



Pacing to Performance: How to Maximize Fundamentals and Drill for Success

CLINICIANS:

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Pacing to Performance:

How to Maximize Fundamentals and Drill for Success

Great Rehearsal Etiquette maximizes tasks:

- Create an attention that is universal throughout ensemble
- What position should they end each set in?
- What visual/verbal commands can be implemented?
- How do you know they are ready to continue?
- Stay structured from the beginning of the rehearsal until the end to maximize every minute of rehearsal block.

Key Reminder:

Fundamentals are the key essential elements to a successful production. As you add elements, such as music and drill, fundamentals have a tendency to weaken and must be reinforced. Detailed fundamentals create a strong foundation to help ensembles push further.

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Create Effective Fundamental Blocks... throughout the entire season

- *Getting started on the first step, each time, correctly is key*
 - *Set students up correctly from the beginning. Being consistent about the execution from the initial step off will create better fundamentals*
- *Step size and foot placement exercises will help to transfer concept to drill*
 - *Create an exercise sequence that you can use daily to train muscles, implement strong step size knowledge, and maximize body carriage. Key things to remember are the details of: toe placement, heel placement, weight transfer, and upper body momentum change*
- *Halfway point structures built in to block transfer to faster cleaning of drill*
 - *It is crucial to help create a better awareness of step size, spacing adjustments, and correct development of shape.*
- *Break down boxes just like you would pages of drill*
 - *Simple "practice steps" can be implemented to help train better foot placement, momentum, and upper body carriage.*

Fundamentals are building blocks that transfer from year to year when implemented correctly and detailed.

Drill Details...key points to maintain during duration of season

- *Piece together segments effectively by breaking down each set*
 - *Just like fundamental block, implement step size exercises, halfway points, and practice steps to ensure correct path and development of form.*
- *Spend quality time on each set in order to help cleaning process later*
 - *Getting it right takes time, and that is okay. Decide which chunks or formations really need the quality time and don't be afraid to take it. It will pay off in the end.*
- *Break the field down in to segments when necessary*
 - *When possible, to maximize time, use all aspects of the field to clean visual or rehearse musical issues. If two different ideas are happening on two different sides of the field, split the field and accomplish two issues at once.*
- *Decide what is most important on certain rehearsal days- musical or visual ensemble*
 - *Get the "needs" of each category and decide how to maximize the full ensembles time. You will not get everything done at once, but you can pace it to get the overall ensemble to a higher level of achievement each week.*

Creating strong fundamentals help students self assess and problem solve in drill, which keeps the pacing up in rehearsals