

# The

# NOTEWORTHY

Fall 2024

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## Coach's Comments

The Studio is full – I think! If everyone returns from last school year, and all the new members from the Summer stay, there will be no open slots left. Putting together this year's schedule will be like trying to complete a jigsaw puzzle....

So, even though I am still playing many, many shows for senior care centers and skilled nursing facilities, many of which still have strict safety protocols, I will be placing Coaching Sessions back-to-back once again – just to try and fit everyone in. Ventilation and sanitizing will still occur, just not quite as frequently as in the last couple of years.

If two (or more) members are from the same household I would prefer we schedule a block time and overlap with computer activities, just to try and fit a couple more members in.

Inside is all the details for registering for Semester I for September through January, culminating in the Recitals designed to help you prepare for school Solo & Ensemble Festivals. The Winter Recitals will be in person, either in my Family Room or still at the City Hall, depending on the community health situation. Email, text or call me (and leave a message) before August 27<sup>th</sup> with your preferred times (and any times you cannot come), and I will set up the schedule and let you know on August 27<sup>th</sup> or 28<sup>th</sup> when you are to come. I will honor returning members requests first, then I will be able to give the new members their time and get them registered. I will do my best to reschedule you if you have a Monday time and

will be gone on September 2<sup>nd</sup> for the Labor Day holiday (and subsequent Monday holidays).

Your \$20.00 Materials Fee is due by August 27<sup>th</sup> if you want to mail it, drop it by, or PayPal/Venmo it to me. If you'd prefer to pay all at once with your September and/or Semester I (10% discount) Coaching Fee and any books you need to start with, let me know and I will bill you accordingly.

Remember, a second (or third!) family member – sibling, parent, grandparent(!) – may also register and receive a 30% discount. If you combine that with the 10% Semester payment discount, the second member is essentially getting 40% off – and that's a real bargain! And we'll try to set up adjacent/overlapping times, or separate times, depending on what you prefer.

Look at your schedule, now that you're back to school, check on any after-school activities you may want to be involved in, car pools, etc., and let me know when you prefer to come. Please give me multiple options, if at all possible, and any times you absolutely cannot attend.

Adults, you're all set up already (so no need to read the next page) – unless you'd like to change your time!

See you soon!

*Cheryl*

# 2024-2025 REGISTRATION

The schedule for this year's registration will be as follows:

**Returning Member Registration:** Before Tuesday, August 27<sup>th</sup>. The \$20.00 Materials Fee will be due at this time, and may be dropped off, tapped-to-pay credit card in person, mailed in, bank account transferred (call me for account info), or sent via Venmo (@sdmusicutah) or PayPal (sdmusicutah@gmail.com) beforehand or with the September and/or Semester I Coaching Fee (and any new method books).

**New Member Registration:** Tuesday, August 27<sup>th</sup>, on; via email or phone, with contract signing at your first Coaching Session. You are welcome to request your preferred time(s) prior to August 27<sup>th</sup>, but I will schedule in returning members first.

**Coaching Sessions Begin for First Semester:** Monday, September 2<sup>nd</sup>; \$120.00/\$140.00, or the 10% discounted \$540.00/\$630.00 for the entire semester, Coaching Fee due. We'll do our best to reschedule if you are out of town on Monday for Labor Day.

ALL RETURNING MEMBERS (if you started in the summer, you are a returning member and will just need to sign the contract at your first session in September) will need to arrange for a Coaching Session time for at least the first part of the school year. Sessions will be offered Monday through Thursday: Mondays & Thursdays at 3:30, 4:30, 5:30, 6:30, 7:30, 8:30; Tuesdays at 3:00, 4:00, 5:00; Wednesdays at 2:00, 3:00, 4:00, 5:00, 6:00, 7:00, 8:00. Multiple family members may attend a single, overlapping block together. There still may be an occasional reschedule or time adjustment to accommodate my performing schedule. And, if your schedule permits – i.e. early out, free period, work – and you can come at one of the earlier times, that would really help.

Please email, text or call me before Tuesday, August 29<sup>th</sup>, (leave me a message if necessary), and let me know your preferred time(s) for your Coaching Session and if there are times you absolutely cannot attend. I will get back in touch with you on Tuesday or Wednesday, August 27<sup>th</sup> or 28<sup>th</sup>, and let you know your time for at least the start of Semester I. We can

rearrange schedules as needed throughout the year if your school or work schedule changes.

The Coaching Fee of \$120.00/\$140.00 for September, or the 10% discounted fee of \$540.00/\$630.00 for the entire Semester, will be due at your first Coaching Session. (You may also pay \$120.00/\$140.00 for September and the remaining amount of \$450.00/\$525.00, 5% discounted, for the Semester in October). You may also need to purchase a new method book (or two) in September. In the confirmation email or text of your Coaching Session time I will include the total amount that will be due when you attend your first Coaching Session. And I always have reeds available at cost, if needed.

Again, members will need to email, text or call (sdmusicutah@gmail.com, 801-292-8707) with your request(s) for your new Coaching Session time before Tuesday, August 27<sup>th</sup>, and I will let you know your time on Tuesday or Wednesday, August 27<sup>th</sup> or 28<sup>th</sup>, and remember to arrange payment of your Materials Fee by Tuesday, August 27<sup>th</sup> to guarantee a place for you in the Studio.

