SUGGESTIONS FOR HOME PRACTICE

WHY PRACTICE

All good musicians, as all good athletes, need daily practice in order to keep in the best possible playing condition. Practice builds and strengthens the muscles and reflexes necessary for playing an instrument. Whether you are a beginner or a professional, good practice habits are vital to your success

WHERE TO PRACTICE

It is important that you have a place of your own, quiet and free from the distractions of television and activities of other members of the family. Ask your parents to assign such a room.

WHEN TO PRACTICE

It is also important that you budget a regular period of time for home practice. Write down on a piece of paper your schedule for each day, then assign yourself a regular time which you can devote entirely to practice. Get the habit and stick with it even though there may be times when you are tempted to skip.

HOW TO PRACTICE

Sit or stand with good posture…. A music stand is indispensable. Practice your lesson assignment first. Think what you are trying to accomplish. Isolate the problems and work them out one at a time. Once you master an exercise, repeat it over and over. Don't worry too much about the clock. If you are really concentrating on your lesson, time will pass quickly.

Regional School District #10

Instrumental Music Department

STUDENT PRACTICE CARD

Name _____

Instrument _____

School / Grade _____

This practice card should be completed by the student and signed by a parent or guardian each week. The student should bring the card to his / her lesson each week for review by the instructor.

Students should practice at least 20 minutes each day. Card must be filled out and signed each week.

Week	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Total	Grade	Parent's Signature	Instructor Init.