

Name: _____

Practice records are worth 15% of student's grade. Practice records are **due IN CLASS every Wednesday**. Practice records may be turned in up to one day late for a 20 point reduction in credit. Practice records are **not accepted for credit after Thursday**. Students are to total their own time and write in the correct grade.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What song, rudiment, or exercise you practice?	Song/Rudiment/Exercise: Measures:	Song/Rudiment/Exercise: Measures:	Song/Rudiment/Exercise: Measures:	Song/Rudiment/Exercise: Measures:	Song/Rudiment/Exercise: Measures:	Song/Rudiment/Exercise: Measures:	Song/Rudiment/Exercise: Measures:
What strategy FROM BELOW did you use for deliberate practice?							
Minutes Practiced							
PARENT SIGNATURE							

Strategies for Deliberate Practice

- **Say Notes & Finger** – say the note names while you finger each note
- **Clap Rhythm**– clap out the rhythms while counting aloud
- **Sing Part** –sing part while fingering instrument
- **Mouthpiece Buzz (for brass)** – buzz your part while paying attention to correct rhythm and pitches
- **Note Grouping** – play 2 notes over and over until it becomes muscle memory and then add 1 more note until the passage can be played confidently
- **Measure Chunking** – play 1 measure over and over until it becomes muscle memory and then add 1 more measure until the passage can be played confidently
- **Thoughtful Repetition** – play through the passage while asking yourself questions such as “how smoothly can I play this?”, “how many times can I play this perfectly?”, “did I play all the dynamics and articulations?”
- **Eyes Closed Practice** – memorize the passage and play it without looking

Total minutes practiced:

Grade %:

Minutes	Grade %	Minutes	Grades %
161+	110%	60-74	70%
141-160	105%	45-59	55%
90-140	100%	30-44	40%
75-89	85%	Less than 30	25%

Students who practice improve and are successful. Practice reports help you to organize your practice and receive credit for your hard work. The director can tell how well and how often you practice by how well you play each day. Integrity is what you do when nobody is watching. Demonstrate integrity when completing your practice report.

