

Name _____ Boxes Completed _____ Date Due _____

Carson Middle School – Goal Based Practice Log

***Due online by Friday at 3 PM. 30 boxes required this week.** www.cmsbands.org

Practice Element	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
A) Warm Up: Long Tones, Fundamental Rhythms, or Method Book. Perc: snare rudiments Strings: tuning/open strings	Take a good break & play slowly with your best sound.	Keep a steady stream of air moving through your instrument.	Take a good break & play slowly with your best sound.	Keep a steady stream of air moving through your instrument.	Play slowly with your best sound.	Keep a steady stream of air moving through your instrument.	Play slowly with your best sound.
B) An area for improvement _____	Play slowly once; fix any probs, then at a medium tempo.	Play slowly once; fix any probs, then at a medium tempo.	Fix problems, then play 2X at a medium tempo.	Fix problems, then play 2X at a medium tempo.	Fix problems, then play 2X at a medium tempo.	Play once at a medium tempo and once at a fast tempo.	Play 2X at tempos of your choosing.
C) Song #1: _____	Practice using 2 different practice strategies.	Practice using 2 different practice strategies.	Play slowly, use 2 practice strategies, then play again.	Play at a slow tempo then a medium tempo 2X.	Play 2X at a medium tempo. Stop to fix mistakes.	Play 2X at a medium tempo and once at a fast tempo.	Use a practice strategy to fix any rough spots.
D) Song #2: _____	Practice using 2 different practice strategies.	Practice using 2 different practice strategies.	Play slowly, use 2 practice strategies, then play again.	Play at a slow tempo then a medium tempo 2X.	Play 2X at a medium tempo. Stop to fix mistakes.	Play 2X at a medium tempo and once at a fast tempo.	Use a practice strategy to fix any rough spots.
E) Song #3: _____	Practice using 2 different practice strategies. Run 1X.	Practice using 2 different practice strategies. Run 1X.	Play slowly, use 2 practice strategies, then play again.	Play at a slow tempo then a medium tempo 2X.	Play 2X at a medium tempo. Stop to fix mistakes.	Play 2X at a medium tempo and once at a fast tempo.	Use a practice strategy to fix any rough spots.
F) A Strength: _____	Use 2 practice strategies to improve an area of strength.	Use 2 practice strategies to improve an area of strength.	Play slowly, fix any problem spots, play two more times at a medium speed	Play at a slow tempo then a medium tempo 2X.	Play 2X at a medium tempo.	Play 2X at a medium tempo and once at a faster tempo.	Play 2X at tempos of your choosing.

Playing Test Approaching: Mr. Jacques will choose a section from the above material each Friday. Tests may be made up any day at lunch until May 27.

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Practice Strategies:

- **Slo-Mo!** = Play each section as slow as you can and make sure every note is perfect. Speed it up once you can play it well.
- **Divide & Conquer** = Split the song into small chunks and fix each chunk individually. Gradually put them back together.
- **Get some lead on it!** = Use your pencil to write in a note or marking you keep missing (don't write them all in!).
- **3rd time's a charm** = Play each measure/section/song perfectly 3 times before moving on (restart each time you mess up).
- **Fingers/Notes** = Do the fingerings and say the notes WITHOUT playing.
- **Pizzicato** = Play your part by plucking the strings without the bow.
- **Tangle Yourself Up!** = Bow upside down on your elbow while fingering the notes on your instrument WITHOUT playing.
- **Tongue & Fingers** = Say the tonguing and do the fingerings WITHOUT playing.
- **Sing it!** = Sing through the melody either with or without your instrument.
- **Karaoke** = Your book comes with audio tracks you can play along with! You can also find recorded performances of our songs online.
- **Forget about it!** = Go back to a song or one of your strengths, and then come back to something you're having trouble with.

Grading:

A new assignment will be given every week and is due the following week. Every practice session, students cross off or enter the number of completed goals in their practice log. 30 completed goals in a regular week are considered a 100%. The number of boxes completed is graded as a percent of 30 (ex: 25 boxes complete would be $25/30 = .833 = 83\%$). It should take 15-25 minutes to complete one column of practice (one day) above. **Practice time will be submitted electronically** by visiting the 'Practice Logs' section of the band website. <http://www.cmsbands.org>

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