

Practice Sheet January 27-February 3

Name: _____ Period: _____

Assignment:

- 8th Grade
 - Bubble Through Down to the River to Pray (3 times)
 - Sing through Down to the River on solfege (3 times)
 - Focus on crisp consonants and pure, round, vowels.
 - Sing through Down to the River (3 times)
 - Focus on breathing, entrances, and cut-offs.
 - Bubble through Jubilate Deo (3 times)
 - Sing through Jubilate Deo on the syllable gee (2 times)
 - Focus on crisp consonant and absolute purity of vowel
 - Sing through Jubilate Deo on the syllable goo (2 times)
 - Focus on crisp consonant and absolute purity of vowel
 - Sing through Jubilate Deo (3 times)
 - Focus on breathing, entrances, cut-offs, and maintaining a pure vowel while you crescendo
 - Practice 3 sight-reading examples until you are reasonably sure that you sang them accurately.
- 6th and 7th Grade
 - Lip Trill Wayfaring Stranger (3 times)
 - Sing through Wayfaring Stranger on words (3 times)
 - Focus on breathing, entrances, and cut-offs.
 - Lip Trill on Dodi Li (5 times)
 - Sing through Dodi Li on solfege(5 times)
 - Focus on crisp consonants and pure, round, vowels.
 - Sing through Dodi Li on Gee (5 times)
 - Focus on crisp consonant and absolute purity of vowel
 - Sing through Dodi Li on Goo (5 times)
 - Focus on crisp consonant and absolute purity of vowel
 - Sing through Dodi Li (5 times)
 - Focus on breathing, entrances, and cut-offs.
 - Practice 3 sight-reading examples until you are reasonably sure that you sang them accurately.

These are the recommended daily practice times. This practice sheet is due Friday, February 3rd.

Practice Time: Please sign below to indicate that you completed the items listed above.

Student Signature _____

Parent Signature _____

Important Announcements:

January 30 th	LGPE Practice	4:30-5:30 PM
January 31 st	Diva Day Practice (select students)	4:30-5:30 PM
February 1 st	Voices of Cooper Rehearsal (select students)	4:30-5:45 PM
February 2 nd	Diva Day Practice (select students)	4:30-5:30 PM
February 4 th	Diva Day (select students)	TBD
Feb 6 th	LGPE Practice	4:30-5:30 PM
Feb 7 th	LGPE Practice	4:30-5:30 PM
Feb 8 th	Voices of Cooper Rehearsal (select students)	4:30-5:45 PM
Feb 9 th	LGPE Practice	4:30-5:30 PM
Feb 13 th	LGPE Practice	4:30-5:30 PM
Feb 14 th	LGPE Practice	4:30-5:30 PM
Feb 15 th	Voices of Cooper Rehearsal	4:30-5:45 PM
Feb 16 th	LGPE Practice	4:30-5:30 PM
Feb 21 st	LGPE Practice	4:30-5:30 PM
Feb 22 nd	Voices of Cooper Rehearsal	4:30-5:45 PM
Feb 23 rd	LGPE Practice	4:30-5:30 PM
Feb 24 th	LGPE Practice	4:30-5:30 PM
February 27 th	After School Rehearsal (ALL GRADES REQUIRED)	4:30-6:00 PM
February 28 th	Pre-LGPE Concert	7:00-7:30 PM
February 29 th	Voices of Cooper Rehearsal	4:30-5:45 PM
March 1 st	LGPE Practice	4:30-5:45 PM
March 5 th	LGPE Practice (6 th and 7 th REQUIRED)	4:30-5:30 PM
March 6 th	LGPE Practice	4:30-5:30 PM
March 7 th	NO VOICES OF COOPER TODAY!!!	
March 8, 9	LGPE	During School

April 6th
May 10th-13th
May 17th
May TBD

Atlanta Hawks Game
DISNEY FIELD TRIP! (8th Grade)
Spring Concert
Kennesaw State Field Trip

TBD
7:00-8:00 PM

Sincerely,

Lars Grevstad
Cooper Chorus Director
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<http://cooperms.typepad.com/grevstad/>

Practice and Technique:

Great sprinters learn to incline their body forward about 5 degrees as they drive their legs up and out ahead of you. If you want to be a great sprinter, practicing and refining that technique would help you run faster. Because this technique is an action, the more you practice it, the better you get. Deciding to do 100 sprints doesn't mean you will run any faster, but running 100 sprints with just the right body position does. This is why, in the end, focusing on honing and improving specific techniques is the fastest route to success.

This is true for singing as well. If you practice a song 100 times with no goals in mind, you will not improve your technique the same way you would if you sang with purpose and awareness. The most effective technique to improve purely vocal technique that will build range, flexibility, freedom from strain, strength, and endurance begins with our lip trill. The lip trill helps manage the air flow so that your vocal folds adduct (close) firmly, evenly, and in a low, stable position. If you are serious about becoming a great singer, this tool should be consistently used. How do you use it? It's quite simple. Sing through any song you sing on a lip trill. As you sing with the lip trill there are indicators that it is or is not working to its maximum effect.

- Put your hand on your larynx and swallow. Notice that it goes up and down. When singing we want the larynx low and stable (not moving or jumping around)
- If it is jumping around or high, use the dumb and/or hooty sound to help keep it down. Try not to use your tongue to keep it down.
- Pay attention to how fast your lips are vibrating. If they speed up it means you are not regulating the airflow evenly. Do your best to let your lips vibrate at the same speed regardless of how high or low the notes are.
- Finally, check your nose. The vibrations should not be in your nose, although they may be around your nose and in the mask (cheekbones and head).
- Try plugging your nose as you lip trill. If you feel the vibrations in your nose, do something to remove those vibrations.

If you practice consistently with this tool and awareness you will find that singing is easier, more in tune, and more enjoyable, your range will increase, you will be able to sing through the notes with greater agility and freedom, vocal strain will diminish, and you will sing fuller and longer. The better you sing, the more expressive you will be and the more fun you will have.