

Navarro River String Camp Proposed August 2018 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 (2017 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 (see descriptions of August 2017 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 Chapel (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
3.15-4.30	WiPPs in the Lounge
4.30-5.30	Stretch & relax, Alexander Technique Free time and social hour
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 August 2017 camp

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

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 (Th/Fri/Sat 9.15-10am)

No stand needed unless indicated otherwise. Choose from the following options:

Warm-ups for intermediate/advanced violin/viola (bring stand) w/ Tammie AC Garden Room

Warming up the body, ear, and instrument

for beginning/intermediate violin/viola

with Kaila

UH Regina

One-on-one help

with Jim

UH MaryPeter

One-on-one help

with Trenton

UH Cecilia

One-on-one help

with Isabel

UH Gabriel

Warming up with Alexander Technique

with Marion

and Body Mapping

and Cathy

UH MaryKevin

Warming up with drones

with Marcia

AC Studio

Warm-ups for beginning/intermediate cello (bring stand) with Elizabeth

UH Dining Rm

Warm-ups for intermediate/advanced cello (bring stand) with Burke

AC Lounge

Playing with comfort and ease, for cellists

with Abigail

AC Chapel

Thursday focus on thumbs; Friday focus on string crossing; Saturday focus on shifting

All levels welcome

One-on-one help: Bring your musical/technical 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.

Alexander Technique and Body Mapping Warm-Ups: Bring your instruments and floor mats.

For greater ease in playing we will warm up our minds with a guided meditation, warm up our body with gentle movement and finish with warm ups on our instruments.

Body Mapping for Musicians (Thurs/Fri/Sat)

(Cathy Allen - AC Lounge)

Body Mapping for Musicians is a process of finding out if our internal map of how we are constructed matches the truth. Our internal map dictates our movement as we play. If our map is accurate we can play with ease. If it is not accurate we can experience discomfort, pain and frustration.

Body Mapping sessions will focus on how balance throughout our whole body can have an impact on

our tone quality and ability to play fluidly. Balance helps us move more easily and has a wonderful effect on our ability to breathe freely, allowing our bodies to be part of the resonance we produce on our instruments. We will also touch on how balance and breathing freely can help us be more present in the space, take in more information about the acoustics of the room, notice a musical passage with another member of the group and find how that helps free us from performance anxiety and allows us to play to our full potential.

In our small group sessions each individual can bring a specific issue to work on with Cathy. We will have four participants for each 45-minute session. Observers are also very welcome, and this can be a good way to get an introduction to body mapping as we all have a lot of common issues. Examples of issues to explore might include back pain, difficulty reaching high positions, fatigue, performance anxiety etc. **Please find the sign-up sheets in the Studio.**

Relax into Rhythm (Th/Fri/Sat)

(Marcia - AC Studio)

Have you noticed that the more rests there are in your part, or the less you play *on* the beat and more on the *off* beat, the more challenging it can become to stay in rhythm with your ensemble? In these situations we must become more reliant on our inner sense of pulse to provide a reference point for the rhythmic structure of the piece and the rhythms of the other parts. During these sessions we will bring our inner sense of pulse into focus through walking, stepping, speaking, listening, and playing, as we explore offbeats and how to punctuate silence rhythmically. If the thought of such activities makes you want to run in the opposite direction, this is the class for you! New variations daily with a small dose of rhythmic dictation for good measure, and if you've never done rhythmic dictation, come find out what you are missing! Classes are appropriate for all levels of experience and are non-progressive - attend any or all. Bring instrument and stand.

WiPPs (Th/Fri/Sat)

(AC Lounge or Chapel)

"Works-in-progress performance sessions " are informal performance opportunities scheduled on Thursday, Friday, and Saturday of camp 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 on Sunday afternoon, WiPPs provide an opportunity to perform any other camp music.

Stretch & Relax (Wed/Th/Fri/Sat)

(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 (Fri/Sat 4.30-5.30pm)

(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.

Friday and Saturday 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

AC Lounge

Practice your sight-playing skills reading music from the NRSC music binders.

No sign-up needed. ~ bring a music stand ~ all experience levels welcome!

Friday 7.45-8.30: Sight-playing skills practice session

8.45-9.30: Put your sight-playing skills to work playing Beethoven's 7th Symphony Theme, Bruckner's *Locus Iste* and more!

Saturday 7.45-8.30: Sight-playing continued.....Bach's Brandenburg Concerto #3, Bartok's Adagio and more!

8.45-9.30 Your requests from the NRSC music and chorale binders

Sight-Reading Fiddle Tunes Using Lead Sheets (Friday)

UH Mary Kevin

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 (Saturday)

UH Mary Peter

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.

Cello Ensemble with Abigail (Saturday evening both sessions)

UH Mary Kevin

Back by popular demand, this session offers the opportunity to play through two movements of Corelli's Concerto Grosso in G minor, Opus 6, No. 8 ("*Christmas Concerto*"), arranged for cello ensemble. See Abigail in advance for parts.

Playing chamber music with the coaches

Locations to be posted

On Wednesday when camp begins, 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 **Thursday noon**. 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 these groups will be posted on Friday morning including music to be played and location of the session. 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.

Sunday Afternoon 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 Sunday 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