

“You’ve Made It this Far”

**11:00 a.m. Friday, December 19, 2003
Midwest Clinic, Chicago, Illinois
Windsor Room-Congress Plaza
Dr Frank Tracz, Clinician
Kansas State University**

- I. YOU'VE MADE IT THIS FAR
- II. 24 / 7
- III. YOUR / OUR FUTURE: FIND A HOME
- IV. YOUR JOB
 - Dependent on
 - Quality of
- V. FOR QUALITIES PEOPLE WANT IN LEADERS
- VI. WHAT WINNERS DO BEST
 - 1. Ted Williams
 - 2. Gillette
- VII. JLF SCALE
 - A. Destroyers
 - B. Fact A B
 - C. Birth and Death
 - D. Teaching
 - "Is This as Good As It Gets?"
- VIII. WHEN OBSTACLES GET YOU DOWN
- IX. WHAT KIDS WILL DO
 - Self Esteem
 - Value
 - Rules / Limits
 - Guidance
 - Caring
- X. IT'S OVER! - 12 HOURS TO LIVE
 - A. Group of Men, Mother-in-Law
 - B. Dedicated
 - Thank you
 - Acknowledgement
- XI. APPLAUSE!
 - Students need it!
 - We/You need it!
- XII. DEFINE YOUR PRIORITIES

- XIII. ATTITUDE!
 - A. Jerry / Detroit
 - B. Instincts - Larry Doby

- XIV. YOU - ARE IN CHARGE!
 - A. Gain Control
 - B. "Come Backs" are a way of life
 John Travolta, Jimmy Carter, George Forman

- XV. DISCOVER THE MAGIC OF BELIEF
 - Four minute mile!

- XVI. IGNITE YOUR INNER FIRE

- XVII. REACH FOR REALISTIC GOALS

- XVIII. GOOD HABITSMAKE YOU!
 - A. Cross your arms
 - B. Sit someplace else!

- XIX. LET GO OF OLD BAGGAGE

- XX. REPLACE WORRY WITH HOPE

- XXI. EXERCISE TO ENERGIZE
 - Modern technology won't do it all!
 - Knee surgery "X"! Right knee

- XII. DON'T BE AFRAID TO FAIL!

- XXIII. YARD BY YARD INCH BY INCH

- XXIV. PERSEVERE

- XXV. BALANCE YOUR PRIORITES
 - A. To do list
 - B. Carly's

- XXVI. LIVE WITH GRATITUDE

- XXVII. SHARE YOURSELF
 - A. You are an expert at something

- XXVIII. THE RACE

- XXIX. EMOTIONAL ENERGY
 - A. Henry Peterson

- XXX. GOLDEN RULES FOR LIVING

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Midwest Clinic - Chicago, Illinois
Thursday, December 18, 2003
2:30-4:00 p.m.
Astoria Hotel - Hilton
Dr. Frank Tracz, Clinician
Kansas State University
Director of Bands, Prof. of Music

Session - "Organize to Optimize"

- I. You:
 - A) Life
 - B) Attitude
 - C) Time

- II. The "Laws":
 - A) "Stuff"
 - B) "Time"

- III. Get To the Good "Stuff":
 - A) Making Music
 - B) Kids

- IV. Reasons We Fail:
 - A) Lack of People Skills
 - B) Lack of Organizational Skills

- V. Your Program:
 - A) Inventory/ Facilities
 - B) Music

- VI. Your Band:
 - A) Recruiting
 - B) Student Leadership

- VII. Your Rehearsal:
 - A) Segmentation
 - B) "Busy" Work/ Announcements
 - C) Sight-reading/ Warm Up

VIII. Yearly Schedule:

A) Timeline