

PASIC 2022 Health & Wellness Sessions

By Dr. Brad Meyer

This year's PASIC is sure to be a fantastic event for every level of percussionist and drummer! The Health & Wellness Committee is excited to feature a clinic, a panel discussion, and two experiential wellness sessions. Below, you can find information about those sessions. Make sure to add them to your schedule. The Health & Wellness Committee looks forward to seeing you at PASIC!

HEALTH & WELLNESS SESSIONS

Clinic: Effortless and Relaxed Playing Through Yoga Alignment Knowledge

By Dr. Matthew Lau

Muscle tensions, aches, pains, and soreness are no strangers to any musician, and percussionists are no exception. In our percussion education, we are told to relax our hands and put in the hours in our practices with structured sessions and various drills. With the repetition of motions on top of holding heavy mallets and sticks, muscle tensions and soreness naturally occur. Many of us think this is the price we have to pay in order to execute the perfect performance. I was one of them until I became an intensive yoga practitioner.

The human body is an intelligent system of muscles, bones, and connective tissues working together instinctively to facilitate our movements. Our natural ability to connect becomes discorded due to stress, bad habits, and incorrect posture.



DR. MATTHEW LAU
Saturday, Nov. 12, 10 AM

Many people continuously lose strength and constantly suffer from pain and stiffness. Through proper alignment of my body through yoga practice and sessions with my instructor, I have discovered a number of stretches and poses that have led to a more effortless and relaxed playing experience. As a result, I was able to perform longer and louder.

This session invites participants to explore these alignment cues and stretches together, and I will share my personal favorite poses targeting the areas where percussionists always feel tight and sore. A short Q&A will be incorporated at the end of the session for participants to ask questions regarding specific stretches for certain areas. No prior experience in yoga is required. All types of participants are welcome.

Panel Discussion: Hearing Loss and How It Is Affecting All Percussionists

With Michael Burritt, Julie Davila, Quincy Davis, Ann Bilodue, and Brad Meyer

Dr. Brad Meyer (PAS Health & Wellness Chair) will moderate a panel discussion with a diverse group of percussionists consisting of experts in various fields of percussion, including Michael Burritt (PAS President and Percussion Professor at Eastman), Julie Davila (battery arranger for the Music City Drum Corps, Nashville, Tennessee and the percussion coordinator and arranger for the Middle Tennessee State University Band of Blue Drumline), Ann Bilodue M.S./CCC-SLP (speech-language pathologist, faculty member and clinic director of the Butler Speech and Language Clinic in Indianapolis, Indiana), and Quincy Davis (Associate Professor of Jazz Drumset at the University of North Texas). These experts will talk about hearing loss in relation to their personal experience, students' experience, and advocacy about best practice for future percussionists/drummers to protect their hearing while having active professional music careers.



HEARING LOSS PANEL: Michael Burritt, Julie Davila, Quincy Davis, Ann Bilodue, and Brad Meyer
 Thursday, Nov. 10, 5 PM

EXPERIENTIAL WELLNESS SESSIONS


These are joint sessions hosted by the Health & Wellness Committee and Recreational Drumming Committee.

Higher education as a hub for community music: Duck Samba Presents a Workshop with Dr. Dana Monteiro of Harlem Samba Academy, with Cameron Siegal

University of Oregon's Duck Samba is an ensemble dedicated to the appreciation, study, and performance of the samba tradi-

tions of Brazil. In this clinic, Duck Samba will be joined by special guest Dr. Dana Monteiro of the Harlem Samba Academy to discuss higher education as a hub for inclusive community music experiences and explore characteristic rhythms of the samba schools of Rio de Janeiro.

Attendees will be invited to participate in this hands-on clinic. All are welcome and no experience is necessary. Come and learn how to support inclusive, participatory music education experiences for all.




WGI EDUCATION


EDUCATIONAL DOWNLOADS!

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PERCUSSION DESIGN


Every essential topic for your indoor percussion program is covered in this series from storyboarding, to orchestration, incorporating electronics, and more!







MOVEMENT TECHNIQUE

Grow as you go with WGI's Movement Series: *Warm-Up*, *Technique Class*, and *Across the Floor* educational videos.







WGI.ORG/DOWNLOADS



DUCK SAMBA WITH DR. DANA MONTEIRO OF HARLEM SAMBA ACADEMY, WITH CAMERON SIEGAL
 Friday, Nov. 11, 4 PM

The clinic will discuss the potential to utilize contemporary communication technologies to promote remote international study on a scale that would otherwise be nonviable. Duck Samba is directed by students and faculty at the University of Oregon, including music education PhD candidate Cameron Siegal, jazz studies major Reilly Gault, and ethnomusicologist Dr. Juan Edwardo Wolf.

Jitka will lead the participants in a floor yoga sequence introducing gentle and dynamic poses. The intention will be on symmetrical lengthening of the areas of the body that are commonly shortened and restricted from playing percussion instruments. This will be followed by an extended Savasana with guided meditation accompanied by a gong sound immersion by John. **PN**

Yoga for Percussionists with Live Accompaniment
With Jitka and John Yost

Jitka and John Yost's workshop will combine yoga and sound.



SOUND MAGIC: JITKA AND JOHN YOST
 Thursday, Nov. 10, 1 PM

DIVERSITY ALLIANCE
PANEL DISCUSSION

Dr. Jillian Baxter
Percussion is for Every Body: Black Women
Percussionists
Friday, Nov. 11, 1 PM

Every successful percussionist overcomes challenges during their education and career. However, some members of our community face headwinds unrelated to their aptitude or dedication. To achieve success as drummers and percussionists, Black women must strive in the face of both the racism and the misogyny that persist in our broader society and, unfortunately, within areas of our musical community. The PAS Diversity Alliance will continue its "Percussion is for Every Body" series with a discussion among four percussionists who are Black women. The panelists will discuss their education, workplace, and performance experiences, as well as the crucial need to meaningfully build engagement with young Black women within the percussion community. Our panelists have a broad range of professional specialization and experience. Students and professionals alike will benefit from this conversation about how we can all create a more inclusive environment for Black female percussionists.