



Inspirations!

The official newsletter of Scor!

www.StringCamp.com

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Scor! is a program operated by Symerge, a non-profit corporation dedicated to creativity training. (www.symerge.org)

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Our special thanks to all Flex-Note participants so far! Your collective \$25,000 investment has helped make Scor!'s growth possible!

Save 'till Jan. 15

Special \$30 early-bird savings on Scor! Rochester ends:
January 15, 2011

Register now and save!
www.StringCamp.com



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Had a great time and loved meeting everyone. All the music was fantastic. It'll be a hard reality returning to work on Monday. – J.E.

Relax *from page 1*

Breathe

I can't tell you how many times I have asked students to breathe as they are playing. Holding your breath only tightens your muscles. Have you noticed your breathing habits as you are playing?

Repeat

There are many separate physical skills involved in string playing, and a relaxed mastery of any one of these skills is simply a matter of letting go of tension and repetition (practicing correctly!).



So, whether it's shifting gears, shifting positions, or the latest new skill... Relax.

Breathe. Repeat. Again... and again... and again... You're going to get this.

* -B.B.

For an expanded, detailed, and personal approach to this topic, attend the **Scor! Rochester 2011 Pre-Camp session "Keys to Unlock Your Playing"** presented by Beth and Kyle Bultman.



Bloody Measures *from page 1*

"Ok. Who here reads?" Her eyes were locked on mine. I raised my hand along with everyone else. "Do we read each letter of a word?" "No," we all mumbled and swung our heads back and forth. "You read ahead so you get the context, right? It's the same in music. Read the notes ahead. Trust that your fingers will play what you've already read." She was still looking my way. "If you miss notes, it's okay. Throw 'em away and move on. Make the beginning great. Make the ending great. That's what's important."

"Bah-buh-buh-bah-buh."

This rhythm forged a seemingly permanent pathway in my brain. I hear it when I exchange e-mails with Rita and my other new camp buddies. I enjoyed marvelous connections with fellow musicians, forged like that rhythm into something called Scor!, something more than just a string camp for adults.

Dust off your instrument, put rosin on that bow. As our conductor would say, if you miss notes, it's okay. Join us in Rochester for Scor! and be a part of a great beginning, a great ending, and an amazing experience along the way.

* -D.T.

New Site in 2011

Because Roberts Wesleyan College is unable to host Scor! this year due to other commitments, Scor! Rochester will take place in a school on Rochester's east side. Although you may miss the Roberts campus, Shewan Recital Hall, and Davison Lounge in the dorm, you'll be happy to know that there are some great changes afoot.

and pay less than you did in the dorm!

Accessible Facilities

All rehearsal, instructional, and eating facilities are located on the same level, or just a short elevator ride away. No more slipping, falling, or fighting with your cello case on narrow, hundred-year-old stairs.

Upgrade your Room

Now, collapse in a comfy hotel room after a long day at Scor! Enjoy an exercise room, pool, and comfortable accommodations. No more

Dry Transitions

Daytime facilities are located in the same building. Stay out of rainy downpours!

Full Auditorium:

Enjoy a great acoustical space to rehearse, concertize, listen, and relax. Complete with a stage and padded auditorium seats. No more craning your neck to see the seated performers, nor moving hundreds of chairs every day. (Site Manager and Volunteers, rejoice!) * -B.B.

skimpy towels, ill-fitting sheets, hard-as-a-rock beds, shared hallway bathrooms, and do-it-yourself bedding. For the frugal camper, share a room at our economy hotel



Inspirations!

The official newsletter of Scor!, String Experiences for Adults

The Bloody Measures!

“Bah-buh-buh-Bah-buh. Accent the first and third beats.” I went to Scor! Rochester in July, and five months later I still hear the encouragement and good humor of Lisa Caravan, our String Orchestra conductor. What’s Scor! Rochester? A String Camp for adults. “Camp” as in “be a kid again”.

Scor! gave me four glorious days of playing music and connecting with other adult musicians. There were beginners as well as advanced musicians.