IT'S NOT ABOUT  
BEING THE BEST

IT'S ABOUT  
BEING BETTER  
THAN YOU WERE  
YESTERDAY

# Media Center

Print, Digital and Internet Extras

*TonalEnergy Chromatic Tuner and Metronome App.* Tonal Energy, Inc. Android \$3.99. iPhone/iPad \$4.99. Desktop (up to 5 computers) \$9.99).

Features: Large colorful animated tuner on all three tuner screens. Bright flat/sharp indicators when tones are very out of tune. Indicators of note name, octave, cents offset, and frequency are seen on each page of the tuner. Instantly changes between equal, just and other custom temperaments, including user-defined ones. Metronome tempo controls up to 300bpm, with tap-tempo, six subdivision choices, 23 simple, compound, and duple/triple meters, and visual flash. Automatic or manual transposing options.

*Tunable Tuner, Metronome and Recorder App.* AffinityBlue. Android \$3.99. iPhone/iPad \$7.99.

*Tunable* is a chromatic tuner, tone/chord generator, metronome, and recorder that helps you learn to play steadily, in tune, and on beat. Featuring a unique "tuning history" display for visualizing pitch over time, *Tunable* is the perfect toolkit for beginning to professional musicians. Learn to play in tune with sustained pitch history. Visualize how steadily you play or sing. As notes are held out, a white line draws how steady the pitch is. The straighter the line, the more consistent the pitch. Improve your ear with tone and chord generator. Keep tempo with an accurate and simple metronome. See the pulse with a visual metronome. View subdivision and current beat, with a large display and visual flash. Record your practice and performances. Add reverb for a professional sound. Share recordings through e-mail, SoundCloud, Dropbox, and more.

*Soundcorset Tuner, Metronome and Recorder App.* iOS/Android. Free (+in-app purchases).

Professional hands-free metronome and most accurate chromatic tuner app. Designed by musicians - superfast, simple and easy. With one touch, you can: Start /Stop the metronome. Set a combination of sound/flash light/vibration/visual beats. Turn on tuner. Record your play. Select rhythm pattern. Use black screen battery-saving mode. Cover the proximity sensor with hand motions to stop the metronome in battery-saving mode. Record your music with integrated one touch recorder. Supports all instruments. Includes scales practice, BPM detector and practice time tracker.

*ClearTune - Chromatic Tuner App.* Bitcount, Ltd. iPhone/iPad/Android. \$3.99.

ClearTune is a chromatic instrument tuner and pitch pipe that allows you to quickly and accurately tune your instrument using the built-in mic in your device. Features a unique "note wheel" interface allowing you to quickly find your pitch, paired with a highly responsive fine-tuning meter for the perfect tune. Includes support for custom temperaments, transposition, notations such as solfège, adjustable calibration and more. ClearTune can tune any instrument that can sustain a tone.

# Parent's Column

*Reminders & Helps to Enhance Your Child's Musical Experience*

## Creating the Perfect Practice/Learning Session

1) **Have a dedicated practice location:** a quiet area away from distractions like the TV, pets, siblings; with good lighting, a straight chair, a sturdy music stand, and all the needed equipment and accessories.

2) **Figure out "the perfect practice time:"** the time of day when energy and alertness are at their peak - first thing in the morning, right after school, before/after dinner, just before bed - and practice consistently, ideally five or six days a week, at that time.

3) **Follow a plan:** use a set routine each time leading to the accomplishment of goals written in the Member Handbook; start with easy warm-up/review material, work on new/hard sections, then end with music "just for fun."

4) **Use the "10-minute" rule:** 10 minutes is better than nothing, and, once started on accomplishing outlined goals, it won't be just 10 minutes.

5) **Practice Deliberately:** not simply repeating the same thing over and over mindlessly, or just playing straight through from beginning to end on autopilot; but systematically and thoughtfully seeking solutions to specific problems, usually by slow, careful repetition of small sections, and analyzing the reasons and solutions for the mistakes being made.

6) **Essential Equipment:**

- a) a metronome and a tuner, or a combo, or an app: always check long notes for pitch, and use the metronome to start slowly and gradually speed up.
- b) a pencil: for marking places that need additional work and the metronome tempo achieved during each session.
- c) a recorder: whether a portable digital recorder or a phone, essential to identifying what still needs work (it's hard to play and listen for mistakes and problems at the same time).

If the "perfect practice/learning session" can be achieved regularly for at least a month, you will be surprised how self-motivated and independent your child can become. They will develop their own good practice habits without being nagged about it.

In today's culture of immediate gratification, it's important that children have the tools to quickly improve so they don't become bored or frustrated to the point of choosing to quit. Practicing smart - not long - is a skill transferable to any subject in school, and a lifelong advantage.

Posted on 03/24/2015 at [www.musicparentsguide.com/2015/03/24/how-to-create-the-perfect-practice-session-for-your-child/#more-314](http://www.musicparentsguide.com/2015/03/24/how-to-create-the-perfect-practice-session-for-your-child/#more-314), by Anthony Marzocchi, *The Music Parent's Guide; a Survival Kit for the New Music Parent*. Accessed 08/16/2022.