**SOME ADVICE FROM PATTY COBB BAKER – ALL DAY REHEARSALS**



**Patty is Immediate Past President of Sweet Adelines, the vocal education coach of Harborlites Chorus (previous international champion chorus) and also the tenor of Queens of Harmony Touché (2013 champions) and Viva (2019 champions). She has kindly shared some advice to help us prepare for and enjoy to the full the forthcoming coaching days.**

* **Some excellent daily warmup exercises to try daily before Saturday :**
	+ Simple warmups to encourage freedom and openness (EE vowels, LOO-LEE scales up and down, Yoo-Hoo-Hoo-Hoo-Hoo-Hoo on 1-1-2-3-4-5)
	+ Yawn – sigh : a great exercise to encourage openness and relaxation
	+ Humming, NG-ing
	+ Any looseners like lip trills and tongue trills
	+ 5 notes descending (do descending exercises first) on NG, OO, EE
	+ Ha-ma-ma-ma-ma on 5 notes descending – encourages openness
	+ Agility exercises eg fa-fa-fa-fa-fa 1-3-5-3-1
	+ Nothing really challenging
* When outside for breaks wear **masks or a scarf** so you are breathing your own warm air. Cold air will adversely affect the voice.
* Use the 15 minutes breaks as an **important vocal break** – no singing, don’t talk too much (!)
* Recognise that you are likely to feel fatigued and **be kind to yourself**
* **Cooling down** is very important after a whole day rehearsal. Use something like soo-loo-soo-loo-soo on 5-4-3-2-1, OO is a good exercise to use for cooling down. Also gentle humming, gentle sirening.