

# Get comfortable by setting goals!

## Downtown Quartet

- This constellation – 2,5 years together
- Competitions:
  - Regional 2007
  - Ireland 2007
  - Regional 2008
- Scores Regional 2007:

Sound			Music			Expression			Showmanship			Tot
S 1	S 2	Tot	S 1	S 2	Tot	S 1	S 2	Tot	S 1	S 2	Tot	
65	60	<b>125</b>	64	62	<b>126</b>	64	62	<b>126</b>	64	68	<b>132</b>	<b>509</b>



# Background

- Always looong discussions...
- Wanted too much, set very high goals
- Focus on what we wanted to do, not on what was feasible
- Everybody involved in everything
- VERY different personalities
- We needed HELP to move forward and gain some perspective.....



# Goal Discussion

- Help from our head coach, Åse
- Worked with two perspectives:
  - Inside – how we perceive the quartet
  - Outside – how we think others perceive the quartet



# What did we find out?

<p><b>NOW</b></p> <p>We agreed on that we are all very different from each other.</p> <p>And that's OK – Let's use it!</p>	<p><b>RESOURCES/POSSIBILITIES</b></p> <ul style="list-style-type: none"><li>• Good organizers</li><li>• Voices that sound well together</li><li>• We have fun together!</li></ul>
<p><b>OBSTACLES</b></p> <ul style="list-style-type: none"><li>• Lack of confidence</li><li>• Not enough time</li><li>• Unrealistic planning</li></ul>	<p><b>VISION – DREAM – RESULT</b></p> <p>We all have the same vision of ONE UNIT</p>



# What did we learn?

- Set realistic and measurable goals
  - B-level by 2009
- Make realistic planning
  - rehearsal schedule for whole competition year
- Effective rehearsal
  - rotating responsibility:  
warm-ups, content of rehearsal, e-mail notes before and after  
Trains self-confidence + outlet for the specific things each member wants to focus on



## DOWNTOWN

### Planering 2008-2009

PLANERING 08-09	25-maj	01-jun	08-jun	11-jun	29-jun	06-jul	20-jul	03-aug	10-aug	17-aug	25-aug	31-aug	07-sep	13-14/9
<b>DOWNTOWN</b>	planering	coach	rep	köravslutn							Héléna?	Héléna?		music school
Kommentar		måldisk Åse	uppföljn							ev rep		Hos Annika		
Repansvarig			Annika		Lena	Jenny	Gunilla	Annika	Lena			Lena?	Jenny	
Tid					18-21	16-21	18-21	16-21	18-21			15-17.30	18-21	
You turned the tables													X	
At last							sjunga							
You´re from heaven														
Honung								klar	X					
In my life							utan noter	klar	X					
Gabriellas sång								klar	X					
Ability (tempo+synk)			X	X										
Blue Champagne														
Båtlåt														
Stockholms Ström														
I know him														
Naturally (dynam+korre)														
Downtown (dynamik)														
Nearness of you														
Att angöra en brygga			utan noter					X						
Jazz mä blues							utan noter							
When I fall in love														
Tom Jones medley							börja	X	X					
Lima brudmarsch								börja	X					
Kristallen den fina														
Blue Skies														
Anthem														

18.00-18.30 Uppsjungn  
 18.30-19.30 Tävlingspkt  
 19.30-19.45 Meddelanden  
 19.45-20.15 Öva ny låt  
 20.15-20.45 Repertoar

Grönt = Fastställt rep  
 Gult = Eventuellt rep

#### Önskemål om coacher:

Britt-Helk Nov + Jan  
 Héléna: Aug + Nov + Feb + Apr  
 Doug: Någon gång under sommaren, ballad  
 Åse: 2 - 3 gånger under repåret

- Feel comfortable in ALL situations! Tools we used:
  - Retreat weekend before competition to focus and find unity  
Does not have to be expensive.....
  - Use video camera at rehearsals
  - Plan all activities at contest beforehand  
Photo pose, stage test, make-up, schedule for the whole day
  - Never use same style on outfits.....  
For us it will always be a compromise



