Things to do over summer!!!

**Physical**

* Calf raises (start without drums then add drums)
  + Do these every day!!!
* Sit ups (Crunches)
* Reverse sit ups
* Planks
* Forward/Backward March
* Crab step

**Technique**

* 8’s at a variety of tempo (110 – 170)
  + Play at different dynaic levels
* Trip Sixteenth (120-140)
* Phil – LOTs of Rebound!! (130 – 160)
* Paradiddlediddle Buildup (84-100)
* The Diddler (100 – 140)
  + Control the diddle and make sure of stick heights
* Hugga Trips (116-148)

**Music**

* Intro – Have it memorized
  + Work to play it at 152
* Part 1 – Have it memorized
  + Work to play it at 148

**For recordings go to:**

[**www.whitelandpercussion.weebly.com**](http://www.whitelandpercussion.weebly.com)

**Go to downloads page – password is PACE**

**Have a great break but keep playing!!**

Things to do over summer!!!

**Physical**

* Not a lot of physical demands, but make sure you aren’t sitting inside all day ☺

**Technique**

* Mallet 8s One
* Mallet 8s Two
  + Learn in Eb
* Scale Pattern
  + Try in C and Eb
* Standard
* Method of movment #1
* 4 mallet 8s

**Music**

* Intro – Have it memorized
  + Work to play it at 152
* Part 1 – Have it memorized
  + Work to play it at 148

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