

PPF (Peak Performance Fundamentals) -- Orientation Fall 2023

Date & Time	Session	Presenters	Cohorts	Location
Wednesday, Aug. 23 7:00 pm to 8:20 pm	Why Health Matters for Performing Artists <i>(Panel Discussion)</i> Join Peabody faculty artists and staff in a panel discussion moderated by Dean Bronstein addressing the impacts of performance-related injury and illness on individual performance careers, arts organizations, and teaching and learning.	Moderator: Fred Bronstein Panelists: Glenna Batson, Denyce Graves, Kris Chesky, Veda Kaplinsky, Warren Wolf	Everyone	Griswold Hall
Thursday, Aug. 24 8:30 am to 9:25 am	Mind-Body Learning <i>(Pilates)</i> A short introduction to this practice of mind-body exercise that provides daily conditioning, promotes whole body health, and develops mental awareness to optimize your personal performance.	Andrea Lasner	Guitar/Harp, Keyboard/Percussion, Upper/Lower Strings, Music Composition, Music for New Media, Computer Music	Griswold Hall
8:30 am to 9:25 am	Mind-Body Learning <i>(Alexander Technique)</i> This introduction session will give participants an experiential understanding of how Alexander Technique can help address challenges related to performing and practice, expand awareness to increase freedom and comfort, and enhance performance and stage presence.	Joe Schaefer	Winds, Brass, Singers, Music Composition, Music for New Media, Computer Music	Friedberg Stage
9:30 am to 10:25 am	Mind-Body Learning <i>(Pilates)</i> A short introduction to this practice of mind-body exercise that provides daily conditioning, promotes whole body health, and develops mental awareness to optimize your personal performance.	Andrea Lasner	Winds, Brass, Singers, Music Composition, Music for New Media, Computer Music	Griswold Hall
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10:25 am to 10:45 am	Mid-morning break			
10:45 am to 11:40 am	Your Body, Your Instrument Participants will engage in a discussion of the relationship between physical condition and the healthy embouchure. The focus will be on the anatomical basis for healthy playing, how to prevent injury, how to identify when there is dysfunction, how to seek help, and how to return to play.	David Fedderly & David Mueller	Winds, Brass	C202

Thursday, Aug. 24 (cont.) 10:45 am to 11:40 am	Your Body, Your Instrument A basic knowledge of functional anatomy may reveal solutions to technical and expressive challenges and support musculoskeletal playing health. This workshop will provide an overview of upper quadrant muscles and nerves, their role in artistic movement with brief touch points to commonly encountered issues in musicians and first response approaches to guide you to use the information to embody expressive, confident, and healthy body maintenance habits for your career.	Serap Bastepe-Gray	Guitar/Harp, Keyboard/Percussion, Upper/Lower Strings	C206
	Vocal Health - Part I This 3-part series will introduce the singer to some simple concepts and rules of vocal health and address the participants' questions about vocal health through interactive discussion.	Melissa Bidlack & Peggy Baroody	Singers Only	LH207
11:45 am to 12:15 pm	Full body Warm-Up, Cool-Down This session will focus on the importance of pre-practice warm-ups to promote healthy practice sessions and overall career longevity.	David Murray & David Mueller	Winds, Brass, Singers	C202
	Full body Warm-Up, Cool-Down Participants will be led through an off-instrument warm-up to demonstrate ways of preparing the body and mind for healthy practice and performance.	Andrea Lasner & Ira Gold	Guitar/Harp, Keyboard/Percussion, Upper/Lower Strings, Music Composition, Music for New Media, Computer Music	Griswold Hall
12:15 pm to 1:00 pm	Lunch for Dance, Voice, Composition, Music for New Media, Computer music Meeting with Cohort Teaching Assistants for Keyboard/Percussion, Guitar/Harp, Brass, Winds, Strings	Lunch - Cafeteria Meetings: Comp/CM & MFN – Cohen-Davison Brass – C206 Dance – LH214 Guitar/Harp – C207 Keyboard/Percussion – LH314 Lower Strings – C209 Upper Strings – LH317 Voice – C202 Winds – LH217		
1:00 pm to 1:50 pm	Meeting with Cohort Teaching Assistants for Dance, Voice, Composition, Music for New Media, Computer Music Lunch for Keyboard/Percussion, Guitar/Harp, Brass, Winds, Strings			
1:30 pm to 2:25 pm	Preparation & Recovery <i>(Warm-Up/Cool-Down & Healthy Practice for Dancers)</i> This session will address proper warm-up, stretch, and cool-down practices, including adaptations for a variety of spaces and situations, and will discuss prioritizing such healthy practices through effective time management.	Andrea Lasner	Dancers Only	AHB28

