

# Westglades Band Program

**Westglades Wolves  
BAND**

**PRINT ONLY**

Class Period: \_\_\_\_\_

Student Name: \_\_\_\_\_

Instrument: \_\_\_\_\_

Date Out: \_\_\_\_\_

Date returned: \_\_\_\_\_

## WEEKLY PRACTICE CARD

*Students,*

Below, please find the area to record your weekly practice. You are asked to practice 20 minutes per day, 5 days a week or a total of 100 minutes per week. Please read over the practice hints that might assist you in a more productive session.

### **PRACTICE HINTS...**

- Warm up using long tones and major scales.
- Focus your energy and attention--no distractions (radio or TV).
- Practice very SLOWLY at first.
- Practice for results.
- Attempt to practice at the same time daily.
- Use a music stand, metronome and a chair--you deserve these.
- Set goals to accomplish during your practice session.
- Think about your sound--use lots of AIR, SUPPORT and PROPER POSTURE.
- Perseverance is really the key, try not to allow yourself to get bogged down or frustrated.
- Be successful--PRACTICE does HELP, playing your instrument will and does become more enjoyable.
- Try not to "overkill" your practice session, to improve does take considerable time and patience.

### **RECORDING YOUR TIME...**

- Please record your daily time in "minutes only", this will also include the total for the week.
- Remember to have this PRACTICE CARD SIGNED by your PARENTS to be validated.
- This card will be turned in every Monday (due date) of the school week (or the very next school day due to a holiday or illness).

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>	<i>Total Minutes Practiced</i>

I certify my child did practice the days and times indicated in the above boxes.

\_\_\_\_\_  
*Parent Signature*

\_\_\_\_\_  
*Student Signature*