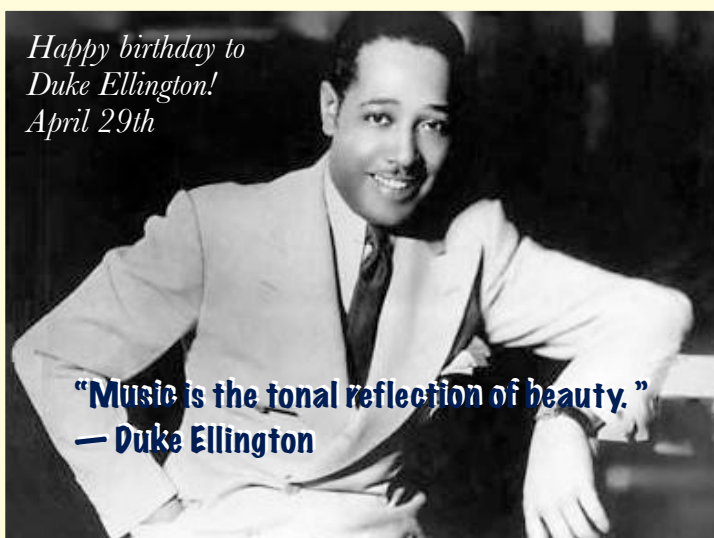


SAMA *monthly*

www.samusicacademy.com

*Happy birthday to
Duke Ellington!
April 29th*



**"Music is the tonal reflection of beauty."
— Duke Ellington**

Sunday, May 6th

Spring Recital

Laugh Out Loud Comedy Club
12:00pm, 1:30pm, 3:00pm, 4:30pm

We have sign up sheets available in the front lobby. Also available: photo packages, flower packages, and recital DVDs.

Congratulations to SAMA student Ava U. for having been awarded the *Outstanding Performance Award* for her solo performance at her middle school.



Student of the Month

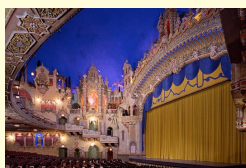
Starting April 2012, SAMA will be featuring a student of the month. The student will be awarded on merit, lesson preparation, lesson participation, attitude, punctuality, initiative, and progress. SAMA will receive monthly nominations from instructors to be reviewed. The student of the month will be featured in the *SAMA Monthly* and will be awarded a custom trophy with their name engraved. So students, keep practicing, performing, and you could be the next student of the month.

Andrea Castro, a student of Diane House, has been a SAMA student since 2010. Seen performing at SAMA recitals, Andrea has been known to captivate her audiences. Her parents take an active roll in Andrea's music performances. Andrea enjoys entertaining her family and friends while her dad accompanies her on piano. She enjoys singing musical theater. Andrea is a current member of the SAMA Elite, having most recently performed at Franco's Italian restaurant.



Symphony Trip

Fiesta POPS @ Majestic Theater
Saturday, April 21st - 5pm
SAMA Students: \$49
Non Students: \$59



The trip includes: symphony ticket, transportation from SAMA to the symphony and back, pizza, SAMA t-shirt. Please sign up by April 14th to reserve your spot!

Bethany Raynes

Graduate Recital

UTSA Recital Hall
One UTSA Circle
San Antonio, TX 78249
Wednesday, April 11th
7:30pm



Tom Sprayberry

Guitar Ensemble

San Antonio College
1300 San Pedro Avenue
San Antonio, Texas
Thursday, April 19th
7:30pm



Instructor Corner



Dealing with Performance Anxiety by Hannah Carnett

As musicians, most of us at some point in our lives will have the opportunity to play his or her instrument onstage for an audience. This performance experience can be a rewarding one. Yet for many, this can be a very frightening thought. If you are someone who struggles with nervousness, or even paralyzed by fear of performing, know that you are not alone. Even the most famous professional musicians have battles with nerves. Everyone gets the jitters from time to time and the key to overcoming this fear is different for each individual. By first acknowledging your fear and practicing helpful exercises, you can learn how to master even the worst of butterflies!

Step 1: Do not let a bad performance destroy you or negatively affect future performances. If you have had an upsetting personal experience onstage, know that it is not the end of the world. As musicians, we put our heart and soul into our music, so while a less than great performance can sting, it is important to know that it happens to everyone. Get back up and confidently try again. Performing takes practice!

Step 2: Common symptoms of nerves include, but are not limited to, shakiness, shallow breathing, numbness,

cold/hot sweats, upset stomach, and often a false sense of timing. Go somewhere you can have a few moments alone and just close your eyes while you take a few calm, deep breaths. Remember that all the hard work has already taken place and this is simply a time for you to celebrate your work, accomplishments, and your love of music. Your audience wants you to succeed as much as you want to! So think of performing as a group effort or perhaps imagine yourself alone with your instrument onstage. Either method of thinking can help!

Step 3: Promise yourself a reward for after the performance. Whether it's a well deserved ice cream cone, going to a movie, or a night at a friend's house, having something to look forward to can keep you from getting too wrapped up in the experience. That way, no matter what happens on stage that day, you have a positive reward waiting for you afterwards!

For more helpful tips on performing and learning to deal with nerves, ask your teacher. It is more than likely that he or she has struggled with similar problems, so don't be timid on the subject. Be open to discuss it freely with a willingness to experiment. I wish you a lifetime of happy music making!