There were the faculty, all committed to making Scor! an unforgettable and inspiring experience. Everyone was genuinely happy to welcome the newcomers.

It was in orchestra rehearsal that I was handed my key lesson, one I continue to practice every day. (I was in the Basic Track, geared toward people with 1-4 years of experience with their instruments.) There were two especially difficult measures, one right after the other, that I referred to as “the bloody measures.” The conductor would say, “Let’s take it again from measure nine.” I leaned over to Rita, a fellow cellist, and said “Ugh, the bloody measures.” Rita and I decided to meet at 6:00 a.m. each morning to practice our parts. “What do you want to practice

first?” “Let’s start with the bloody measures.” Rita showed me the fingerings she was using, but it was no use. My fingers missed the mark every time we played faster than a snail’s pace.

The orchestra met for a final rehearsal on Saturday. I was tapping out the fingerings of the bloody measures. This was it - my last chance to nail the notes. “Let’s take it from the top.” Lisa stopped us in the middle of my battle with measure nine.

See **Bloody Measures** on page 4



Donna Tatro
Princeton NJ



Scor! Checklist

- Share your Scor! story on our Facebook group page
- Send a year-end gift
- Reserve your spot for Scor! Rochester 2011
- Stay tuned for info on a Scor! event near you
- Play... practice, learn, relax, & enjoy

Relax. Breathe. Repeat.

Brake. Brake! Push in the clutch. Put it in gear. Start the car again. Feather the clutch. Give it some gas! Shift gears!

Thus has been my recent experience of learning to drive a stick-shift car. A few weeks ago, I practiced stopping and starting dozens of times in a mall parking lot. When finished, I found that I was holding my breath, and that my shoulders, arms, and neck were rigidly tense.

Relax, you would say. You’re learning a new skill. You just need to practice, and then it will become a habit.

Exactly! When learning a new skill, whatever it is, we try very hard to do it right. However, often we forget to breathe, and we tense up our bodies. Although

this is a normal response, it creates an obstacle for progress.

Relax

One of the biggest lessons that we learn as string players is to use our bodies efficiently, with as little tension as possible. This enables us to make better use of the physical training we are undergoing as we practice. How much unnecessary tension do you carry in your body as you play?

See **Relax** on page 4



Camp "Rocs" in Rochester

The first morning has usually been a quiet time at Scor! But this year, Pre-Camp came on the scene: 3 hours of instruction focusing on a specific aspect of string playing. While violinists were learning viola for the first time, others were experiencing technique revelations, and still others were blissfully reading chamber music with friends and faculty. What a unique and wonderful start to camp!

Everyone achieved an incredible final music-sharing event, complete with wonderful first-time accomplishments, meaningful and emotional performances, and a Groove Ensemble with a surprise guest rock star.

It seems that Scor! had it all this year -- classical, fiddle, jazz, rock, early morning practicing, late-night jamming, extraordinary faculty recitals, meaningful instruction, and loads of laughter and friends. Can't wait 'till next year!

* -B.B.

Campers are saying...

- I had an awesome first experience. Thanks! See you next year. -K. M.
- I truly believe this was the best camp yet. I had a blast and I'm looking forward to next year already. -C. D.
- Scor! is my new reality. Everything else is fluff and nonsense. -R. E.

Support the Cause!

Send a year-end financial gift

Donate a stringed instrument



Earn with FlexNote

Earn money with a purpose with FlexNote™ by which you loan funds to Symerge, and receive a higher interest payment than savings accounts or CDs. Plus, you can use your balance for Scor! tuition or gifts. Contact us for more info.

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Contributors from our Oct. '09 - Sept. '10 fiscal year.

Chamber Music fun abounds at Scor!



from my scrapbook

proverbs for the player

by Beth Bultman

Concerning Practicing:

- ★ Knowledge is not the same as physical skill. No matter how well you know something, you can't apply it to your instrument until your body learns it too.
- ★ There are many "how-tos" in string playing. Don't think about them all at once. You'll go nuts. One at a time. Easy does it.
- ★ Once won't do it. Practice it

again. And again. And again. You'll get it.

