



## REHEARSING THE HIGH SCHOOL ORCHESTRA: A PANEL DISCUSSION

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### Presenters:

Sandy Goldie, *Virginia Commonwealth University, Richmond, VA*  
Cathie Hudnall, *Brookwood High School, Gwinnett, GA*  
Charles Laux, *Alpharetta High School, Alpharetta, GA*  
Chris Selby, *Charleston County School for the Arts, Charleston, SC*  
Gail Barnes, *University of South Carolina, Columbia, SC*  
Creston Herron, *Fine Arts Director, Klein ISD, Spring, Texas*  
David Eccles, *The Lovett School, Atlanta, GA*  
Laura Mulligan Thomas, *Charlottesville High School, Charlottesville, VA*  
Scott Laird, *North Carolina School of Science and Mathematics, Durham, NC*

Thank you for joining us as we explore ideas of excellence and impact with orchestra teachers across the country. We will share ideas, approaches, and strategies for rehearsing the high school orchestra. Each of the music educators on the panel has honed their skills through years of experience in the field. They have navigated a positive pathway through trial and error and their resilient, passionate pursuit of musical excellence and human connection have shaped and inspired many young musicians.

### Discussion

- I. Welcome/Introductions/Repertoire Favorites, *Sandy Goldie*
- II. Warm-Up Strategies, *Cathie Hudnall*
- III. Developing the Right Hand, *Charles Laux*
- IV. Developing the Left Hand, *Christopher Selby*
- V. Rehearsal Planning for Success, *Gail Barnes*
- VI. Articulation, *Creston Herron*
- VII. Expressive Ensemble Playing, *David Eccles*
- VIII. Recruiting/Community Building, *Laura Mulligan Thomas*
- IX. Philosophy/Vision, *Scott Laird*
- X. Prize Raffle!

### Resources

Grade 4-6 Repertoire Suggestions  
Additional Pedagogical Content by Topic Area to Explore

# ADDITIONAL RESOURCES TO EXPLORE

## Philosophy /Approaches

- *The Art of Possibilities* by Rosamund Zander and Benjamin Zander
- *Essence* by Scott Laird. <https://ncssmstrings.blogspot.com/2017/07/essence.html>
- *Love Works: Seven Timeless Principles for Effective Leaders* by Joel Manby
- *The Power of Habit: Why We Do What We Do In Life and Business* by Charles Duhigg
- *Upside-Down: The Paradox of Servant Leadership* by Stacy Rinehart

## Rehearsal Preparation

- *ASTA String Curriculum: Standards, Goals and Learning Sequences for Essential Skills and Knowledge in K-12 String Programs* by Stephen Benham, Wagner, Lynn Aten, Denise Odegaard, and Julie Lieberman.
- *Teaching Music through Performance in Orchestra Books* by Michael Allen , Lou Bergonzi , Jacquelyn Dillon-Krass, Robert Gillespie, and James Kjelland , Dorothy Straub (GIA Publications)

## Warm-Ups

- *Bornoff's Finger Patterns: A Basic Method Book for Strings* by George Bornoff
- *Daily Warm-ups for String Orchestra* by Michael Allen (Hal Leonard)
- *Essential Techniques for String with EEi* by Michael Allen, Robert Gillespie, and Pamela Tellejohn Hayes (Hal Leonard)
- *Fine Tuning* by Harold W. Rosch and Frank Spinosa (Kjos)
- *Habits of a Successful String Musician* by Chris Selby, Scott Rush, and Rich Moon (GIA Publications)
- *Müller-Rusch String Method Book 3* by Harold W. Rusch and J. Frederick Müller (Kjos)

## Left Hand Development

- *Bornoff Finger Patterns*. Materials at the Foundation for the Advancement of String Education. <http://www.fase.org>
- *Finger Patterns as a Vehicle to Upper Positions Explained* by Scott Laird. <https://ncssmstrings.blogspot.com/2015/03/finger-patterns-as-vehicle-to-upper.html>
- *Finger Pattern and Scale Exercises for Violin, Viola, Cello and Bass* by Scott Laird. [https://www.youtube.com/channel/UCU3Yv03w\\_p08euMple99f5w](https://www.youtube.com/channel/UCU3Yv03w_p08euMple99f5w)
- *TonalEnergy Tuner and Metronome*. App can be found at the App Store for iPhone, iPad and Apple Watch

