SYNCH – or Swim!

SYNCHRONIZATION is commonly referred to as “synch.”

Synchronize - verb: to occur at the same time; be simultaneous

**FACTORS WHICH PROMOTE SINGING “in synch”**

* Establishing and maintaining appropriate tempo
* Identifying downbeat vs. backbeat
* Maintain steady tempo
* Understanding and being confident with the interpretive plan
* Being confident with notes and tuning
* Developing and utilizing proper breath support to start and complete phrases with integrity
* Establishing unified mood or emotion of story and stay connected to the message
* Staying mentally checked in
* Using similar approach to vocal production, singing tall, open and resonant vowels
* Maintaining legato style
* Unifying energy and maintain energy throughout the song

**UNINTENTIONAL SYNCH DISTURBANTS**

* Flood of excitement, nerves or adrenaline
* Environmental distractions
* Environmental acoustic distractions
* Illness, pain or physical discomfort

**ACTIVITIES for PROMOTING UNITY**

* Unison singing (internal synch, phrase attacks and releases)
* Doot or book; patting, walking or clapping (tempo/rhythms)
* Clap (pulse, rhythmic clarity)
* Kinesthetic gestures (legato delivery)
* Silent performing (general unity)
* Bubble/lip trill (legato, breath support)
* Sing with eyes closed (confidence in interp plan)
* Breathing exercises (mental and physical relaxation)

Joan Boutilier

Sweet Adelines International Faculty

Certified Sound, Approved Expression Judge

Master Director, River City Sound Chorus Region 3

Tenor, Four Bettys 2008 International Quartet Champions

International Board of Directors