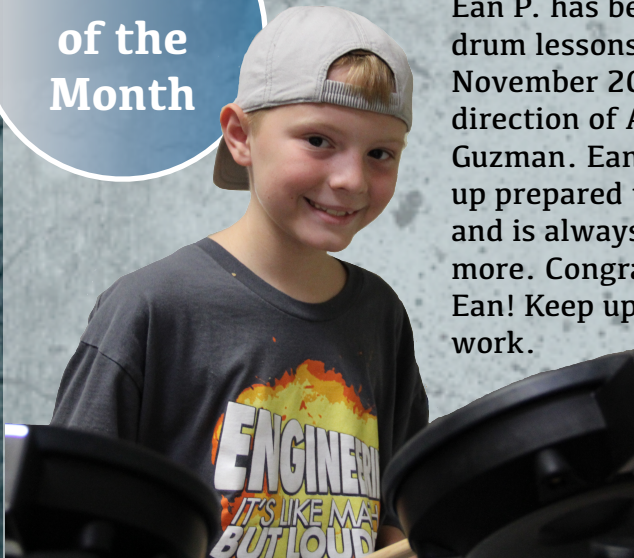


SAMA MONTHLY

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Student of the Month



CONGRATS EAN!

Ean P. has been taking drum lessons since November 2011 under the direction of Alfredo Guzman. Ean always shows up prepared to his lessons and is always eager to learn more. Congratulations, Ean! Keep up the great work.

Recital Checklist

Laugh Out Loud Comedy Club

Sunday, August 19, 2012

12:00pm, 1:30pm,
3:00pm, 4:30pm

- ☒ Remember to practice
- ☒ Arrive 20 minutes early
- ☒ HAVE FUN!

INSTRUCTOR CORNER

By: Bethany Raynes

Performing: some people love it. Some people hate it. The important thing to remember is that we all need to do it! Performing helps us become better musicians and gives us a goal to work toward when we practice.

The main reason some students hate performing is because of performance anxiety, or nervousness. Here are some ways to overcome performance anxiety and have a stress free performance!

1) Practice! There is nothing that can make you feel more secure on stage than knowing that you are prepared. It is a comforting thing to say to yourself when you are about to go on stage "I know this." Also, do some mock performances a few days before the real thing for friends or family to get used to the feeling of being the center of attention.

2) Stay in the present. Do not think about what you think is going to go wrong once you get on stage. If you make a mistake just let it go and continue on like it never happened. It is in the past! Chances are, most people in the crowd didn't notice it anyway.

3) Have fun! Performing is a time to show off your talent and hard work, not to criticize yourself. Be happy and proud that you tried your best. If things don't go exactly as you wanted them to, don't stress. There will always be another opportunity to perform and improve!

