

Bowing Concepts for Musical Phrasing

Frank Lestina, *clinician*
Vernon Hills High School (Illinois) - retired

Sycamore High School Chamber Orchestra

Ken Tonaki, *conductor*

Meeting Room W184
Friday 12:00 PM - 01:00 PM

Clinic Synopsis

String players are presented with many challenges when it comes to finding the right bowing to preserve the musical phrase. This is especially true when the note values are not consistent. Playing down bow for two counts and up bow for one count creates an opportunity for an accent which may not fit the musical idea. I will present specific examples in standard repertoire along with suggestions to allow for a musical phrase. The goal is simple, hear how you want the phrase to sound, find the best bowing option, and then (the hard part) listen to make sure you performed the phrase the way you heard it in your head. Too often, string players play with unwanted accents or allow their bow to dictate the dynamics and accents. It must be the other way around. Make the bow work to create the phrase.

Clinician Biographical Information

Frank Lestina received his Bachelor's Degree in Music Education from Roosevelt University and his Master's Degree in Administration from the University of Illinois. Mr. Lestina started his teaching career in Danville, Illinois where he taught orchestra at Southview Middle School and Danville High School. In 1986, Mr. Lestina accepted the Orchestra Director position at Libertyville High School, Libertyville, Illinois. The Symphony Orchestra was invited to perform at the Midwest Clinic in 1991 and again in 1996. In addition, the LHS Orchestras traveled extensively, including three tours to Europe. In the fall of 2000, Mr. Lestina accepted the position of Fine Arts Supervisor and Orchestra Director at the new school in District 128, Vernon Hills High School. The string enrollment at Vernon Hills High School grew from 45 to 150 students in three orchestras. Mr. Lestina and the Vernon Hills HS Symphony Orchestra performed at the Midwest Clinic in 2009. The VHHS Orchestras have also traveled extensively, including tours to China in 2001, Spain in 2006, Italy in 2008 and Prague/Austria in 2012. Mr. Lestina retired from Vernon Hills High School in June of 2013. Mr. Lestina is a member of the DePaul University faculty and serves on the Midwest Clinic Advisory Board. Mr. Lestina is very active as a clinician and guest conductor including the ILMEA All-State Orchestra in 2014 and the Southwest Regional Orchestra in Cincinnati, Ohio in 2015.