



## Performance Day Tips

- ♪ Make sure you **have everything ready on the night before** (your clothes, your shoes, your “accessories”, your grooming tools, your performance binder with your music inside)
- ♪ **Get a good night’s sleep.**
- ♪ **Please try to not have anything else to do** on the day of the performance besides preparing for and participating in the performance. If you can’t do this, then **give yourself at least one full hour right before leaving** to the show for a “relax & warm-up” session (see below).
- ♪ **Plan ahead** so you’ll have enough time to get ready so that you don’t have to rush. Being rushed makes you more tense & can affect your performance.
- ♪ **Eat breakfast** – and eat healthy!!
- ♪ **Play both of your pieces once, about 1 hour after you wake up.**

Then do whatever you do and about **one to two hours later, play your pieces once again.**

Go do something else and **come back in another hour and play them once again.**

**Each time you play them, listen carefully** – notice any stumbles or weak spots – and try to play better each time. If anything gives you trouble – work it for a couple of minutes, then play the entire piece again. Focus – concentrate – be aware!!! **DON’T** skip this warming-up -- it makes a BIG difference!!

- ♪ **Eat lunch** – and eat healthy!! But don't eat too much -- a "heavy" meal could give you an upset stomach when you get nervous.
- ♪ **Try not to let anything upset you** – **don’t** fight with your brother, sister, or parents – that only makes you more tense. Also **don’t** play video games, play sports, or drink caffeine ... it will only get you “pumped up” and make you more “tense”.
- ♪ If you can, take **at least an hour before** leaving for the performance and have a “**relax & warm-up session**”. Start by sitting quietly, and slowly drink a glass of water, juice, or caffeine-free tea. Close your eyes & do some deep breathing ... or pet your cat or dog - gently ... or just watch the trees waving in the wind. Do this for 10 to 20 minutes.
- ♪ **Just before you start to get ready, play your piece again** – **this time, pretend you are performing.** Take 2 deep breaths and hear the first line of your piece in your head. Focus your awareness on your piece. If you make a mistake, try to cover it up or let it go by without breaking the flow of the music. And again - **DON’T** skip this warming-up.

♪ **After you are dressed and ready to go – play your pieces one last time.** Let the music flow from within you, through your arms and fingers, into the keys, along the “pathways” of the piano and out into the air. Try not to think of the “technical” anymore – try to let the music play itself – through you. And again - **DON'T** skip this.

A good friend gave me a card a long time ago that I loved so much I framed it ... and it is sitting on my bookshelf still. The card says *“Let the music of your mind . . . Play in harmony with your heart . . . And in rhythm with your soul.”* And I tell you now that because of all your hard study & practice, your piece is currently the music of your mind – don’t just play the music – **let the music play** – and then you’ll find yourself playing **with** it.

♪ You **will** have nervous thoughts about the upcoming performance. That is **normal** – so let them happen – **but** don’t dwell on them. If you do, you’ll start to worry. If you worry, you’ll be more nervous. If you’re more nervous, you’ll be more tense. If you’re more tense, you’ll make more mistakes.

♪ Try to **stay relaxed and calm.** Remind yourself that you know these pieces, they’ve “been with you” for many months, and they are your “friends” – not your enemies. Trust them – and yourself.

♪ **Remember your performance at the rehearsals** – you’ve done this before – you’re “experienced” – let that give you strength and courage.

♪ **Remind yourself that everyone else is going to be nervous too** and other students will probably make a mistake or two, so it’s **okay** if you do – **you can handle it.** If you play with expression and musicianship, you’ll still play well – even if there is a stumble or two.

♪ **Keep in mind that the audience sees the beautiful painting of a meadow – even though you, the artist, may see the wrong shade of green.**

♪ **Please, be on time.** It is very important that we start the performances promptly. A general “rule of thumb” is to arrive 20-30 minutes before the show begins, but if you are not sure of when you’re supposed to be at the performance or what you’re supposed to do – call me. Remember - don’t stress!

♪ If you have any questions or problems – call me.

♪ And remember: I **know** that each and every one of you can play **GREAT** ~~ and you **will**!! So let’s have a **GOOD TIME!!!**