



instructor corner

Andres Losada, M.M., Piano Instructor

Stage Fright and How to Handle It

Have you ever been about to walk on stage and suddenly felt that inexplicable fear of facing the audience? Maybe your breathing quickens, you start sweating more than usual, or your mind fills with thoughts of doubt and the fear of making a mistake.

If so, you are not alone. This is called stage fright, and it's much more common than you might think.

In the world of music, theater, dance, and even film, this phenomenon is part of every performer's journey. Great artists like Adele, Sia, or Axl Rose have experienced it at some point in their careers. The difference is that they learned how to live with it and transform it into a tool to enhance their performances.

Interestingly, stage fright is not always negative. In fact, it can be a sign that your body is alive, alert, and ready for something important. Fear is often connected to the idea of "mistakes": the worry of slipping up in front of others. But the truth is, most of the time a mistake doesn't ruin anything. The audience isn't there to judge you; they are there to cheer you on and enjoy the moment with you. A wrong note or an insecure passage rarely matters if what you're giving is passion, commitment, and connection.

As an opera singer, I've had the opportunity to perform on many stages around the world, and I've seen how this fear tries to take over both myself and my colleagues. Over time, I've discovered strategies that can help, and I'd like to share them with you:

Strategies to Manage Stage Fright

- **Breathe consciously:** It may sound obvious, but your breath is your best ally. Try inhaling for 4 seconds, holding for 12, and exhaling for 8. This simple exercise calms your nervous system and shifts your focus away from fear.
- **Use your imagination:** Change the way you picture the stage. Imagine you're in your practice room, at home, or in an empty hall. This mental shift can trick your brain into relaxing.
- **Practice until you feel secure:** Confidence comes from preparation. Don't just aim to feel "100% ready"; strive for 200%. The more memorized and polished your piece is, the less room there is for fear. You can also practice in front of friends or family to accustom yourself to performing for others.

- **Be kind to yourself:** Your thoughts shape your experience. If you tell yourself, "I'm going to mess up," you're more likely to feel tense. Instead, remind yourself, "I've prepared, I'm capable, and my audience will enjoy what I share." Your mind and body will respond positively.

- **Turn adrenaline into energy:** That nervous rush you feel can become your fuel. Imagine how dull a performance would be without emotion. That tingling before you go on stage can be transformed into the spark that makes your performance unique and unforgettable.

In summary, stage fright is not an enemy to eliminate, but rather an energy we can learn to channel. Every recital, concert, or audition is an opportunity to share music and reveal a little of who you are. So breathe, trust your preparation, be gentle with yourself, and above all, enjoy the stage.

"The audience wants to see you succeed, to cheer you on, and to be moved by your art. And you deserve the joy of sharing it."

student of the month

Analei C.

has been an exceptional student, having far surpassed expectations given her age! She's the very definition of small but mighty, making sure to practice when possible and always coming to class prepared and excited to continue learning. She's by far one of my best students because of how diligent and intuitive she is, picking up skills years in advance of what most normally would. Her ability to comprehend and understand the theory of music is phenomenal for her age and skill level, and I have no doubt in my mind that she can truly be an amazing violinist if she wishes.



Odelia Pena, Violin Instructor

upcoming events

	SEPT 11 Ashley Beaverson's Birthday		SEPT 14 Jeremy Bejarano's Birthday		SEPT 23 Thad Humphrey's Birthday
	SEPT 13 Jade Hinnant's Birthday		SEPT 17 Sarah Norrie's Birthday		OCT 4 Student Bands performing at Home Depot: Fall Festival 9:45am - 1pm
	SEPT 13 Student Bands Performance at Area 51 Food park 6:30pm - 10:30pm		SEPT 20 Maria Crystalia's Birthday		

student accomplishments



Congratulations to Brie A., student of Khadijah Enriquez, for being cast as Young Fiona, Little Ogre, Baby Bear, and Ensemble in SABT's Junior Production of Shrek and as Marta in Wonder Theatre's Mainstage Production of The Sound of Music!



Congratulations to Rory R., student of Khadijah Enriquez and Olivia, for being accepted into San Antonio Broadway Theatre's Pre-Professional Program where she'll receive intensive musical theatre training!



Congratulations to Mackenzie L., student of Khadijah Enriquez, for being cast as Piggie #1 in SABT's Junior Production of Shrek.



Congratulations to Saydee R., student of Khadijah Enriquez, for being cast as Dragon in SABT's Junior Production of Shrek.



Congratulations to Raaid and Reehan A.! Raaid was promoted to YOSA Intermezzo on viola, and Reehan was promoted to YOSA Sinfonietta on violin. Both will also be auditioning for TMEA Region!



Congratulations to Katie L., student of Khadijah Enriquez, for being cast as Gingy in SABT's Junior Production of Shrek and as Sister Margaretta in Wonder Theatre's Junior Production of The Sound of Music!



Congratulations to Pia A., student of Matt Perez, for being cast as Sexton in Sotomayor High School's production of Much Ado About Nothing!



Congratulations Josie T. and Luna E., students of Khadijah Enriquez, for being cast as Nun Ensemble in Wonder Theatre's Junior Production of The Sound of Music!