January 16, 2015

Welcome to a more detailed practice log! While it may look more intimidating- the amount of practice time you practice each week can stay the same! All this new sheet will do is provide you with a more detailed way to organize your practice time.

Here’s how it works: For each night you practice, try to **fill in the entire column for that day**, and **try to document each row three times in the week**. Don’t stress out! Each box does not require that many minutes of practice. Think of it this way:

* The first three rows are dedicated to **Scales/Long Tones/Rudiments**. Spend about 2 minutes on each square.
	+ Choose a major/minor scale (memorized or not), and work on it. In half notes, quarter notes, staccato, legato, etc.
	+ Perhaps you use your time to start memorizing your concert A*b* major scale.
	+ Maybe you want to successfully play your concert F major scale 3 times without making a mistake.
	+ Play one octave of a scale all in slow whole notes.
	+ Percussionists, choose three rudiments (5, 7, 9 note rolls, long rolls, flams, etc.) and practice them each for about 2 minutes each.
	+ Be creative in how you practice and memorize scales/rudiments.
* The next three rows are dedicated to practicing our **Concert Music**. Spend about 10 minutes total on the three squares.
	+ Instead of smearing through the entire piece, pick a few measures that need work, and practice them!
	+ Practice the last part and get a few notes. Then go back and add a few more before it (practicing backwards)
	+ Say the notes aloud in rhythm while moving your hands to make the right notes. Then play it.
	+ Write in the counting. Count it aloud while moving your hands to make the right notes.
	+ Play a part super slow, then gradually speed it up.
	+ Be creative in how you spend time practicing small sections of our concert music.
* The last two rows are called **Other**. Spend about 2 minutes on each square.
	+ This is a time where you can sight read from your method book (Essential Elements or Rubank).
	+ Maybe you’re going to Districts, or will be working on an audition. Practice that music.
	+ Maybe you have some classical or modern music arranged for your instrument. Practice it.
	+ You know you have (or want to have) that “Disney Classics” for \**insert instrument here*.\* Practice them, and serenade your family members. (Not necessarily Disney, but some other kind of book for your instrument)
	+ Maybe you listen to music you like and try to figure out the melody on your instrument.
	+ This could even be a section for you to practice a 4th or 5th concert music piece.
	+ Whatever you are doing to better yourself as a musician on your instrument, it is OK for these two sections.

So if you add it all up...scales (3 squares x 2 minutes apiece = **6 minutes**), concert music (**10 minutes**), other (2 x 2 = **4 minutes**) 6 + 10 + 4 = **20 minutes**. **Document each row three different times**, and that’s still only asking you to practice **60 minutes a week**.

GRADING! Here’s the breakdown:

* The entire log is now worth 48 points.
* 24 of those points are for each documented square you worked on (one point per completed square).
* The other 24 of points are for it being signed and turned in on time.
	+ You’ll still lose 10% for each week it isn’t turned in on time (now 4.8 points),

Here’s the kicker: you’ll lose 20% for it not being signed (9.6 points)...talk to your family about what you practice! Also, I went to middle school...don’t try to sign your parent’s signature. That’s forgery.