

Why am I so tired??

—

Survival tactics for long rehearsals

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Things that are out of our control

- Length of rehearsal

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- Length of rehearsal
- Time of rehearsal
 - Often at night

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- What happened in the rest of our day
 - We all have busy lives!

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Things that are out of our control

- Length of rehearsal
- Time of rehearsal
 - Often at night
- What happened in the rest of our day
 - We all have busy lives!
- What kind of chair we get to sit in
 - Often uncomfortable and encourage bad posture, which makes us more tired

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Things that are in our control

- Eating dinner before rehearsal

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Things that are in our control

- Eating dinner before rehearsal
- Bringing snacks to rehearsal

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Things that are in our control

- Eating dinner before rehearsal
- Bringing snacks to rehearsal
- Stay hydrated!
 - Bring a water bottle!

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Things that are in our control

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- Preparing our bodies and minds for rehearsal
 - Anna Sims breathing handout (we'll get to this later!)

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Things that are in our control

- Eating dinner before rehearsal
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- Stay hydrated!
 - Bring a water bottle!
- Preparing our bodies and minds for rehearsal
 - Anna Sims breathing handout (we'll get to this later!)
- Mental engagement during rehearsals!

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Things that are in our control

- Eating dinner before rehearsal
- Bringing snacks to rehearsal
- Stay hydrated!
 - Bring a water bottle!
- Preparing our bodies and minds for rehearsal
 - Anna Sims breathing handout (we'll get to this later!)
- Mental engagement during rehearsals!
- Special considerations for this online reality

Mental Engagement during rehearsals

A musical score for a choir and piano. The score is divided into two systems. The first system contains four vocal staves and a piano accompaniment. The second system contains two piano staves. The lyrics are: un - ser Herr - - - - - scher, des - sen un - ser Herr - - - - - scher, un - ser Herrscher, des - sen un - ser Herr - - - - - scher, un - ser Herrscher, un - ser Herrscher, des - sen un - ser Herr - - - - - scher, un - ser Herr - - - - - scher, des - sen. The score is marked with 'A' at the beginning of each system. The piano accompaniment features a complex rhythmic pattern in the right hand and a simpler pattern in the left hand.

Mental Engagement during rehearsals

A musical score for a vocal ensemble with piano accompaniment. The score is written in G minor (one flat) and 4/4 time. It features four vocal staves and a piano accompaniment consisting of a grand staff (treble and bass clefs). The lyrics are: "un-ser Herr - - - - - scher, des-sen un-ser Herr - - - - - scher, un-ser Herrscher, des-sen un-ser Herr - - - - - scher, un-ser Herrscher, un-ser Herrscher, des-sen un-ser Herr - - - - - scher, un-ser Herr - - - - - scher, des-sen". The score is marked with a large 'A' at the beginning of the first vocal staff. The piano accompaniment includes complex chordal textures in the right hand and a steady bass line in the left hand. A yellow highlight is present under the second vocal staff.

Know what your text means!

Take this time to look at your translation, or know how to pronounce foreign languages

Chor

Herr, unser Herrscher, dessen Ruhm
In allen Landen herrlich ist!

Zeig uns durch deine Passion,
Daß du, der wahre Gottessohn,
Zu aller Zeit,
Auch in der größten Niedrigkeit,
Verherrlicht worden bist!

Chorus

Lord, our ruler, Whose fame
In every land is glorious!

Show us, through Your passion,
That You, the true Son of God,
Through all time,
Even in the greatest humiliation,
Have become transfigured!

Know what your text means!

Take this time to look at your translation, or know how to pronounce foreign languages

- Write your translation in. Use Dr. Cannon's tricks! :)

Chor

Herr, unser Herrscher, dessen Ruhm
In allen Landen herrlich ist!

Zeig uns durch deine Passion,
Daß du, der wahre Gottessohn,
Zu aller Zeit,
Auch in der größten Niedrigkeit,
Verherrlicht worden bist!

Chorus

Lord, our ruler, Whose fame
In every land is glorious!

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That You, the true Son of God,
Through all time,
Even in the greatest humiliation,
Have become transfigured!

Check your notes

Look for tricky intervals - how will you find those notes?

A musical score for a vocal piece, likely a chorale or hymn, in G minor (one flat). The score is divided into two systems, each marked with a large 'A'. The first system consists of five staves: four vocal staves and one piano accompaniment staff. The lyrics are: "un-ser Herr - - - - - scher, des-sen". The second system also has five staves with the lyrics: "un-ser Herr - - - - - scher, un-ser Herrscher, des-sen". A red circle highlights a specific interval in the second vocal staff of the second system, which is a descending interval of a major second (G4 to F4) on the word "un-ser". The piano accompaniment features a complex texture with many beamed sixteenth notes and chords.

Check your notes

Look at long runs

A musical score for a vocal piece, likely a church cantata, featuring a vocal line and a keyboard accompaniment. The score is in G minor (one flat) and 4/4 time. The vocal line consists of four staves, with the lyrics "un-ser Herrscher, des-sen" repeated across them. The keyboard part is in the lower register, featuring a steady bass line and complex chordal textures. A section marked "A" is indicated at the beginning of both parts. In the vocal line, three long runs of sixteenth notes are highlighted with colored circles: a red circle around the first run, a blue circle around the second, and a green circle around the third. A watermark "Musik-Blagemann" is visible diagonally across the score.

Check your notes

Look at long runs

- Are there sequences?

The image shows a musical score for a vocal part, likely a soprano or alto, with lyrics in German. The score is written in a single system with five staves. The first four staves are vocal staves, and the fifth is a piano accompaniment. The key signature is one flat (B-flat), and the time signature is 4/4. The lyrics are: "un-ser Herr - - - - - scher, des-sen" (repeated across the staves). The score is marked with a large 'A' at the beginning of the first staff. Three specific sequences of notes are highlighted with colored circles: a red circle around the first sequence, a blue circle around the second, and a green circle around the third. These sequences are: 1. A sequence of eighth notes: G4, A4, Bb4, C5, Bb4, A4, G4. 2. A sequence of eighth notes: G4, A4, Bb4, C5, Bb4, A4, G4. 3. A sequence of eighth notes: G4, A4, Bb4, C5, Bb4, A4, G4. The piano accompaniment consists of a bass line with eighth notes and chords in the right hand.

Check your notes

Look at long runs

- Are there sequences?
- Where are there skips? Where does the run change direction?

The image shows a musical score for a vocal line and piano accompaniment. The vocal line is written in a single system with four staves. The lyrics are: "un - ser Herr - - - - - scher, des - sen". The piano accompaniment is written in a single system with two staves. The score is marked with a large 'A' at the beginning. Three specific runs of notes in the vocal line are highlighted with colored circles: a red circle around the first run, a blue circle around the second run, and a green circle around the third run. The piano accompaniment features a steady bass line with chords in the right hand.

Practice by “humming”

BUT!!

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Practice by “humming”

BUT!!

- Hum in your head!!

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Practice by “humming”

BUT!!

- Hum in your head!!
- Don't annoy your neighbors!

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Practice by “humming”

BUT!!

- Hum in your head!!
- Don't annoy your neighbors!
- Don't annoy the conductor!

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Practice by “humming”

BUT!!

- Hum in your head!!
- Don't annoy your neighbors!
- Don't annoy the conductor!
- It's the best ear training! (“ear training” is really “brain training”)

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