

## **Gallucci String Studio news November 2005**

### **Special note:**

The studio will be open Tuesday, November 8 and Friday, November 11.  
The studio will be closed Thursday, November 24 and Friday, November 25.

Studio fees for November are due next week, thank you for paying on time.

December recital date is Saturday, December 17 at 12 noon. Students will be assigned recital pieces this week.

### **Make up lessons available Friday, November 18, 6:30-7pm, 8-9pm; Saturday, November 12, 11am –12 noon.**

Please call to confirm a lesson time.

### **Group lessons**

#### **Combined Suzuki Books1 and 2**

Saturday, November 12, 10am – 11am

Group lessons have been combined to accommodate all levels. Younger students will play in the beginning of the lesson and be dismissed earlier than more advanced students. Advanced students will assist younger students during the first 20 minutes of class.

### **Fiddle Club**

Friday, November 18, 7:15-8pm

Students in Suzuki Book 2 and higher are invited to attend. Learn Irish, Cajun, Prince Edward Island and Appalachian fiddle tunes. Perform in our fiddle concert in March!

### **Advanced ensembles**

Dates and times TBA

Students eligible for advanced ensembles will be contacted this week and pieces assigned for December recital.

### **December Recital**

Saturday, December 17, 12 noon, Bangor Public Library

All students are expected to participate in this recital.

### **Mandatory rehearsals:**

Friday, December 9, 6:30pm **or** Saturday, December 10, 10am, RDL Strings

Dress Rehearsal, Friday, December 16, time and place TBA

Concert Opportunities:

### **Bangor Symphony Orchestra, “A German Trio”**

Sunday, November 6, 3pm

This concert will feature as soloist the BSO's new concertmaster, Trond Saeverud. He will perform the Beethoven Triple Concerto with local musicians Philip Silver (Piano) and Noreen Silver (Cello). Trond is truly a marvel and I encourage all students to hear him play.

### **Arcady Fiddle Festival**

Saturday, November 19, Hampden Academy

Students who have completed Perpetual Motion in Suzuki Book 1 (and up) are encouraged to participate in this multi level fiddle festival. Music is available for download at [www.arcady.org](http://www.arcady.org). The cost is right (\$20). All participants will be invited to stay for the pot luck supper and play for the contradance that evening. Mrs. G is taking the advanced class, so I will be there. Let's go and have a good time together!

Bangor Symphony Orchestra and Robinson Ballet perform

### **The Nutcracker**

Saturday, December 3 and Sunday, December 4

The performances just keep getting better. Treat your kids to a great show with live music from Tchaikovsky. Come visit Mrs. G in "the pit" during intermission.

### **Kneisel Hall's Young Maine Musicians Master Classes**

Saturday, December 3, Blue Hill

Kneisel Hall is sponsoring master classes for violin and viola players, as well as a winter chamber music series for students on February 11. I just received the application, there appears to be no charge. Eligible students will be contacted this week about participation. All students are invited to attend and observe. For those who have never seen one, a master class is like a lesson, only the teacher teaches the student in front of an audience.

This month's article:

### **Muscle weakness, tension and playing the violin / viola**

During the month of October nearly 20% of the studio reported problems dealing with poor posture and muscle weakness. The majority of the reports were from female students, although several male students were also affected. This problem destroyed my own chances for a healthy music career. It is a problem that must be nipped in the bud, immediately.

In my experience muscle weakness leads to poor posture, which leads to poor technique, tension, pain, and performance related injuries. It is usually assumed that students who play with poor technique don't practice enough or are not conscientious. In fact, it may be muscle weakness and tension that impedes progress in the dedicated student. It may be pain that discourages practice in the student perceived as a "loafer."

The muscle areas of the body that are taxed by playing the violin or viola are; lower back, shoulder girdle, upper and lower arms, wrists, hands and fingers. These areas sustain static loads (long periods of time during which the muscles just "hold" in one position to support the instrument) and / or repetitive strain (they perform the same

motions over and over and over again). These muscles must be toned, stretched and healthy, in order to maintain good technique.

If your child has a technical issue related to muscle weakness, I can (and probably already have) recommended strengthening exercises. If your child has aches and pains from playing the instrument, I can (and probably already have) recommended stretches to address the specific problem. Here are some things you can do to help your child have a healthier approach to playing the violin / viola:

- Encourage regular aerobic exercise.

- Encourage light weight training for the entire shoulder girdle and arms, especially for students playing the viola, and for girls with a thin, willowy stature. School gym teachers, YMCA personnel, exercise DVD's, etc. are all good resources for advice.

- Encourage consistent practice. It is absolutely no good for the body to play an hour one day and then not play for three days, and then cram for the lesson for 3 hours the night before. All your muscles learn through this approach is that you don't plan well (and you certainly won't play very well!)

- Encourage students to take breaks when practicing. Students should play 15 – 20 minutes at a time, and then stretch and rest the body for 5-10 minutes before playing another 15-20 minutes.

- Eat well.

- Get plenty of rest

- Play well and have fun!

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