

Cathedral-Carmel Band Practice Sheet

Student's Name: _____

Week of _____

Date	Long Tones/ Rolls/Check Patterns	Scales Rudiments	Lip Slurs	Songs/ Lines From the book	Start and end time	Total Min.	Parents Signature

Total Time: _____

Grading Scale

150 min. = 10 pts. = A
 135-145 min. = 9 pts. = B
 120-134 min. = 8 pts. = C
 105-119 min. = 7 pts. = D

90-104 min. = 6 pts.
 75-89 min. = 5 pts.
 60-74 min. = 4 pts.
 45-59 min. = 3 pts.
 30-44 min. = 2 pts.
 15-29 min. = 1 pt.
 0-14 min. = 0 pts.

Practice Sheet Procedures

1. Students will receive a new practice sheet at the beginning of each week and will in turn, hand in the previous week's sheet.
 2. Students will fill in name, date (of the week) at the top of the page.
 3. When student begins practice session, fill in the day's date.
 4. Place a check in the boxes labeled, "long tones," "Scales," "Lip Slurs," after these have been played.
 5. In the blank labeled "Songs/Lines," write down what you played, worked on, etc.
 6. Write down the time the session began and ended, and include total minutes.
 7. Parents (guardians, grandparents, etc) sign after session is completed.
 8. Include total time at the bottom of the page in minutes only. (Example: 2 hours would be written as 120 minutes).
 9. If a student was ill and not able to complete the required minutes, write "ill" on the sheet and parents sign. Same procedure if instrument is in the shop.
 10. 6-8 grade students are required to play instruments at home a minimum of 150 minutes per week (30/day). 5th grade students required to practice a minimum of 100 minutes per week (20/day).
 11. Students are rewarded +1 point for each additional 15 minutes played.
 12. Practice sheets are worth 10 points per week; totaling 90 points for the grading period. Sheets not turned in will result in a 0/10 for the week.
 13. If a student is absent at the beginning of the week, she or he is responsible to remember to pick up a practice sheet upon return to school. Mrs. Kovarik will not remember to remind you! It is your responsibility to remember!
 14. Parents are welcomed to make copies of this sheet in case it is lost. Students may also make their own practice sheet on notebook paper if this one is lost. (All criteria must be covered, however).
- Please remember that students must play their instrument regularly at home ESPECIALLY ON THE DAYS THAT WE DO NOT MEET IN CLASS. Students must play consistently and regularly if any progress, retention, and success is to occur!**

Practice hints

Practice with a goal in mind

Practice with good habits: tonguing, tapping foot, hand position

Warm-up properly

Review your note names with fingerings

When working on a line (or song), if you make a mistake in the middle, don't start over at the beginning; fix the measure(s), 2. repeat 3 times, 3. back up to the beginning (or closest rehearsal number). 4. Go on to new material (or take a break), 5. Come back later to that material; if you play it well, good. If not, you must go back and repeat the previous steps. Don't over-practice; if you're frustrated (etc.) stop, take a break, and come back to it later.

The idea behind playing music is to have fun.

If you need help, call Mrs. Kovarik!