound and are you in control? Are you using good posture?
- Repertoire (our music) – 15 minutes (more or less)
  - Work on the pieces from the book that you have been assigned. Play along with the recordings online. Are you playing the right notes? The right rhythm? The right articulation?
  - Start with pieces assigned in rehearsal, then go on to sections you find particularly difficult.
  - Work slowly! Don't practice mistakes – if you have problems, stop and focus on them. Work in small chunks: one or two bars, then three or four – even start with one or two notes if you need to.
- Fun Stuff – 5 minutes (more or less)
  - Pick your favorite piece you know. Try something from later in the book. Try to learn something by ear.
  - Your choice – have fun with it!

### My 2017/18 Practice Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time							
Location							