

## **BE PREPARED TO SING**

- 1. DRINK LOTS OF WATER**
- 2. GET PLENTY OF SLEEP**
- 3. RESIST EXCESSIVE ALCOHOL, CAFFEINE  
AND SMOKEY ENVIRONMENTS**
- 4. EAT RIGHT**
- 5. EXERCISE REGULARLY**
- 6. INCORPORATE LAUGHTER INTO DAILY  
ROUTINE**
- 7. LISTEN TO YOUR BODY AND TAKE CARE OF  
ILLNESSES**
- 8. WORK THROUGH EMOTIONAL CONFLICTS**
- 9. USE SUPPORTED SPEAKING VOICE**
- 10. VOICE REST IS NECESSARY TO GOOD  
VOCAL HEALTH**

## **QUARTET REHEARSAL TEMPLATE**

**Greet and welcome one another - 5 minutes**  
**Vocal exercises/Ear training exercises – 20 minutes**  
**Sing 2 or 3 songs from current repertoire – 10 minutes**  
**Work on brand new song – 20 minutes**  
**Work on relatively new song – 20 minutes**  
**Business and announcements – 15 minutes**  
**Polish a performance/contest song – 20 minutes**  
**Polish another performance/contest song – 20 minutes**  
**Perform a performance package – 20 minutes**  
**Establish priorities for the next rehearsal and agree on homework – 10 minutes**

### **THINGS TO INCORPORATE**

**Always include ear training/listening exercises during vocal exercises.**  
**Practice performing throughout the rehearsal.**  
**Every member records the entire rehearsal.**  
**Include duet and trio exercises in learning and polishing segments of the rehearsal.**  
**Include analysis of a recorded portion of the rehearsal.**  
**Have pencil and paper available for members to jot down “agenda” items for business/announcement time.**  
**Get “picky” on only one or two songs (probably the two designated as those to polish).**  
**Find something positive to say about each of your fellow quartet member’s performance.**

## **QUARTET REHEARSAL**

**Greet and welcome one another - 5 minutes**

**Vocal exercises – 20 minutes**

- 1. Lower Range**
- 2. Upper Range**
- 3. Middle Range (bottleneck octave)**
- 4. Vowel Matching and/or Vocal Flexibility**
- 5. Four Part Exercise**

**Sing 2 or 3 songs from current repertoire – 10 minutes**

- 1.**
- 2.**
- 3.**

**Work on brand new song – 20 minutes**

**Work on relatively new song – 20 minutes**

**Business and announcements – 15 minutes**

- 1. Performance opportunities or publicity**
- 2. Coaching**
- 3. Calendar update**
- 4. Financial update**
- 5. Costuming/makeup report**
- 6. Repertoire update (new music, etc.)**
- 7. Other**

**Polish a performance/contest song – 20 minutes**

**Polish another performance/contest song – 20 minutes**

**Perform a package – 20 minutes (7 songs with emcee)**

**Establish priorities for the next rehearsal and decide on homework to be accomplished – 10 minutes**