

TRAINING THE VOCAL ATHLETE:**PEDAGOGICAL APPROACHES TO OPTIMISE VOCAL FITNESS AND WELLNESS**

Saturday 21st November 2020

Registration from 3pm

- 3.30pm Introduction
- 3.40pm Current research into belting physiology
- 4.15pm Pedagogical considerations
- 5.15pm Belting alternatives when working with high intensity Broadway performers/
pro gigging singers.
- 5.45pm Troubleshooting
- 6.10pm Questions
- 6.30pm Close

Sunday 22nd November 2020

Registration from 3pm

- 3.30pm Introduction
- 3.35pm Exercise physiology principles for the Vocal Athlete
- 4.00pm Application of Motor Learning Principles to voice training: Practical
tools/ideas/exercises.
- 4.45pm Break
- 5.00pm Practical tools for working with elite singers in crises: Masterclass/video?
- 5.45pm Application of SOVT exercises to optimise vocal stamina, strength and fitness
after injury.
- 6.15pm Questions
- 6.30pm Close