

The

NOTEWORTHY



Summer 2023

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Coach's Comments

Keep your fingers crossed for nice warm weather for our Spring Festival Recital here at the Studio, taking place on Sunday, May 21st at 6:00 pm!

For the Recital, everyone has been placed in a small ensemble, or two, as well as with the entire group, to perform. So, in order to pull this off, we will need to rehearse these ensembles. I have set up a schedule for May for us to do so, which everyone received when they were given their music.

Ensemble rehearsals will all take place the week before the Recital, as this has proven to be the most effective way of preparing the groups for performance. So the first two weeks of May will be our regular Coaching Sessions; with Rhythms and Scales Pass-Offs the first week (last chance to add on the points!). Then the third week will be the two ensemble rehearsals. They will take place on Monday and Wednesday evenings of that week. Makeup Sessions will also be scheduled this week.

Here is our exact schedule:

Monday, May 15th (Week 14):

3:30 pm: Clar. Quartet: Aliya, Savannah, Susannah
4:00 pm: Sax Qrtet: Aliya, Susannah, Evelyn, Savannah
4:30 pm: Clar. Quartet: Stephen, Jayden, Danielle
5:00 pm: Sax Trio+1: Abrielle, Blaine, David
5:30 pm: Clarinet. Quartet: Ben, Sydney, Charlotte
6:00 pm: Saxophone Quartet: Sydney, Stephen, Kelus
6:30 pm: Saxophone Quartet: Charlotte, Izzie, Ben
7:00 pm: Bari Sax Quartet: Ryan, JB, Charlotte
7:30 pm: Bassoon Quartet: Pine, Ryan, Ben
8:00 pm: Woodwind Choir: Everyone

Wednesday, May 17th (Week 14):

3:30 pm: Clar. Quartet: Aliya, Savannah, Susannah
4:00 pm: Sax Qrtet: Aliya, Susannah, Evelyn, Savannah
4:30 pm: Clar. Quartet: Stephen, Jayden, Danielle
5:00 pm: Sax Trio+1: Abrielle, Blaine, David

5:30 pm: Clarinet. Quartet: Ben, Sydney, Charlotte
6:00 pm: Saxophone Quartet: Sydney, Stephen, Kelus
6:30 pm: Saxophone Quartet: Charlotte, Izzie, Ben
7:00 pm: Bari Sax Quartet: Ryan, JB, Charlotte
7:30 pm: Bassoon Quartet: Pine, Ryan, Ben
8:00 pm: Woodwind Choir: Everyone

I know this won't be convenient for everyone (if anyone), but please, for the sake of your fellow ensemble members, as we really cannot have an effective rehearsal without everyone, do all you can to arrange to be here.

The Recital will be held here at the Studio, in the "East Garden," entering through the north front gate. In case of rain, we have access to a great tent, and additional shade tents (fingers crossed it isn't cold). And plan to stay afterwards for awards and refreshments.

We will have one final Coaching Session the week after the Recital, where we will review our performances, and for which you should prepare a page or two from one of your method books, on your preferred instrument, to play for me.

June is our break month, after which the optional six-week Summer Semester will begin the week of July 4th. If you decide to take a break for the summer, you will still be enrolled in the Studio when we begin again in September. But if you decide to attend for the summer, I promise we'll do something different (and maybe even more fun!) than during the school year. I am planning on Sessions for the Summer Semester to be scheduled on Tuesdays and Wednesdays beginning at 12:15 pm, with possible Thursday afternoon times if needed. No problem with skipping a week or rescheduling for any camps or family vacations, etc. You may pay for the six weeks however you'd like - weekly, half-and-half, monthly, all at once. Invite your friends and classmates to join us for the summer, with no contracts and no obligation to continue in the Fall - just an opportunity to improve on playing skills.

Let's have a great, successful Recital!

9 Performance Anxiety Tips That Every Musician Should Know

It feels horrible to struggle with performance anxiety. It can suck all the joy out of playing music. The usual advice is that more practice will solve everything. But you've probably discovered that doesn't always work. Know that performance anxiety is common and perfectly normal. And that there are techniques which will improve things for you. Here are nine quick and simple tips that you can use immediately.

1) Breathe

When you feel nervous before a gig, one of the most helpful things you can do is consciously take a slow, deep breath. Then take a few more. It's really as simple as that. But the benefits come when you get the details right. The three key details to notice are: • Slow • Deep • Conscious.

Slow means simply that you're not rushing things. You don't have to be aiming for the slowest breathing possible – it wants to be at a pace that's comfortable for you.

Deep means that you want to get your belly involved rather than only breathing into your chest. Keep your breathing smooth and easy rather than forcing it.

Conscious means that you keep your full attention on your breathing throughout. Be aware when you're breathing in and when you're breathing out. Notice how it feels in your body.

