

100 Days Club Opportunities and Guidelines

In choosing to take the 100 Days challenge, the rewards are great in personal satisfaction, development of ability and enjoyment of playing. Even if you miss a day, pick up with the most recent number of days in a row and start over! Charts are available from your teacher.

The goal is to have 100 consecutive days of practice. It is a plus if the student is the one who helps remember to practice each day. Since some days a full practice isn't possible, the following are some guidelines to help determine what counts as practicing during the 100 days:

- * Practice for around 20% of your usual time on days when you otherwise might not.

 - 30 min. - about 5-6 min.

 - 45 min. - about 8-9 min.

 - 60 min. - about 11-12 min.

- * The preceding might consist of review piece(s), OR a scale, OR review piece and current piece, OR a technique point and review piece(s), OR a scale and current piece, OR...

- * On group class days, take the violin out at home for some individual playing time as suggested above.

- * On lesson days, the lesson can count as practice.

- * If the student is very sick, an extra amount of listening could count.

- *When traveling, if the instrument absolutely can't be taken with you, try air fingering and bowing, or active listening and some music theory homework each day.

A key to success at most anything is regular practice. Once the instrument is out of the case, who knows what might happen. Happy practicing!

