

Name \_\_\_\_\_ Date \_\_\_\_\_

## Haines Band Practice Session Report

### Warm up

(Brass and Woodwind players only-)

Long Tones Yes No  
Lip Slurs( brass only) Yes No  
Hi-Lo exercise (flute only) Yes No  
Scales Bb Eb F Ab Chromatic  
Other \_\_\_\_\_

(Percussionists only-)

8-4-2's Yes No  
If yes, did you play with a metronome or recorded music? Yes No  
Rolls (circle all that apply) Long 5 stroke 9 stroke  
Other Warm up \_\_\_\_\_

### Book

Exercise #(s) \_\_\_\_\_

**How did you practice? (Check all that apply)**

\_\_\_ 3 step process- Say the rhythm, finger notes and say rhythm, play  
\_\_\_ Breaking it down – by measure or one note at a time  
\_\_\_ 5 run through times  
\_\_\_ Other Explain \_\_\_\_\_  
\_\_\_\_\_

### Band Music

Name the song(s) \_\_\_\_\_

Measures Practiced \_\_\_\_\_

### Other Music Practiced

List the music \_\_\_\_\_  
\_\_\_\_\_

Did you have any specific goals for your practice session? Yes or No

If yes, what was the goal and did you achieve your goal? \_\_\_\_\_  
\_\_\_\_\_

How many minutes was your practice session? \_\_\_\_\_

Parent Signature \_\_\_\_\_