

Navarro River String Camp Proposed August 2017 Camp Schedule

Wednesday

10.30am-12.30pm	Arrival
1-1.45pm	Welcome & general orientation
2-3.30	Half the camp meets for an Ensemble Skills session Other half meets in their chamber groups
3.45-5.15	Reversal of above
5.15-6	Stretch & Relax
6.00	Dinner
7.30-8.45	Large ensembles

Thursday

8am	Breakfast
9.15-10	Violin/Viola/Cello warm-up activities (2016 warm-up activities posted below)
10.15-11.45	Half the camp meets in their chamber groups Other half chooses between classes, practice, free time (Classes TBA - see descriptions of August 2016 classes below)
Noon	Lunch
1.30-3	Reversal of 10.15-11.45 schedule
3.15-4.15	Large ensembles
4.30-5	Coaches Serenade in the Lounge
5-5.30	Stretch & relax, social hour
5.45	Dinner
6.45-7.30	WiPPs in the Lounge (works-in-progress performance sessions)
7.45pm	Concert with guest musicians

Friday

8am	Breakfast
9.15-10	Violin/Viola/Cello warm-up activities
10.15-11.45	Half the camp meets in their chamber groups Other half chooses between classes, practice, free time
Noon	Lunch
1.30-3	Reversal of 10.15-11.45 schedule
3.15-4.15	Large ensembles

4.30-5.30	Stretch & relax, Alexander Technique, Social hour WiPPs in the Lounge
5.45	Dinner
6.45-7.30	WiPPs in the Lounge
7.45-8.30 & 8.45-9.30	Evening of music-making (for all skill levels): Two 45-minute sessions of each activity: Camp Orchestra Sight-Reading Fiddle Tunes Using Lead Sheets Playing Chamber Music with the Coaches

Saturday

8am	Breakfast
9.15-10	Violin/Viola/Cello warm-up activities
10.15-11.45	Half the camp meets in their chamber groups Other half chooses between classes, practice, free time
Noon	Lunch
1.30-3	Reversal of 10.15-11.45 schedule
3.15-5.30	WiPPs in the Lounge Free time and social hour
4.30-5.30	Stretch & relax, Alexander Technique
5.45	Dinner
7.45-8.30 & 8.45-9.30	Evening of music-making (for all skill levels): Two 45-minute sessions of each activity: Camp orchestra Playing by Ear Playing Chamber Music with the Coaches
9.30-11	Party

Sunday

8am	Breakfast
9.30-10.15	Large ensembles final rehearsal
10.30	Large ensembles concert Camp photo
12.30pm	Lunch
1.30pm	Chamber group chorale concert
3pm	Depart

Descriptions of activities and sessions from the August 2016 camp

Ensemble Skills In Practice (E.S.P.)

This class is an opportunity to practice chamber music ensemble skills, and learn some new ones! Group exercises and games will focus on developing body language and bringing the other members of the ensemble into awareness. Practice conducting entrances and cutoffs, leading *ritards* and *accelerandos*, and matching musical gestures. Learn strategies for how to incorporate these skills into your rehearsals and performances. Empower yourself and your group members- go team! Applicable to players of all levels and instruments, not just 1st violins! **Bring instrument; no stand needed. See pink sheet for class locations.**

Morning Warm-Up Activities

Bring stand unless indicated otherwise. Choose from the following options:

Warm-ups for beginning/intermediate violin/viola	with Tammie
Warming up the body, ear, and instrument for intermediate/advanced violin/viola	with Kaila
Your questions answered (no stand needed)	with Jim
Your questions answered (no stand needed)	with Trenton
Warming up the bow arm for violin/viola	with Marion
Warming up with drones (no stand needed)	with Marcia
Warm-ups for beginning/intermediate cello	with Elizabeth
Warm-ups for intermediate/advanced cello	with Burke
Playing with comfort and ease, for cellists (no stand needed)	with Abigail

Violin/Viola/Cello Warm-ups: Relax into playing and expand your practice routine trying out favorite warm-ups of the coaches. As well as scales and exercises, warm-ups include warming up the whole body and relating the body to the instrument.

Your Questions Answered: Bring your technical/postural/musical questions for one-on-one help or listen in on other campers' questions. Observing a coach working with someone else on technique can illuminate issues related to our own playing.

Warming Up with Drones: Playing with drones is an effective way to warm-up the ear and improve intonation. We'll experience how adding the harmonic element of a sustained tone enhances our hearing of intervallic relationships and turns warming up with scales, arpeggios, and other scalar patterns into music-making.

Warming Up the Bow Arm for Violin/Viola:

We will be warming up the bow arm with reference to body mapping.

Body Mapping for Musicians

(Cathy Allen - AC Lounge)

A Body Mapping class is designed to help musicians learn to play their instruments with their whole body. Musicians are highly trained athletes of the small muscles and for the small muscles to function at a high level it is useful to learn how the rest of our body, the bones, large muscle groups, and the breath can support us, keep us in balance and allow the fine motor skills we need to become more fluid. It can help us achieve a richer tone, better control over intonation, phrasing and performing.

