



## Sectional/Morning Rehearsal Make Up Sheet

Name: \_\_\_\_\_ School: \_\_\_\_\_

Date Missed: \_\_\_\_\_ Time Spent Practicing: \_\_\_\_\_

\*\* What pieces or technical studies am I expected to work on for this week?

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### My Goals for this Practice Session

1. Technical goals: breathing, tone, embouchure, fingering, scales, tonguing, bowing, articulation, etc.

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2. Challenging Passages: Name of the Piece and Measures, specifically what to address: Notes, Rhythm, Dynamics, Articulation, Tempo

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3. Tempo: to increase the speed – for what pieces, technical studies?

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4. Theory: aspects of music to know and understand: key signatures, note names, rhythm counting, etc.

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### Strategies for Success:

Check off the practice strategies you employed during this practice session.

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|--|--------------------------|--|--------------------------|
| Proper Posture   | <input type="checkbox"/> | Study the piece for Key Signature Dynamics, Articulation, etc. | <input type="checkbox"/> |
| Long tones, tonguing technical exercises, bow usage – Placement, direction, articulation | <input type="checkbox"/> | START at challenging passages (NOT the beginning)              | <input type="checkbox"/> |
| Favorite piece/exercise to warm up   | <input type="checkbox"/> | Repeat passages over and over                                  | <input type="checkbox"/> |
| Clap the Rhythm ALOUD  | <input type="checkbox"/> | NO DISTRACTIONS!<br>(clock, phone, computer)                   | <input type="checkbox"/> |
| Slow the Tempo   | <input type="checkbox"/> |  |                          |

### Personal Reflection on Practice Session:

How do you feel about your efforts and achievement in this session? What specifically are you proud of? Is there anything that disappoints you? Write a few sentences about this; be as specific as possible.

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Musician's Signature

Date

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Witness Signature

Date