Thursday, Aug. 24 (cont.) 2:00 pm to 2:55 pm	Fitness (Strength & Conditioning Fundamentals) A short introduction to the principles of strength and conditioning and how physical fitness and regular exercise programs can promote health and develop mental awareness to enhance peak performance. A review of how fitness affects performing artists, specifically regarding injury prevention.	Mitchell Canham, Avery Nevin	Winds, Brass, Music Composition, Music for New Media, Computer Music	Griswold Hall
	Practice Planning This session will provide an overview of principles of warm-up and practice planning to maximize physiological peaking for performance. Topics will include application of work/rest cycles in planning daily practice and weekly practice during developmental, breakthrough, and performance periods, as well as long-term planning for peaking towards important performances.	Serap Bastepe-Gray	Guitar/Harp, Keyboard/Percussion, Upper/Lower Strings	Cohen-Davison
	Vocal Health - Part II Part 2 of this series will continue to introduce the singer to some simple concepts and rules of vocal health and address the participants' questions about vocal health through interactive discussion.	Melissa Bidlack & Peggy Baroody	Singers Only	LH207
3:00 pm to 3:55 pm	Fitness (Strength & Conditioning Fundamentals) A short introduction to the principles of strength and conditioning and how physical fitness and regular exercise programs can promote health and develop mental awareness to enhance peak performance. A review of how fitness affects performing artists, specifically regarding injury prevention.	Mitchell Canham, Avery Nevin	Guitar/Harp, Upper & Lower Strings	LHP16
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	Vocal Health - Part III Part 3 is continuation to part I and II of this series. Continue to introduce the singer to some simple concepts and rules of vocal health and address the participants' questions about vocal health through interactive discussion.	Melissa Bidlack & Peggy Baroody	Singers Only	LH207
	Basic Principles for Healthy Practicing This session will focus on the most common causes of injuries at the piano and how to avoid them through correct and natural motions.	Veda Kaplinsky	Keyboard Players Only	Centre Street Performance Space
4:20 pm to 5:15 pm	Fitness (Strength & Conditioning Fundamentals) A short introduction to the principles of strength and conditioning and how physical fitness and regular exercise programs can promote health and develop mental awareness to enhance peak performance. A review of how fitness affects performing artists, specifically regarding injury prevention.	Mitchell Canham, Avery Nevin	Keyboard/Percussion, Dancers, Singers	LHP16

<p>Friday, Aug. 25</p> <p>8:30 am to 9:25 am</p>	<p>Developing Psychological Flexibility for Peak Performance & Improved Mental Health</p> <p>A new focus within performance psychology is the use of mindfulness and acceptance-based treatments to help musicians, vocalists, and other performing artists, to develop “psychological flexibility.” This skillset has been shown to help athletes enhance performances and improve their mental health, and newer research with musicians suggests it helps to manage performance anxiety as well. This session will teach you how to improve your psychological flexibility with helpful information and experiential exercises, and it will allow time for questions.</p>	<p>David Juncos</p>	<p>Everyone</p>	<p>Friedberg Hall</p>
<p>9:30 am to 10:25 am</p>	<p>Hearing Health</p> <p>This session will inform musicians on how we hear and the impact of exposure to high sound energy on hearing. We will discuss practical applications to maintain hearing wellness for a lifetime of music making.</p>	<p>Kris Chesky</p>	<p>Everyone Except Dancers</p>	<p>Goodwin</p>
<p>9:30 am to 10:25 am</p>	<p>Nutrition & Sleep for Dancers Only</p> <p>This session reviews general nutrition topics: reviewing how to build an appropriate nutrition plan based on your needs, nutrition during high intensity training and performances, how aspects of our life impact our nutrition decisions, the ways that diet culture shows up in our lives and what to do about it, and the impact of sleep on your health as students and performers.</p>	<p>Rayven Nairn</p>	<p>Dancers Only</p>	<p>Unger Conference Room</p>
<p>10:25 am to 10:45 am</p>	<p>Mid-morning break</p>			
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<p>11:45 am to 12:15 pm</p>	<p>Meeting with Cohort Teaching Assistants</p>		<p>Comp/CM & MFN – Cohen-Davison Brass – C206 Dance – LH214 Guitar/Harp – C207 Keyboard/Percussion – LH314 Lower Strings – C209 Upper Strings – LH317 Voice – C202 Winds – LH217</p>	

<p>Friday, Aug. 25 (cont.)</p> <p>12:15 pm to 12:50 pm</p>	<p>Dining Hall Tour (Optional)</p>	<p>Rayven Nairn</p>		
<p>Wednesday, Aug. 30</p> <p>6:30 pm to 7:30 pm</p>	<p>Creativity and Mental Wellness</p> <p>Composers, producers, songwriters, and other creative musicians inevitably get mentally or emotionally stuck. What can we do to prevent or work through those moments? Using research in psychology, neuroscience, and creative studies, this session will help you learn how to develop a healthy and productive work process that avoids getting trapped by thought patterns like those found in anxiety, depression, and attention deficit.</p>	<p>Aaron Helgeson</p>	<p>Music Composition, Music for New Media, Computer Music</p>	<p>Cohen-Davison</p>
<p>Thursday, Sept. 7</p> <p>5:30 pm to 7:00 pm</p>	<p>From Blank Page to Finished Score</p> <p>A dialogue between Music Composition faculty members on effective work habits and common challenges encountered in the creative process.</p>	<p>Moderator: Sarah Hoover Panelists: Joel Puckett Oscar Bettison Felipe Lara Sky Macklay</p>	<p>Music Composition, Music for New Media, Computer Music</p>	<p>Cohen-Davison</p>