

WAYS TO PREPARE FOR A PERFORMANCE

Nerves and performance anxiety are often a result of lack of preparation. Here is a list of tips suggested by students themselves of ways to prepare for a performance.

Mental – preparation you can do either in your mind or to help your mental state.

- Sticking to a routine
- Meditation
- Maintain a sense of team spirit if you are in a band
- Previsualization (imagine yourself performing before you actually do it)
- Being flexible, don't get flustered if things don't go to plan
- Stay calm
- Don't change your routine on the day of your performance
- Put yourself in the audience's shoes
- Get psyched up
- Think positive
- Carpe diem (Seize the day and just go for it)
- Don't over prepare

Physical – preparation you can do with your body or to help your physical state

- Warm up
- Deep breathing
- Be careful what you eat, or don't eat
- Get enough sleep/rest
- Why not have a warm bath before the performance?
- Rest your voice before the performance

Musical – ways to prepare as a musician

- Practice & Rehearsal
- Work on your general musicianship ability
- Draw upon your previous performance experiences
- Maybe have a quick run-through before gig
- Don't over rehearse
- Sort out guitar sounds/settings before the gig
- Make sure you're familiar with your performance environment

Professionally – get your act together and be professional!

- Confirm gig details in advance (dates, times, load in etc)
- Pack early
- Check equipment
- Take backup equipment (spare strings)
- Tune before going on stage
- Use appropriate stage etiquette
- Be on time
- Bring your own vocal mic,

- Use your sound check wisely, don't waste time
- Write a set list beforehand
- Whoever has important information should communicate it with other band members
- Dress appropriately for the gig
- Have a stage plan,
- Maintain your instrument so it doesn't fail at the gig