

Reminders for an Awesome Audition!

Before the tryout:

Get a great night's sleep

Wear your most comfortable clothes. Layers help you prepare for any temperature.

Wear soft soled shoes so judges don't hear your feet tap. (Or take off shoes there)

Eat a banana and some kind of protein for breakfast (blueberries are good too)

Drink water

During the rounds:

Don't listen to other people. Wear earplugs. Work on homework, color, read, do brain teasers. Stay focused on you - not anyone else in the room.

Use your 30 second warm-ups as a chance to stand up and stretch. Touch your toes, raise arms over your head, do shoulder rolls. You can play as well, but often keeping blood flowing to the brain and staying alert can be more helpful than playing warm-up notes on earlier warm-ups. As you get closer to your turn to play, then use it for a playing warm-up. Take a drink of water.

Have 4 good reeds with you in the room! Be sure your reed is as wet as usual when you go up. Use your mouthpiece cap and consider taking it off 4-5 players before you play and getting it wet again. But when you put it on be SURE it's on perfectly. Also, don't get it water logged - 30 seconds should be long enough in your mouth.

If it's cold in the room, try to keep fingers warm. Keep them in pockets, open and close hands over and over etc. If you are extremely cold-natured, you can take a hot pack (like what people take camping) in case the room is freezing. They last 3-4 hours.

In between rounds:

Eat a banana if you want. Or another healthy snack - cheese and turkey slices, fruit, peanut butter crackers etc. Try to have some protein again.

Go to the bathroom!

Stretch, walk around, do jumping jacks, jog in place - MOVE!

Drink water.

After the tryout:

Feel proud for all you have done!

Take a picture of the results for your scrapbook and text me a copy. - I will be on pins and needles waiting to hear how you did!

Learn from it for your next performance/audition!

More ideas for helping students PERFORM at their best can be found at
<http://crossingthebreak.com/audition-preparation/>