**“The Warm-Up” – a Closer Look**

Youth Flute Day

2015 National Flute Association Convention, Washington, D.C.

* **What is it?**
* **Why do it?**
* **How do I start?**
* **How long should it take?**
* **Should it be the same every day?**
* **How do I know it is effective?**

It is important to greet your flute with mindful care every day. Your very first notes are important! They will shape your practicing for the rest of the day.

When played with clear goals, astute ears, and patient diligence, a smart and thorough warm-up routine will prepare your mind and body for the technical and artistic challenges you will face in your repertoire. These exercises will build endurance, consistency, and a solid understanding of your instrument and of yourself as a flutist and artist. They will enhance every aspect of your skill, your mastery, and your ability to bring your imagination – as well as that of the composer - to life.

Remember that the habits you bring to your warm-up routine will \***in\***habit your playing in auditions and performances. Choose wisely! Set yourself up for success.

**What to focus on:**

* Breathing! Posture! Lack of tension!
* Listen carefully to everything you do.
* Breathing! Posture! Lack of tension!
* Set clear goals for every exercise, and know why you are doing them.
* Breathing! Posture! Lack of tension!

**What to avoid:**

* Auto-pilot mode - this is our worst enemy! Be in the moment at every moment.
* Physical tension and mental stress - keep them at bay from the very start.
* Frustration - if something isn’t working, step away for a moment and come back with a calm mindset.

**Most importantly, remember that you are doing something significant and wonderful for your playing and for your future success as an artist. Recognize and enjoy the rewards of your hard work!**

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