I. Lookin’ Back (An Introduction)........................................1
   A. Benefits
   B. Statistics—Research supports...music education!
II. So What’s the Purpose?................................................2
   A. Benefits
   B. Statistics—Research supports...music education!
III. All On Board!................................................................3
IV. Let’s Get Started!..........................................................3-4
   A. Announce—IN PARISH
   B. Establish—PLACE AND TIME
   C. Begin—ON TIME
V. How Do We Get Going? First Rehearsal!.........................4
   A. Five-minute warm-up suggestions
      *HEAD ROLL, ARMSTRETCH, RAG DOLL
      FACIAL STRETCH ‘N SCRUNCH, YAWN!, SIREN
      *INHALE / EXHALE..............................................5
      *HUM—LIPS CLOSED with MOUTH OPEN!
         (EXERCISE 1)
      *WORK LOWER REGISTER
         (EXERCISE 2)....................................................5-6
      *STACCATO AND LEGATO......................................6
      *REVERSE THE VOWEL SOUNDS
         (EXERCISES 3 AND 3A)
      *LYRICS EXERCISE...............................................7
         (EXERCISE 4)
   B. Have the choir sing a simple melody, in unison.
   C. Listen for strong pitch-matchers and non-pitch-matchers.
   D. Place singers according to voice range
VI. So You've Got Ability...What's the Level?.................8-10
   A. Common tips for all levels
   B. Suggested rehearsal plans at three levels:
      1. For the BEGINNING TEEN CHOIR
         WARM-UP, SOLFEGE, DYNAMICS, BASIC BLENDING
         MATCHING VOWELS, DIAPHRAGM/BREATH CONTROL,
         DICTION, 6TH GR. TRANSITION, SUGGESTED PIECES
      2. For the INTERMEDIATE TEEN CHOIR.............10-11
         WARM-UP, SOLFEGE, BASIC BLENDING,
         MATCHING VOWELS (EXERCISE 5),
         DICTION (EXERCISE 6 AND 6A),
         INTERVALS, BREATH CONTROL, CATCH-BREATHE.....12
         SUGGESTED PIECES
      3. For the Advanced Teen Choir.........................13
         WARM-UP, MUSICAL PHRASING, CHORAL BREATH,
         CATCH BREATH, MANAGE THE BREATH, BREATH
         CONTROL, WARM UP LIPS/SING FORWARD TONE
         (EXERCISE 7),
         BLEND REGISTERS, CHEST VOICE...............13-14
         (EXERCISE 8)
         ARTICULATE, EMPHASIZE DICTION
         (EXERCISE 9)
         BLENDING AS A SECTION, THEN AS A CHOIR
         MATCHING VOWELS......................................14-15
         DIPHTHONGS, SIGHT SINGING, SUGGESTED PIECES

VII. Let's Get Practical—Tips!..................................16-17
    A. Giving Pitches (Basic Techniques)
       1. Invest in a PITCH PIPE
       2. LEARN INTERVALS
    B. Pitch Problems
       1. Effective method of teaching PITCH MATCHING!
       2. Works well for boys' changing voices!
       3. Takes patience and perseverance; meet frequently
       4. Place student next to pitch matchers
C. The Changing Male Voice.................................17-18
   1. Chest Voice
   2. Head Voice / Falsetto
      (EXERCISE 1 AND 10A)
   3. Blend Chest and Head Voice
   4. Have choir sing with each section
D. Boxes and Binders (a.k.a. “ORGANIZE...STUFF”).........18
   1. File Box
   2. Black Binders

VIII. Ministry in the Church—Our First Call!..................19
   A. Sing Communion Hymns, Chant, Sing in Adult Choir;
      sing Troparia and Kontakia in Palm Sunday Liturgy
   B. Other opportunities—Patronal Feast, Church Festival,
      Banquets, Annunciation Tea (Girls), Father’s Day (Boys),
      Nativity Pageant

IX. Taking It on the Road (Outside Performances, etc.)......20
   A. Nursing homes/Parish shut-ins
   B. “Sing and Serve” at Homeless Shelter (Combine with
      Teen SOYO Activity)
   C. Perform for Community Music Festival/other events

X. Keeping It Fun!
   A. Have a “Secret St. Nicholas Gift Exchange”
   B. Attend a concert (or other musical event) together
   C. Give small gifts to each member (Pascha/Christmas)

*APPENDIX (GUIDE)............................................21
Appendix 1) – A Mini Music Glossary..........................22
Appendix 2) – Basic Conducting Skills and Patterns......24
Appendix 3) – Vocal Exercises................................25
Appendix 4) – Curwen Hand Signs............................29
Appendix 5) – Learn Intervals through Songs..............30
Appendix 6) – Recommended Resources......................31
Appendix 7) – Author Biographies............................32
Appendix 8) – Suggested Pieces from this Manual.......34
*All music located in Singer’s Companion Volume (SCV).
Page numbers in this Director’s Instructional Volume
(DIV)-Appendix 8 and TEEN CHOIR LOGO (pp.34-42)
correspond to Sheet Music pages in the (SCV).