Performance Checklist



**In the weeks leading up to a performance**

**1. Know your music!**

Practice, do score study, listen to recordings. For most people, the performance will be a couple of notches less polished than their practices, so that means you want your practices to go *better* than you hope for your performance to go.

**2. Do mock performances**

Make it as realistic as possible – start by sitting, then picking up your flute and music, put your music on the stand, walk to the piano to tune, announce your piece (if appropriate), play it without any stops, smile, bow, and sit down. Do this often, and during the week before the performance, 4 or 5 times.

**3. Listen to recordings**of your piece, and of other flute pieces. Listen to other flutists. Be involved.

**4. Schedule all rehearsals with the accompanist** or extra lessons early. Plan too many rather than too few. Make sure measure numbers are in the left hand margins of both the flute and piano parts.

**The day before a performance**

**1. Confirm performance time and location with accompanist**. Consider getting a thank you card. Exchange cell phone numbers.

**2. Pick out your performance clothes** Clean or iron them, set them out. Dress nicely, absolutely no sneakers or jeans. It shows respect to dress nicely.

**3. Plan the performance day carefully** When will you be picked up, who will drive, how long will it take, how much warm up time do you need, what will you eat, where will you park? Will you go out afterwards?

**4. Practice the pieces slowly and carefully** At this point, you are no longer learning notes and rhythms, so you should be practicing *quality*, not speed, now. Just sound great and enjoy playing.

**5. Visualize a positive experience** In detail, everything that you will do. Driving to the performance, waiting, warming up, seeing other people, standing up to play, playing your first note, playing that difficult passage. Visualize the entire experience going successfully. Imagine the difficult parts as being easy and fun and sounding great! You’d be surprised how much energy is spent doing the opposite. **Keep it positive!**

**Day of Performance**

**1. Warm up** Do tone warm ups. Make the sound as rich and beautiful as possible, and *listen!* Practice using your ears and thinking about sound, and getting out of your head.

**2. SLOWLY play through the piece** It can be bits and pieces. Don’t wear yourself out.

**3. Listen to a recording** of the piece while reading along. Listen during the car ride, while you’re eating breakfast. Get a *good* sound in your head.

**4. Nutrition**

**NO – caffeine, milk, sugar**

**YES – protein, water, fresh fruits and veggies (bananas calm some people!)**

Bring a water bottle. Consider bringing a thermos of hot herbal tea, especially if you tend to get cold hands.

**5. Take a moment to remember that this is a positive experience**

Everyone is rooting for you!! Keep your self-talk positive, and your talk of others, too. Be proud of your accomplishments, and keep in mind that this particular performance is just one event of many.

**6. Support your peers** We have a better experience when we support others that are going through the same thing, and if we have a sense of community. Listen to their performance, tell them what you liked about it, plan to celebrate together afterwards. We are a community!