

Ms. Amy's Studio Recital Preparation Checklist

- 1.) **4-5 Weeks in Advance:** Solidify repertoire choice(s) with your teacher
- 2.) **3 Weeks in Advance:** Memorize and polish repertoire completely
- 3.) **2-3 Weeks in Advance:** Confirm rehearsal times with your accompanist
- 4.) **1-2 Weeks in Advance:** Record yourself performing your recital pieces at home and in lessons. Watch the videos and assess areas of performance that need improvement, what is working, practice strategies, etc.
- 5.) **1-2 Weeks in Advance:** Practice performing recital repertoire for group class
- 6.) **1 Week in Advance:** Determine what you will wear for the performance. Ladies, if you choose to wear a dress and skirt (long dressy slack are okay too), make sure that it is knee-length or longer. If you plan to wear special shoes, start practicing in them several days before the performance. Ladies, avoid shoes with a high heel. Boys should wear nice slacks and a collared shirt. No sneakers, please.
- 7.) **A Few Days Prior to the Recital:** While practicing focus on small details, not just running through the pieces many times from beginning to end. Practice your piece under tempo, using a metronome. Start to mentally visualize a successful performance and focus on how happy/proud you will feel immediately after you have finished playing!
- 8.) **Day of the Recital:** Get 8-9 hours of sleep the night before recital day. Eat a good breakfast and lunch, including lots of protein. Play through the repertoire 1-2 times, but do not practice too much. Eating a banana an hour before the recital can help with the performance jitters. Drink plenty of water and avoid caffeine! Stretch your muscles. Deep, relaxed breathing can help you to calm down if you are feeling nervous.
- 9.) **At the Recital:** Trust yourself and your preparation. You are ready for this performance! Take the attention off of yourself (release the fear of making mistakes) and put your focus on the music. Enjoy your time on stage and feel proud of your hard work and preparation. Stay for the entire performance (even if you are one of the first to perform) so that you can support and learn from the other students in your studio. Applaud each performer enthusiastically!
- 10.) **Immediately after the Recital:** Graciously accept praise and compliments from your audience. Celebrate a great performance by attending the recital reception and going out for a special meal with family and friends. Thank your teacher and accompanist for helping you prepare for the concert. Also thank your parents for their support at home.
- 11.) **1 Week after the Recital:** Watch videos/listen to recordings of the recital. Talk through the performance with your teacher and parents. Discuss which aspects went very well/could improve, choose new repertoire, and set goals for technical improvement for the next few months.