



MUSIC IN THE HIGH SCHOOLS

CLINICS - WINTER 2023 - DC, MD & VA

High schools within a 15-mile radius of Marine Barracks Washington are eligible for in-person clinics given by musicians of “The President’s Own” United States Marine Band. Clinics will take place Feb. 1-28, 2023. Music educators can sign up beginning, Jan. 11, at 12 p.m. Clinic availability is limited. One request per educator, please.

Sign up: www.marineband.marines.mil/Educational/Music-in-the-Schools/

CLINIC TOPICS

1. Before You Play - Setting Up for Success
2. Improving Tone
3. Conquering Nerves
4. Technical Mastery Through Creative Scales Practice
5. Methods and Techniques for Improvisation
6. Fundamentals for Bassoon
7. Fundamentals for Low Brass
8. Meet a Member - Brass
9. Mind, Body, Musician for Strings
10. Engaged Practice, Inspired Musician - Practice Tools for Strings (Available Feb. 21-28 only).

CLINIC DESCRIPTIONS

1. **Before You Play - Setting Up for Success:** A fun and interactive clinic that revisits the importance of correct posture, breathing, instrument placement, and healthy coping mechanisms for nerves. The mastery of these fundamentals helps pave the way for better technique, musicality, and overall performance. This clinic is for all instrument types.
2. **Improving Tone:** Help your wind and brass students understand, identify, and produce a good tone! Saxophonist Staff Sgt. Connor Mikula will guide students to become active listeners and begin describing tone qualities, then provide them tools to improve their own tone through active and engaged warm ups.
3. **Conquering Nerves:** Performing music should be full of joy and enthusiasm, but sometimes nerves can turn what should be a positive experience into a negative one. Actionable steps and techniques discussed in this class will help students challenge their fears and work towards a state of “flow,” so playing music is magical once again..
4. **Technical Mastery Through Creative Scales Practice:** Do your students find practicing scales boring or stale? A thorough knowledge of scales, paired with the ability to execute them in every imaginable way on one’s instrument, is the key to being able to play any style of music. This clinic

offers fresh new ways to approach scale practice for any high school instrumental ensemble.

5. **Methods and Techniques for Improvisation:** This clinic will break down the methods and techniques used by masters of the jazz language so students can better understand how to develop their jazz improvisational language, as well as how to practice to take their improvisation to the next level.
6. **Fundamentals for Bassoon:** Principal Bassoonist Master Gunnery Sgt. Chris McFarlane provides students tips and techniques for maintaining reeds, troubleshooting mechanical issues, and practicing fundamental skills on the bassoon. Bring questions!
7. **Fundamentals for Low Brass:** This clinic will address the physiological aspects of tone production, as well as a general approach to achieve a beautiful low brass sound. Valve and slide instruments are both welcome.
8. **Meet a Member - Brass:** “Meet a Member” sessions allow students to connect with a musician in the Marine Band. The musician will share their unique journey, from beginning music student to playing in “The President’s Own,” give insight into the experience of being part of the Marine Band, and answer questions from students.
9. **Mind, Body, Musician for Strings:** Gunnery Sgt. Sarah Hart loves using her biology background to help human bodies make music more naturally. In this clinic, she will share how muscle memory is built in our bodies and how that can inform our practice sessions. Students will also learn about human stress responses and engage in conversation about performance anxiety to take the shame and stigma out of nerves.
10. **Engaged Practice, Inspired Musician - Practice Tools for Strings:** Individual practice can sometimes feel like a chore, and bad habits can feel impossible to change. This clinic will explore ways to approach practice that foster learning and growth, while maximizing students’ time spent with their string instruments. (Available Feb. 21-28 only).