

## **Meaningful Warmups**

### **SKILL BUILDING**

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Gold Nugget Area School, September, 2012

#### **Vocal Skills:**

- Posture
- Breath
- Phonation
- Resonance
- Articulation

#### **Unit Sound:**

- Vowels (including diphthongs and “prethongs”)
- Dynamics
- Tuning
- Blend
- Balance
- Tempo/Rhythm

### **UNIT SOUND**

*Lori Lyford*

This means that every singer is responsible for every nuance,  
Every vowel formation, every emotion and projection of that emotion,  
Every rise and fall of phrase, every move complete with energy,  
The satiny smooth delivery of lyrics, right notes and correct pitch,  
And the mental and physical preparation to be and do her best.

To maintain this unit, we must, each one of us, be responsible singers,  
Singing as one body, one body that moves together,  
One body that feels emotion together, one body that projects its image,  
And its goals with unanimity, a strong, united voice.

Anything less may not be satisfying.

**Put the best You in Unit!**

