

PLANNING YOUR 'PEAK' PERFORMANCE

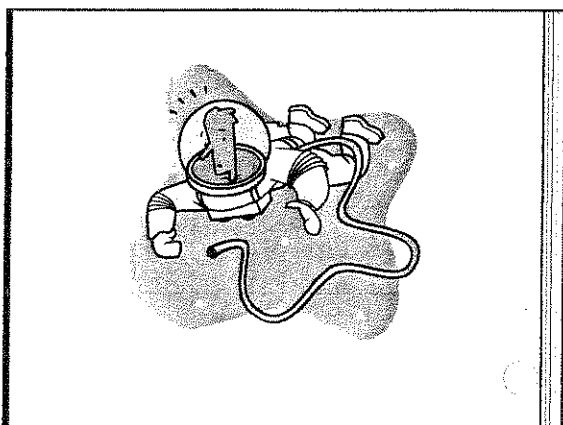
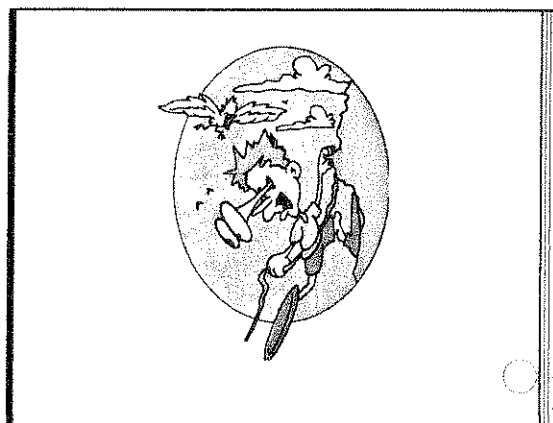
HOW MANY OF US HAVE SAID ANY OF THESE STATEMENTS:

We peaked in the warm-up room!

THEY WERE SINGING GREAT AT REHEARSAL LAST WEEK!

When the coach was here, they were awesome!

- WHAT ARE SOME OF THE REASONS WE "PEAK" AT THE WRONG TIME?
- ⌘ Nerves get in the way
 - ⌘ Our singers don't feel prepared
 - ⌘ Lack of experience (singers and director)
 - ⌘ Negative self-talk
 - ⌘ Tired singers
 - ⌘ The way we rehearse the day of contest



- ### NERVES
- ❖ Fear of the unknown
 - ❖ Fear I might mess up
 - ❖ Fear "she" might mess up
 - ❖ Fear that I won't remember
 - ❖ Fear that "she" won't remember
 - ❖ Fear that I might fall
 - ❖ Fear that "she" might fall
 - ❖ Fear that the director won't like what we do
 - ❖ Fear
 - ❖ Fear
 - ❖ Fear

FIVE TRUTHS ABOUT FEAR

- ♣ The fear will never go away as long as I continue to grow.
- ♣ The only way to get rid of the fear of doing something is to go out and do it.
- ♣ The only way to feel better about myself is to go out and do it.
- ♣ Not only am I going to experience fear whenever I'm on unfamiliar territory, but so is everyone else.
- ♣ Pushing through fear is less frightening than living with the underlying fear that comes from a feeling of helplessness.

(From *Feel the Fear and Do It Anyway* by Susan Jeffers)

PAIN-TO-POWER VOCABULARY

PAIN	POWER
<ul style="list-style-type: none"> ♣ I can't ♣ I should ♣ It's not my fault ♣ It's a problem ♣ I'm never satisfied ♣ Life's a struggle ♣ I hope ♣ If only ♣ What will I do? ♣ It's terrible 	<ul style="list-style-type: none"> ♣ I won't ♣ I could ♣ I'm totally responsible ♣ It's an opportunity ♣ I want to learn and grow ♣ Life's an adventure ♣ I know ♣ Next time ♣ I know I can handle it ♣ It's a learning experience

DON'T FEEL PREPARED

- ♣ Much of this comes from the personal responsibility of the singer - are they working at home to be more confident in their performance?
- ♣ BUT, there is often that part that belongs to the leadership.

THE PLANNING STAGES

- ♣ Music
- ♣ Membership Growth & Retention
- ♣ Coaching
- ♣ Costumes
- ♣ Finances
- ♣ Communications
- ♣ Committees & Coordinators
- ♣ Calendar

THE SINGERS' ATTITUDES

"I have total responsibility for the success or failure of my chorus."

You only have control of yourself, not the chorus!
 Do YOUR best, and then YOU are a success.
 Focus on YOUR contribution to the effort.

THE SINGERS' ATTITUDES

"I can't be afraid or nervous during the competition."

Butterflies are good; make them fly in formation!
 At rehearsal, jog in place as a chorus, then perform.
 Know the plan. Then do it.

THE SINGERS' ATTITUDES

"A weekend away from home . . . WHOOPEE!"

Think of yourself as an Olympic athlete!
Be in top physical shape.
Don't exchange months of preparation for one weekend of fun.

THE SINGERS' ATTITUDES

"Actually, I really HATE competing!"

Focus on the joy of singing, not the pressure!

Show common sense:
Sew sequins on well beforehand.
Get sufficient rest and exercise.
Allow only positive self-talk.
Take vitamins, eat protein and carbohydrates.
While you are on stage: relax; be a team player;
trust the chorus and director; BREATHE!!!

Margo Zimmerman, PES 2007

HOW WE REHEARSE CONTEST/PERFORMANCE DAY

♫ Directors, this one is largely on you!

- ↪ Plan your day carefully
- ↪ "Turn your singers loose! One of the worse things a director can do is give singers a "grocery list" of things to remember to do on stage right before they take the stage. If they don't know it then, a list of 'remember so and so...' will guarantee a left-brained performance." (*Dale Spiverson*)
- ↪ Plan the amount of singing you will do so that your singers are warm and ready but not over-tired.

When should you "peak"?

- ↪ Expect the "peak" performance to happen two months before contest.
- ↪ If you try to save it until performance day, it is NOT GOING TO HAPPEN!
- ↪ The more rehearsed your "peak" performance is, the more likely you will take that "peak" performance to the stage (either contest or performance).

