



Lynne Oliver Music Studios

Piano ♦ Theory ♦ Woodwinds

Recital Preparation

Before the recital:

1. Do not over-practise: practise recital music only 6 times a day in order to keep the music fresh:
 - a) two times very slowly with the music (watch music carefully!)
 - b) once very slowly without the music
 - c) once up to tempo with the music
 - d) two times up to tempo without the music
2. Once a day be sure to practise performance etiquette and pretend you are at the recital. Remember, this is not practising the music; if you make a mistake continue as if you are on stage. Do not stop.
3. Have a dress rehearsal at home before the recital; wear the clothes you plan to wear at the recital. Be sure that the clothes you wear are loose and comfortable. If you are using the pedal, make sure you are comfortable with the shoes you plan to wear.
4. On the day of the recital, be sure you've had a good night's sleep and eat well. Being tired or hungry will only detract from your performance. Practise recital music only once or twice. Do plenty of warmups before you leave for the recital.

At the recital:

1. Dress appropriately; how you look is almost as important as how you sound.
2. Arrive at least 15 minutes before the recital is to begin.
3. Bring your music.
4. Nervousness: Being nervous is a normal part of performance. The best way to deal with it is preparation. If you know your music well, then being nervous will not detract from your performance. When you are nervous, muscles tend to contract due to the flow of adrenaline throughout your body. Your body does this naturally: the "fight or flight" syndrome. While waiting for your turn, take many **deep** breaths (in through the nose and out through the mouth) to give oxygen to the tense muscles. This will help to relax them. Shake and relax your arms and hands. Roll your shoulders; raise and drop them. Rotate your head.
5. While on stage, before you play...**think**. Know what the first notes are and the tempo (speed) you will be starting at. If there are certain things you must remember about your piece review them in your mind before you play. Be sure you are comfortable before you begin.
6. While playing keep the concentration until the end and never stop. Remember to count the last note and keep your posture until you lift your hands off the keyboard.