



2025 Cymbal Audition Packet

AUDITIONS: OCTOBER 20th 2024

12PM-7PM

AUDITIONS: OCTOBER 27th 2024

12PM-7PM

Strength

We will be going over all crash techniques and sound effects as well as the exercises in your packet. We will also be doing strength and stamina exercises where you will switch from different playing positions while marking time or marching. The following is the main workout routine used by the SCV cymbal line. It has proven to be an extremely effective way of building strength if done correctly. You might not be able to start with the same number of push-ups or holding times listed below, and that's okay! Be sure to start at your level and build your way up from there. You will need a stopwatch or timer so that you can time yourself.

1. Drop down to the push-up position with your arms spread wide apart. Do 30 to 40 push-ups, keeping your body straight and doing every push-up at a moderate pace. Do not try to get through these push-ups as fast as you can!
2. Immediately after finishing your push-ups, get up and put your cymbals on -- with no time for rest. Go to Flat position and hold your cymbals there for 1 to 2 minutes.
3. Rest for no more than 3 minutes.
4. Repeat Step 1, but this time do the push-ups with your elbows to your side.
5. Repeat Step 2, but this time hold your cymbals at Port position.
6. Rest for no more than 3 minutes.
7. Repeat Step 1, but now put your hands close together in front of you, making a diamond shape.
8. Repeat Step 2, but now hold your cymbals at Tap position.
9. Rest for no more than 3 minutes.
10. Do as many push-ups as you can! (Doesn't matter which kind...)
11. Get up immediately after the push-ups and hold your cymbals at Port as long as you can.

It's a good idea to time yourself every time to see how long you can hold them up and how you're progressing over time.

The purpose of this exercise is to give you the opportunity to constantly push yourself to the limit. As time goes by and you begin to see your strength and endurance increase, you should increase the number of push-ups and the amount of time you spend holding your cymbals up in different positions.

VIP 2025

Cymbal Packet

Timing Foot Development

♩ = 100 - 140

Musical notation for Timing Foot Development in 4/4 time. It consists of four staves of music. The first staff begins with a quarter note accent on the first beat, followed by quarter rests on the second, third, and fourth beats. The second staff continues with quarter notes on the first and third beats, and quarter rests on the second and fourth beats. The third staff features quarter notes on the first and second beats, quarter rests on the third and fourth beats. The fourth staff concludes with quarter notes on the first and second beats, quarter rests on the third and fourth beats.

4-2-1 Grid (16th Note Accents)

♩ = 80 - 110

Musical notation for 4-2-1 Grid (16th Note Accents) in 4/4 time. It consists of three staves of music. The first staff shows a continuous stream of 16th notes with accents on the first, second, and fourth beats of each measure. The second staff repeats this pattern with a repeat sign at the end. The third staff concludes with a final measure containing a quarter rest.

4-2-1 Grid (Triplet Accents)

♩ = 100 - 130

Musical notation for 4-2-1 Grid (Triplet Accents) in 4/4 time. It consists of three staves of music. The first staff shows a continuous stream of 16th notes with accents on the first, second, and fourth beats of each measure, with a '3' above each triplet. The second staff repeats this pattern with a repeat sign at the end. The third staff concludes with a final measure containing a quarter rest.