And don't worry about whether you're doing all this "correctly." Yes, it's possible to get better and better at this as you practice. But the most important thing is to start doing it with the intention to get the basics right. As long as you have the right intention as you breathe then it will give you a huge benefit.

2) Choose your focus ahead of time

You probably know that, to play music well, you need the ability to keep your concentration in the right place. But you might not realize that a strong focus is equally effective at reducing performance anxiety. Trying not to think about something that's worrying you is almost impossible. Instead, the key is to guide your focus towards something positive. If you do that successfully, then your thoughts will automatically move away from everything else. Choose where you're going to put your focus in advance. That way, there's no worry or doubt about whether you made the right choice. And practice hitting this target over a period of time until you automatically know where to aim without having to think about it. That way you reduce the mental effort you need in performance, rather than making your mind work harder. Over time, however, it will become more and more natural to constantly check whether your focus is in the right place.

3) Remember that the physical effects are normal

When performance anxiety strikes, it can be tempting to think that there's something wrong with you. In fact, it's quite the opposite. Each time you try and calm yourself without success, this adds to your anxiety. It feeds off itself and just keeps getting worse. Instead, accept that there's nothing wrong with you. It's fine and there's nothing to worry about. Stop wishing that things were different. This isn't going to make any nerves disappear. But the more that you accept how things are, the less those nerves will affect your performance. You may even find that the strength of your performance anxiety decreases over time when you adopt this attitude.

4) Reframe any nerves as excitement

Your body's response to pressure is something that has evolved over millions of years. It may not be the response you want, but it's perfectly normal and healthy. You should be more worried if your body didn't react in that way. Once you accept this, the game changes. There are several different components to performance anxiety – some physical, and some mental. You probably notice the physical aspects more easily and pay less attention to how nerves affect your thinking. But it's the mental side which often has the bigger impact. Your body's physical response when you're nervous is very similar to when you're excited. What's different is the emotional component on top. Negative emotions

for nerves; positive for excitement. There means that there are big improvements you can make without having to change your physical response at all. You just have to reframe any feeling of nerves as excitement. It's easier that you might imagine. Amazingly enough, you don't have to truly believe it. Just the act of thinking "I'm excited" to yourself has been shown to have a positive impact on performance.

5) Think about what the audience wants

Would you agree that your goal should be to give the audience a great experience? I hope so. But it's all too easy instead to get caught up with thoughts about how YOU want things to go. Most musicians judge the success of a performance on their own experience. Not on how the audience felt. Change your perspective so that you're focused purely on giving the audience an enjoyable experience. When you switch your focus to the audience's enjoyment, you'll find this moves your thoughts away from unhelpful things, like mistakes. To give them the best experience possible, you've got to concentrate fully on what you're playing right now.

6) Set realistic expectations

One of the reasons you get nervous is that you expect too much of yourself. Demanding a perfect performance from yourself every time is not an achievable, or helpful, goal. (You may not be setting these expectations consciously. Ask yourself what you think counts as a successful performance – you might be surprised at how high your expectations are) If you're playing something that you feel you've mastered, then just loosen up a bit. It's fine if it's not perfect – the odd slip won't matter. Then you'll feel less pressure – it will be more fun. You'll also probably play better.

7) People don't pay as much attention to you as you think

When you're getting ready to perform it can feel like people will be focusing on every note you play. But everyone's thoughts tend to be focused in on themselves. People inevitably overestimate the amount of attention that others pay to them: the Spotlight Effect. The audience might have come specifically to hear you perform, but for a surprisingly large part of the performance their thoughts will be elsewhere. If something isn't quite right most of the audience won't even be aware.

8) Remember that the audience is on your side

The audience have come to enjoy themselves. They're not secretly hoping for you to make mistakes just so they can criticize you later. They're on your side. They'll actively enjoy the best moments in the music, as they simultaneously filter out the less-polished moments. You might be tempted to think the audience will be judging you, but remember that they'll applaud your success and forgive you any slips.

9) Replace unhelpful thoughts

We all get unhelpful thoughts popping into our minds. And if you're nervous about a performance then you'll probably get more of them. That's not a problem, it's totally normal. What is a problem is if you spend time holding onto those thoughts, rather than just letting them disappear. Simply replace them with something else. Have an alternative thought prepared ahead of time. Simply say to yourself, "It will be fine." You can repeat the phrase as many times as you need to. It's always true, so you can always believe it. When you pause and think about the bigger picture – you'll discover that it always will be fine. Whatever the result of the performance, life goes on pretty much unchanged afterwards.

