

PREPARATION FOR COACHING

1. Work on your health: diet, exercise, flexibility, etc.
2. Build your stamina.
3. Know the **CORRECT NOTES AND WORDS AND BREATH PATTERNS!**
(Choreography, too, if that is part of the session)
4. Be prepared to accept assistance; often, there is insufficient time to tell you how good you are. Coaching is not designed to be an ego booster but to guide a group toward further progress.
5. Develop high but realistic expectations for the session, and communicate them to the coach.
6. Keep in mind that vocal coaching is not an “instant fix” but, rather, a means to long-term growth and improvement
7. Be able to stop and start quickly at various points within the song.
8. If possible, have someone in charge of recording the session. This assignment is great practice for prospective coaches. In choruses, the person recording should communicate the session to absentees.
9. Sing standing up for as much of the coaching session as possible.
10. Try to arrive rested, unharried, unhurried, and in enough time to adequately warm up **BEFORE** the scheduled coaching session.
11. Decide on the image you are striving to communicate in performance, and communicate that aspect to your coach before she works with the group. A recording and copy of music sent before or available at the session is very helpful as well.
12. Let the coach coach.
13. Save questions and comments; let the coach/director experiment and re-teach if necessary.
14. Let the coach coach. (Intended repetition!)
15. Keep a very positive, flexible, open attitude. **NO EXCUSES, PLEASE.** Coaches understand illness, lack of rehearsal, changing voice parts. These challenges happen to everyone.
16. Nurture the learning environment by demonstrating a willingness to try what the coach asks; respect earns respect.
17. Unless asked for her opinion, the coach’s responsibility does not extend to personnel problems.
18. Please don’t try to coach one another or re-interpret what the coach says. Concentrate on **YOUR** performance.
19. Follow through with changes, new techniques, skills, and concepts at the next rehearsal
20. Most of all...

HAVE FUN AND ENJOY!

Looking forward to working with you, Sharon Babb