

THE MIDWEST CLINIC 2022

Musical Nourishment

DESIGNING YOUR DAILY
INSTRUCTIONAL MENU

MUSICAL NOURISHMENT: DESIGNING YOUR DAILY INSTRUCTIONAL MENU

EARLY HARVEST | LATE HARVEST | WINTER | EARLY SPRING | LATE SPRING

APPETIZER

Bite-sized offerings at the beginning of class to stimulate students musically, enhance fundamentals, establish classroom culture and work ethic.

RHYTHMS

Individually paced or full class portions available. Choose clapping/counting or playing. **6**

NOTE NAMES

Speed recognition or concept introduction worksheets available, season specific. **5**

SALAD

Iceberg lettuce vs. kale - breathe to live vs. breathe to play

BREATHING - BASIC ROMAINE

Introduction to breathing for band. Includes an external breathing chant. **3**

BREATHING - ELEVATED SPINACH

Daily routine. Includes an internal breathing chant. **2**

BREATHING - SPECIALTY KALE

Daily routine. Includes an external breathing tube. **2**

SOUP

Depth of flavor - better ingredients, better tone quality

CALL AND RESPONSE

Teacher led modeling. **3**

ECHOES

Model student group followed by second student group. **2**

AROUND THE ROOM

Consistent person to person. **2**

FIRST ENTREE

Range development

LONG TONE PATTERNS

Includes Remington patterns, chromatic patterns, and diatonic patterns. **4**

SCALE SEQUENCE

Carefully curated sequence of scales for effortless range extension. Comes with a side of scale donuts. **4**

FLOW STUDIES

Season specific range and tempo available. **4**

SECOND ENTREE

Technical development

FINGER DEXTERITY

Includes finger wiggles, finger ninjas, and scale patterns. **4**

ARTICULATIONS

Season specific tempos and finger pattern pairings. Comes with a side of recommended syllables. **4**

Links, Materials & More



rb.gy/reub9m

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DESSERT

Fancy sprinkles to elevate the musician to the next level

VIBRATO

Includes introductory level and advanced options. **2**

DYNAMICS

Super fun activity provided. **3**

TAKE HOME MENU

Weekly practice menu for students available. 30

NOTES, DOODLES, LIGHTBULBS

DIGESTIF

A drink served after a meal with the intention of aiding digestion. 8

CAREFULLY CURATED

Bad Elf! arr. Bryce Newton
Beethoven's Ninth by Beethoven/Lavender
Bring On Da Band by Michael Sweeney
Creepy Crawlies by Michael Story
Creatures in the Attic by Brian Balmages
Dark Matter by Nathan Daughtrey
Drive by Mark Williams
Engines of Resistance by Larry Clark
Fire's Edge by Ralph Ford
First Christmas March arr. John O'Reilly
First Winter Sleigh Ride arr. John O'Reilly
Funtango by Chris Sharp
Heavy Metal by Scott Watson
Jammin' On The Rooftop arr. Gary P. Gilroy
Latin Fiesta by Michael Sweeney
Let's Rock by Michael Sweeney
The Little Drummer Boy arr. John O'Reilly
March of the Majestics by Robert Sheldon
Mechanical Monsters by Randall Standridge
Metalheads by Randall Standridge
Night Fury by Carol Brittain-Chambers
Nottingham Castle by Larry Daehn
The Second Storm by Robert W. Smith
Spanish Rose by Joseph Compello
Stompin' On The Housetop by John Caponegro
Strike Force by Michael Sweeney
The Tempest by Robert W. Smith
Tidings of Joy by Robert W. Smith
Up On The Housetop arr. Jack Bullock
Voodoo Dance by Elliot Del Borgo