2007



2008



# Results

- Scores Regional 2007:

Sound			Music			Expression			Showmanship			Tot
S 1	S 2	Tot	S 1	S 2	Tot	S 1	S 2	Tot	S 1	S 2	Tot	
65	60	<b>125</b>	64	62	<b>126</b>	64	62	<b>126</b>	64	68	<b>132</b>	<b>509</b>

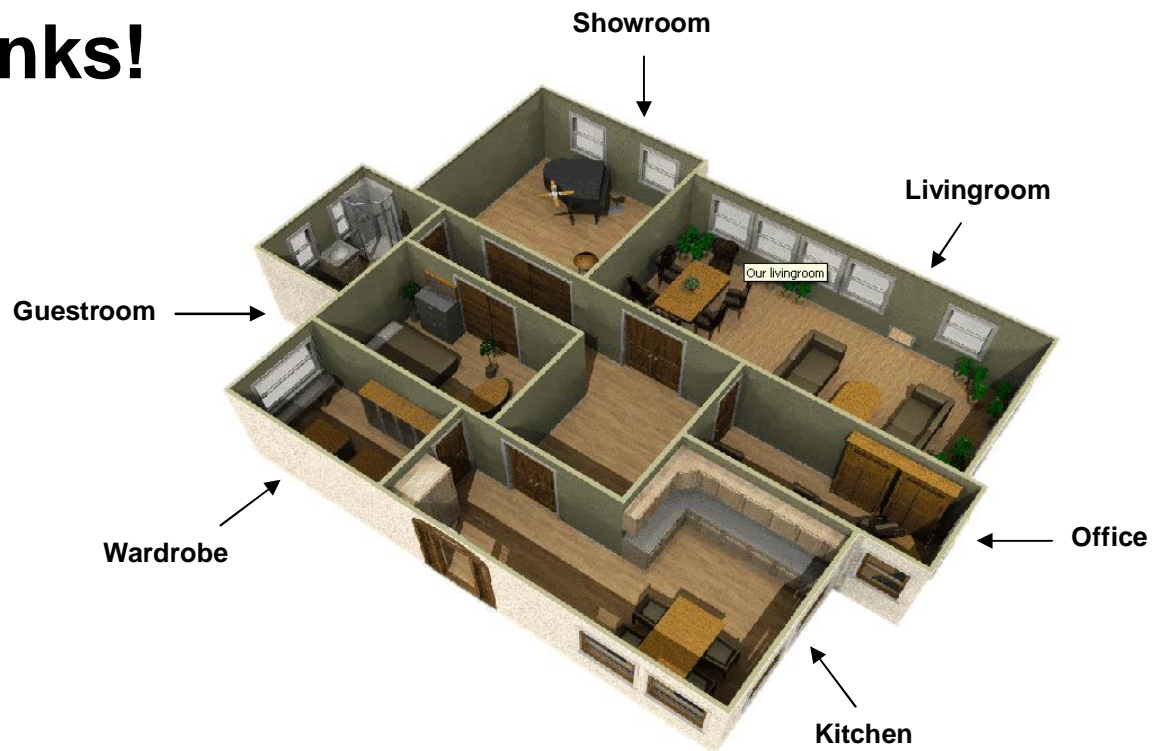
- Scores Regional 2008:

Sound			Music			Expression			Showmanship			Tot
S 1	S 2	Tot	S 1	S 2	Tot	S 1	S 2	Tot	S 1	S 2	Tot	
67	66	<b>133</b>	67	69	<b>136</b>	68	65	<b>133</b>	66	64	<b>130</b>	<b>532</b>

- Reached 75% (3 out of 4 categories) of our total goal one year early!
- B-level overall!



# Thanks!



[www.downtownquartet.com](http://www.downtownquartet.com)

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