

Chorus Questionnaire

Your Director and your Music Staff are looking for ways to assist you in achieving your musical goals. Please take a few minutes to answer the following questions.

1. What kind(s) of assistance would be most beneficial to you in learning new music?

2. Would you be willing to attend additional section rehearsals?

3. Would you like to attend small group sessions (two voice parts or a section of the full chorus) to solidify your skills when singing with other voice parts?

4. Would you like to have additional PVI's? If so, how often?

5. Would you like one-on-one assistance in learning the craft of singing your voice part?

6. Would you attend craft classes on the following subjects?

Understanding the Judging Categories (4 classes).

Using the Pythagorean Tuning System.

How to Give a PVI.

Quartet Workshop for Current Quartets.

Quartet Workshop for Potential Quartet Personnel.

Learning to Read Music

How to Sing Your Part Smart.

7. Please list other ideas and suggestions on how we can assist you in achieving your musical goals.

Value of a PVI Program

- 1. Chorus members can gain education and develop skills.**
- 2. Music Leaders are given opportunities to gain experience and develop their skills.**
- 3. Directors will hear and see improvement in the quality of singing and confidence of chorus members.**
- 4. The chorus as a whole will experience and appreciate the increased confidence of both singers and music leaders.**

Said Another Way....

Establishing a PVI Program in your chorus is a way to challenge:

- your singers,**
- your leaders, and**
- your teachers**

while building:

- musical skills,**
- leadership skills,**
- organizational skills,**
- and confidence.**

Reminders and Checklist for Posture and Breathing

- A. Posture checklist from toes to head: Feet slightly apart, one foot slightly ahead of the other, stand on the balls of the feet, knees flexed, turn thighs out slightly to release tension and any tendency towards swayback in lower back, keep abdomen relaxed for breath intake, lift rib cage high and wide, relax shoulders, stretch tall to top of head, remember the inside smile and keep a twinkle in the eyes.**
- B. Watch for shoulder and/or neck tension when working with the expanded rib cage and resisting the collapse of ribs.**
- C. Some singers will revert to reverse breathing when working the abdominal muscle exercises. Watch for this and take time to get them back on the right track.**
- D. There are some singers who carry very tense abdominal muscles (even when not singing) and who have difficulty relaxing these muscles in order to achieve maximum air. This is often caused by muscle memory after years of "holding in their stomachs" so the muscles tense and it becomes difficult to get them relaxed and keep them relaxed when inhaling. Reminders and relaxation exercises will help reverse this muscle memory.**
- E. Encourage singer to expand through the back region as well as rib expansion in front of the body. To assist the singer have her lean forward on the back of a chair or over the edge of a countertop and have her inhale slowly to feel the expansion across the back.**
- F. Remind the singer to restate the "perfect" posture with every breath. Resist gravity as singing and rehearsing continue. Our musical instrument does tire (unlike the tuba)!**
- G. Be certain that the singer is inhaling through an open, relaxed throat.**