## Tone and Bow Control

- *Guide to Orchestral Bowings through Musical Styles* by Marvin Rabin
- *Orchestral Bowing Routines* by Elizabeth Green
- *Orchestra Bowings: Style and Function* by James Kjelland
- *Strategies for Teaching Strings: Building a Successful String and Orchestra Program* by Donald Hamann and Robert Gillespie

## Online or Distance Learning Resources

- *Camtasia*. Screen recorder and video editor. <https://www.techsmith.com/video-editor.html>
- *Final Cut Pro*. For making video performances. <https://www.apple.com/final-cut-pro/>
- *FlipGrid*. A website that allows teachers to create “grids” to facilitate video discussions or performances that appear in a tiled grid display. <https://info.flipgrid.com/>
- *ForScore* for iPad allows sharing of scores. *Apple Pencil* allows writing on the score and sharing in real time.
- *Loom: Video Messaging for Work*. <https://www.loom.com/>
- *Musictheory.net*. Free online exercises for music theory.
- *Noteflight*. Online music writing application to create, view, print, and hear professional quality music notation in your web browser. <https://www.noteflight.com/>
- *The Orchestra Teacher Website* by Charles Laux. <https://www.orchestrateacher.net>
- *The Orchestra Teacher YouTube Channel* by Charles Laux. <https://www.youtube.com/theorchestrateacher>
- *The Orchestra Teacher Podcast* by Charles Laux. <https://anchor.fm/orchestrateacher>
- *Remind*. Text messaging app.
- *Screenflick* to make reaction videos for students
- *SmartMusic*. Online practice tool. <https://www.smartmusic.com/>

## Repertoire

- *Teaching Music through Performance in Orchestra* by Michael Allen, Lou Bergonzi, Jacquelyn Dillon-Krass, Robert Gillespie, James Kjelland, Dorothy Straub. Compiled and edited by David Littrell (2008) (GIA Publications)

## Recruiting/Community Building

- *Instrumental Lessons- Designed for Success*. American String Teacher, 1985 (4) by Dorothy Straub (p. 70–71).
- Community Building TedXTalk by Laura Mulligan Thomas. <https://www.youtube.com/watch?v=UCwyXFQ0VvY&list=PLsRNoUx8w3rOt0fc3G-lg2qL7er7no05k&index=14>

## The Left Hand

*Dr. Christopher Selby*

### **SET UP:** Left Hand Golden Rule: Let Go of the Instrument

- Instruct students to let go of their instrument, shake out the tension like shaking water off your left hand, and replace the left hand with soft fingers and knuckles.
- Violin/Viola: Make sure the chinrest/shoulder rest set up is correct, and keep the instrument far back on the shoulder
- Cello/Bass: Make sure the endpin height and angle is correct. Keep the left elbow up high enough to maintain a straight left wrist.
- Vibrato and shifting studies help students learn to let go and relax—and teaching students to let go helps students learn to vibrate and shift!

### **LEFT HAND DEVELOPMENT:** Use well-sequenced scales, shifting etudes and left hand exercises to develop student finger patterns and finger velocity

- Use Bornoff style Tetrachord Etudes to introduce and teach finger patterns
- Use Sevcic style velocity etudes to reinforce and develop finger patterns
- Use dominant arpeggios and dominant focused exercises to teach students to change patterns when they change strings.
- Use well-sequenced shifting and position etudes that not only teach students how to move up and down the string, but also across the string in various positions.
- Before my high school students begin studying a 3-octave scale, they always play a one and two octave scale to establish the key and remind their ears what “in tune” really is.

### **INTONATION**

- Cross-Tune students after they tune their individual students. Use a good tuning tone when tuning.
- Warm Up Tuning Canons and Chords. “In tune” means tuning to each other.
- Beginning EVERY class with these exercises not only teaches students how to blend and play “in tune” in *any and every key*, but it also reminds me and the students what in tune really is. It sets a standard of highly refined intonation that we try to maintain in our other exercises and concert music.