

TEAM NIGHT - VOCALS TRAINING NOTES

“Vocal Warmups” with Tiffany Stotts - November 2, 2011

Why is it important to warm-up before singing?

1. Avoid injury

The voice is a muscle – it needs to be stretched like any other muscle
Warming up readies the body for what is coming next

2. Skill Improvement

Warming up helps us recognize pitches more accurately
Improves our endurance for singing for longer periods of time

3. Helps us relax –

DON'T BE AFRAID TO BE SILLY WHEN DOING WARM-UPS!

3 Parts to Vocal Warm-Ups

1. Good Posture

Helps minimize tension

Place ears over shoulders, shoulders over hips

Make sure you can see your shoulders in your peripheral vision

2. Breathing

Take long, deep breaths

These help you feel calm and more confident

Breathe as low as you can in your body

Meaning.....breathe through your stomach/diaphragm...NOT through your shoulders

3. Actual Warm-Ups

Massage face, lips, and throat to relax

Start with an “mm” sound and walk up the scale

Then try “mee, may, mah, moh, moo” all on one note

Listen to where your voice is coming from

Your throat? - incorrect

Your nose? - incorrect

The top of your head? - CORRECT

Find some pre-made warmups that you can do in your car on the way to church!

Vocal Health Tips

Keep your vocal chords moist by drinking LOTS OF WATER!

Minimize tea/coffee/soda intake – these dehydrate you and dry out your voice making it sound scratchy and raspy

Yawning is a good way to relax your vocal chords