- ★ Behave as if you're the parent and the child. The mom says "go practice," and the child says "OK." You're both.
- ★ You're learning a physical skill. Just like you would not expect to serve a tennis ball correctly the first time, don't expect to ace the bow hold, draw a straight bow, or do vibrato with-

out much repetition.

- ★ Believe that you can be a little better. That alone will help you make a big step.

For more about practicing, attend *Get Better Faster*, presented by Beth Bultman at Scor! Rochester 2011. *

"Knowledge is not the same as physical skill."

Quiz Time!

Are you a Scor! expert? Test yourself and see:

1. True or False? All the participants at Scor! events are accomplished musicians. T F
2. Scor! Rochester 2010 had attendees from 15 different states and provinces. T F
3. Scor! is designed for:
 - a. moms & dads, grandmas & grandpas
 - b. retired people & hobbyists
 - c. young professionals in non-music careers
 - d. school & private studio string teachers
 - e. all of the above
4. How many full-time employees run the Scor! programs?
 - a. 2
 - b. 4
 - c. 0
 - d. 1
5. Scor! Rochester is held in Rochester, NY, which is...
 - a. Practically the Arctic
 - b. A 3-6 hr. drive from New York, Pittsburgh, Detroit, and Toronto
 - c. Isolated and far away
 - d. A lovely mid-sized city in western NY, located on Lake Ontario

Answers:

1. False. While some Scor! campers are experienced musicians, others have barely begun! Scor! accepts adults of any level, including those who have never even touched a string instrument! 4 tracks of instruction & experience are customized so that at Scor!, there's a place for everyone!
2. True! Scor! attendees hail from all over the US and Canada.
3. Answer: e
4. Answer: c
5. Answer: b & d *

Online Registration

In previous years, you may remember a complex registration form, resembling something you'd expect from the IRS. No longer! Scor! recently unveiled its totally new registration system and event website.

Our current online registration system helps guide you through the process, eliminating confusion and only

showing options relevant to you. Plus, you'll get an easy-to-understand registration summary e-mailed to you instantly. If you need to make changes to your registration (e.g. oops, I forgot to sign up for that Technique Pre-Camp! What now?), simply log on to your account, add the item, check out, and you're done! Payments can be made

by PayPal, check, or your Symerge FlexNote account.

This system also creates a new level of efficiency for Symerge, saving money and staff time, and enabling more focus on the improvement and expansion of Scor!

Check it out today at
www.StringCamp.com

* -K.B.

Symerge News

Board Grows

Nancy Mack has agreed to serve on the board of directors for Symerge. Nancy has attended multiple Scor! Rochester Camps and Atlanta Scor! Workshops. Nancy brings with her a wealth of business acumen and an intense passion for the cello!

FlexNote Participation Grows

Since its quiet start in January of 09, the FlexNote program has resulted in \$25,000 of short and long-term financing for Symerge, one-third of the way to the goal of \$75,000. FlexNote participants have helped make the operation of Scor! possible, and are saving

the organization a significant amount in financing costs. Thank you to all who have participated! If you'd like to learn more about how you can make your money and Scor! grow at the same time, please e-mail or call the office to request a FlexNote brochure.

* -K.B.

Dear Scor! Rochester 2010 Campers,

Many of you have expressed your thanks in smiles, conversations, e-mails, facebook comments, and early registrations for next year! We appreciate those of you who spoke to us at camp, such as Catherine, who stopped us in the dining center, saying, "I just wanted to tell you how much I appreciate everything you're doing, and how great this program is. This must be a lot of work but I so much appreciate that you put all this together and made it happen." We spoke with several of you during camp, who commented on changes in your playing, mental approaches, emotions, and lives that came from attending Scor! We are truly blessed to know that we have been a part of these transformations. Your enthusiasm, appreciation, and stories of growth and transformation make all of the sacrifice worthwhile. Hope to see you at a Scor! event in 2011!

Musically yours,
Beth & Kyle