Moving forward

So there you go. Nine quick, simple and practical things you can do to reduce performance anxiety. Don't attempt them all at once. If you try to remember too many new and different things at once then none of them will work well. Pick the one that appeals to you the most and start with that. Then add in another. Eventually, you'll be able to use all of them together, and hugely increase your enjoyment of performance.

Media Center

Print, Digital and Internet Extras

The Philosophy of Modern Song. Bob Dylan, 2022. Hardcover, 352 pages. Simon & Schuster. Amazon.com, \$23.99, Kindle \$19.99.

Dylan, who began working on the book in 2010, offers his extraordinary insight into the nature of popular music. He writes over sixty essays focusing on songs by other artists, spanning from Stephen Foster to Elvis Costello, and in between ranging from Hank Williams to Nina Simone. He analyzes what he calls the trap of easy rhymes, breaks down how the addition of a single syllable can diminish a song, and even explains how bluegrass relates to heavy metal. These essays are written in Dylan's unique prose. They are mysterious and mercurial, poignant and profound, and often laugh-out-loud funny. And while they are ostensibly about music, they are really meditations and reflections on the human condition. Running throughout the book are nearly 150 carefully curated photos as well as a series of dream-like riffs that, taken together, resemble an epic poem and add to the work's transcendence.

The Number Ones: Twenty Chart-Topping Hits That Reveal the History of Pop Music. Tom Breihan, 2022. Hardcover, 353 pages. Hatchette Books. Amazon.com, \$20.99, Kindle \$15.99.

Based on Tom Breihan's Stereogum column, this book is a synthesis of the history of pivotal #1 hits and what they have meant to music and our culture, revealing a remarkably fluid and connected story of music that is as entertaining as it is enlightening. Breihan illuminates what makes indelible ear candy across the decades including dance crazes, recording innovations, television phenomena, disco, AOR, MTV, rap, compact discs, mp3s, social media, memes, and much more – leaving readers to wonder what could possibly happen next.

For Scores Podcast. <https://forscores.com>.

Ever wanted to learn how music comes to life in a movie or television show? For Scores explores the compositions from Disney, Pixar, Lucasfilm, Marvel and 20th Century Fox projects. It's truly the perfect podcast for any film or musical fan. Journalist Jon Burlingame speaks to a legendary composer and dives into how the music was composed to tell each movie's full story. Previous guests include Alan Menken, Kristen Anderson-Lopez, Alan Silvestri, Danny Elfman, among others.

Women Who Rock Documentary Series. Amazon Prime, MGM+, EPIX, Philo.

Women have rocked as hard as men since the genre took flight, whether you're talking about the gritty bombast of Elvis' favorite Big Mama Thornton or the ethereal wowl of Heart lead singer Ann Wilson. So, it's about time they get their own documentary series that pays tribute to their inimitable and enduring contributions. "Women Who Rock" is a four-part series segmented into decades, kicking off the turbulent '60s and marching forward into the present.

Parent's Column

Reminders & Helps to Enhance Your Child's Musical Experience

How can you keep your child's interest level in practicing and attending sessions at a high level through the summer months?

Perhaps a glimpse at what is possible in the future if they stick with it will help. Showing and allowing students to discover what their potential is can be an excellent motivator.

One activity that is free and appropriate for the entire family is a professional level Symphonic Band Concert. Utah State University's Alumni Band is scheduled to perform on five Sunday evenings, June and July, outside on the Quad east of Old Main, and in the Daines Concert Hall in the case of rain. Performances begin at 7:00 pm. and last about an hour.

These fifty to seventy professional-level musicians, many whose careers are not in music, meet for just over an hour prior to the concert to prepare the music, and then deliver a polished and varied performance of traditional marches, classic standards and new publications.

The drive to Logan is pleasant, the temperature is much cooler, and the music is great! Plan your family outing(s) now:

June 18th

June 25th

July 9th

July 16th

July 30th

Closer to home are the many, often free, community band and orchestra concerts, especially for Independence Day and Pioneer Day; and an abundance of musicals featuring live musicians in area cities including Murray, West Valley City, Taylorsville, Sandy, Cottonwood Heights, Draper, Bluffdale, South Jordan and Herriman. Here's just a few:

"High School Musical," Murray Amphitheater, June 9-17.

"Cinderella," Murray Amphitheater, July 7-15.

"Seussical the Musical," Murray Amphitheater, July 28-August 5.

"Footloose," Mid-Valley Performing Arts, Center, Taylorsville, July 10-15.

"The Music Man," Sandy Amphitheater, August 4-19.

"Guys & Dolls," Cottonwood Heights at Butler Middle School, July 7-15.

"The Scarlet Pimpernel," South Jordan, July 28-August 5.

"Cinderella," Rosecrest Pavilion, Herriman, July 7-18.

More information on exact locations, times and prices can easily be found with a simple internet search including the name of the show and the city.