

## Region / All-State Audition Success

Let your love send off so much positive energy that it shifts the vibrations in the room... ~Unknown

### 1. Practice Consistently, Creatively and Confidently, with a Clear Plan~ Every Day!



- It is much better to **play every day** than to just be a weekend practicer.
- Why? We know so much about the brain now and it learns more easily and retains the information longer **with daily updates in your practice.**
- **Create a practice plan** with your teacher. Use it & Tweak it as needed. Bring your instrument, copies of your music, food, water and layers of clothing that you feel good performing your audition in and know when and where you are going.
- We all have full lives. You will not make All-State by telling yourself how busy you are. **What is amazing** is all the students I know who make State are very busy, but that they prioritize and **find a way to make time for practice everyday.**

### 2. Begin Every Practice with developing the cultivation of your Sound and Technique.

- Have a specific **plan for Warm Ups** and practice it every day at the beginning of your practice times. Spend about 30% of your practice on Fundamentals.
- When you **use a consistent warm up**, you will become more aware of your progress vs. feeling like you are not improving.
- After about a month on a set of warm-ups, then consider what else you may need to add that continues your **improvement** and takes you **to the next level.**

### 3. Make sure and keep your instrument is in good shape.

- **Don't wait to the last minute.** Schedule an appointment a few weeks before your audition to make sure your flute is in it's best playing condition.
- Take your instrument in **at least 2 times a year** for a **clean oil and adjustment.**

### 4. Play and Practice everything with your Best Sound and most Expressive Spirit.

- In **every audition** the most mature, beautiful and expressive sounds ALWAYS stand out.
- This is not something that happens over night. It is a long and wonderful journey to creative a great sound and your unique voice on the flute.
- Listen to professional recordings and videos. Not just your Etudes but listen to a variety of pieces in our standard repertoire.

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### 5. Use your Tuner and Metronome

- The best sounds have the best intonation too. **Use your ear first**, is this the best most beautiful sound you can make? **Then look at your tuner to check your ear.** Also use your tuner as a **drone** to play against. We can tell who uses a tuner and who does not, always have it on your stand and refer to it often! It is a truth teller and your friend.
- **Use your metronome.** Use it to help you create pulse, to help internalize the rhythms and for sub divisions, use it to create **“Metronome Motivation”** to gradually increase your tempo on your Etudes. I always help my students create a Metronome Motivation Time Line. Each week you have a tempo goal to meet on your time line and arrive at the Top Tempo one month before the audition.

### 6. Take Private Lessons & Attend Master Classes

- If you want to excel and really learn how to play an instrument well and this challenging music, **you will need weekly inspiration, information and guidance from a great teacher.**
- **Attend Master Classes**, learn from a “master teacher” and also get the **group energy, excitement and support of your colleagues too.** If you **perform** you will also benefit by **receiving more specific ideas about your personal playing** and how to improve your etudes.

### 7. It is all about HOW you Practice!

- It really is about **How you practice.** You can have a fine teacher, go to Master Classes etc... but if you do not know how to practice well you will not meet your goals. It is NOT by just playing the Etudes over and over again...
- You don't have all day to practice! You have to **learn what the most efficient and best ways to practice are and how to apply them daily.**
- You have to have a **personalized practice plan** for your personal development and for the Etudes. You have to have a **personal connection and passionate purpose** for practicing and learning these Etudes and desire to make music in Region and State.
- Find and create a **supportive environment**, your flute studio, friends, band, orchestra, family, etc... that encourages your practice, dreams and goals.

### 8. Practice “Mock Auditions”

- **“But I just played these so great in my room last night...”** I do believe the student when they say this to me... However, playing in “our room” is not the same as taking an audition. **Develop and Practice a Pre-Performance Routine.**

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- **You have to practice taking auditions**, by setting up situations that are the closest kind of audition you are preparing for, a **mock audition**. **I recommend playing a mock audition every week**, start with someone who is most comfortable to play for and work your way to the most challenging person or group of people.
- **You will get better at it! Especially if you develop and use Performance Confidence Techniques**. There are many **teachers** who teach this and there are many **websites** for you to learn about these techniques. **Find some to practice and you will develop and improve your audition and personal confidence**.

### 9. Prepare for The Day of Your Audition

- **Look ahead your school schedule** and try to avoid having to stay up late doing homework that you could have done if you had planned better. You have planned, practiced, and want to play a great audition SO... **really take care of yourself especially well the week before an important event**, like All- State Auditions. **This is part of the audition process** and will have an effect on your audition. **When you feel good, happy and rested this contribute greatly to you playing like you have prepared and to a positive outcome on your audition**.
- **Get all the information you can about the exact requirements of the audition**, the place, time, room, how they run the audition, is there food there, how long shall I plan to be there, who are the judges, etc...
- **How early do you need to be there to warm up? Always try to warm up BEFORE you go** if possible and consider the warm up there a Bonus. Make sure to warm up as you have been doing and look for a quiet, or a place where you can hear your self. **Move your body, breathe**, release any muscle tension and get into your body, your principal instrument. **Use your Pre-Performance Routine**.

### 10. The Audition

- **Bring your** instrument, copies of your music, food, water, layers of clothing that you feel good performing in. Know when and where you are going.
- **Think and say helpful, positive things to yourself all day**, repeat often...
- You have done your practice and preparation. **Time to Trust it!**
- **Use Performance Confidence Techniques & Your Pre-Performance Routine**.
- **Let yourself feel the excitement and Honor** of being a part of this process!
- **Be Brave. Believe. Be You. Play Your interpretation of the Etudes**.