We all have an internal representation of how we are constructed called a body map. If our map is accurate and adequate our movement is free and fluid. If we have an inaccurate map our movement can be restricted causing frustration, fatigue, discomfort or pain and possibly injury.

Our body map is plastic and can change. In Body Mapping we use pictures, bone models and we palpate our own boney structure to correct any mistakes in our internal representation. We will also explore the concept of inclusive awareness. As our movement becomes more free we can allow ourselves to be open to more information from our whole body as we play, more aware of our ensemble partners, of the musical phrase, awareness of the acoustic space and of the audience.

Please bring instrument, stand, and music.

Class 1. Balance of head on atlas, spine supporting and delivering weight to sit bones. We will take this to instruments and work through range of motion.

Class 2. Review of class 1 and moving on to arm structure. We will take this to instruments and work through range of motion.

Class 3. Breathing. Review classes 1 & 2. We will take this to instruments and work through range of motion.

Relax into Rhythm

(Marcia - AC Studio)

Through call-response and other speaking/clapping exercises, rhythmic dictation, and working with the surdo drum, each session will strengthen inner counting skills and the ability to sense beat groupings. Classes are appropriate for all levels of experience and are non-progressive - attend any or all. Bring a music stand; instruments not needed.

WiPPs

(AC Lounge)

"Works-in-progress performance sessions " are informal performance opportunities for any chamber group that would like to perform any of their assigned pieces in a casual setting. There will be a sign-up sheet on the door of the Lounge. Because chamber groups will be performing their chorales at the final camp concert, WiPPs provide an opportunity to perform any and all other camp music.

Stretch & Relax

(Abigail - AC Chapel)

Let's get our bodies moving, in directions they don't normally go! *Stretch & Relax* is a physical and mental antidote to our concentrated chamber music playing! Our eyebrows get to unfurl, toes stretch out, our arms lengthen as we work on releasing all kinds of tension. Classes end with a guided relaxation. How can you resist?

Alexander Technique

(Marion - UH Mary Kevin Room)

Using the Alexander Technique we can unlearn habitual patterns that cause unnecessary tension in everything we do. Using simple activities such as sitting, standing and bending, Marion uses verbal explanations and a gentle guiding touch to lead you into a new way of going about things. No instruments needed. This will be a group class, including some time doing 'lying down' work.

Wednesday and Thursday Evenings of Music-Making

2 sessions each evening, 7.45-8.30 and 8.45-9.30, for all skill levels.

You are welcome to attend any of these sessions as a listener.

Camp Orchestra

Practice your sight-reading skills! No sign-up needed. Bring a music stand.

Evening 1 7.45-8.30 Sight-reading skills practice session

8.45-9.30 Pop Songs for Strings

Evening 2 7.45-8.30 Lyrical melodies of Tchaikovsky, Rachmaninoff & Mendelssohn

8.45-9.30 Your requests from the NRSC music binders

Sight-Reading Fiddle Tunes Using Lead Sheets: These sessions will be quick and dirty read-throughs of fiddle tunes with chord symbols. We will hit the basics of swinging eighth notes, simple ornamentation, playing back up and staying out of the way of the melody. **Bring your music stand.**

Playing By Ear: We'll explore playing by ear with some simple call and response phrases and then head into learning a fiddle tune by ear. This is a good session to attend if you have never played by ear. All ability levels welcome; no stand needed.

Playing chamber music with the coaches: On the first day of camp, there will be a sign-up sheet for anyone interested in **playing chamber music with the coaches**. The sign-up sheet will be available until **noon of the second day of camp**. Along with signing up, if campers would like to suggest music, they can do so. From those who sign up, the coaches will form suitably matched groups to play trio, quartet, or cello ensemble music, allocating one or more coach to each group. A notice of the groups will be posted the next morning including music to be played. Rather than sight-reading through a piece and then moving on, these sessions will focus on playing chamber music and working on the piece with your coach or coaches who are now in your group instead of coaching from the outside.

Final Chamber Group Chorale Performance

(AC Lounge)

Why *do* we perform? To raise our playing level, to share the fruits of our labors, to inspire others in *their* work, to uphold the tradition of live music. All chamber groups are invited to play their chorale at the final afternoon performance. This is a great opportunity to stretch with the support of your colleagues.

Groups may choose:

- 1) to perform on their own;
- 2) to have coaches doubling with any number of players on their part; or
- 3) to have a coach joining in when necessary.

These are options that can either be requested by you or suggested by the coaches

NEW IN 2017!

**STAY ON AN EXTRA DAY UNTIL AUGUST 21ST
(SEPARATE PROGRAM FROM THE AUGUST 16-20 CAMP;
FURTHER INFORMATION TO FOLLOW)**