**AMI BAND DAY 3**

BAND, you should practice any and all your music. When in doubt, practice scales. Email or use Remind if you have questions.

If you need help, have questions, or would just like to check-in and chat with me you can do so at any time through email **((** [**batesa@grtigers.net**](mailto:batesa@grtigers.net) **))** or REMIND **{{7-12 BAND ONLY on remind}}**.

You can join using the link: **remind.com/join/gr-8-band {{7-12 BAND ONLY on remind}}**

OR receive text messages: text **@gr-8-band to 81010** or text **@gr-8-band to (434) 264-5844**

Most importantly, practice. Your ability to play an instrument or sing rely on muscles and constant consistent use through warm-ups, scales, and routine playing. Your brain relies on these intentional practices as well.

**Name:**

**Date:**

Document below what you practiced. Be sure to include the name of the piece and measures you practiced (or page number and exercise number from the book). Practice at least 30 minutes a day.

(For example: I practice #32 on page 9 in Essential Elements.)

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