

Recital Edition II



MozArt Music Academy

# SEPTEMBER NEWSLETTER

## 8 Helpful “Day-of-the-Recital” Tips

The First Student Recital is just around the corner. It will be on Saturday, September 15th at 10am and 11:30 am @ New Life Church located at 6115 Fallbrook Ave., Woodland Hills.

Everyone has been working so hard both in their lessons and at home to prepare for this BIG day! Whether your child is giddy with excitement, rattled by his or her nerves, or somewhere in-between, we have “8 Helpful Day-of-the-Recital Tips” for your child’s recital performance!

The weeks leading up to a recital can provide most valuable learning opportunities for a budding musician. We want you to embrace these unforgettable moments. Now, here are some key tips for you and your children.

### 1. Sleep Well and Eat a Routine Breakfast

It’s important for the performers to get a restful night of sleep prior to their big performance. Encourage them to go to bed earlier than usual on the night before the performance. Do the usual bedtime routine. Don’t let them practice up until bedtime.

On the morning of the recital, eat a healthy breakfast that is not too heavy on carbs. We don’t want to shunt all the blood flow to the stomach and cause them to feel too tired during their performance. Additionally, avoid introducing the new food on that day. We don’t want them feeling sick or develop an allergic reaction to something. As a power food, I recommend bananas because it is packed with fiber and electrolytes and will give a boost of energy.



### 2. Don’t Obsess and Fret

Easier said than done, right? On the day of the recital, encourage them to play through the recital piece just once, not more, at a slower than actual speed if possible. Don’t sweat over little mistakes because they might not make them on the real performance. Trust the preparation they’ve put into it.

(Continued on page 2)

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