



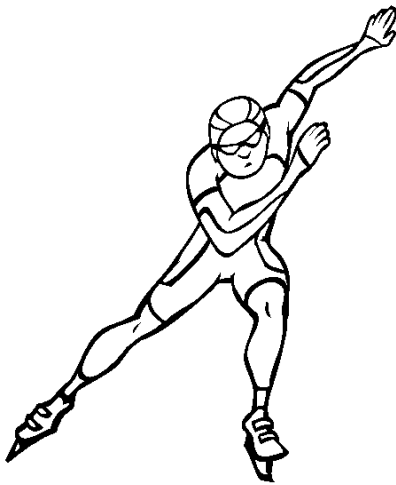
*Creston Valley Music Teachers Association*

## **Practice-athlon 2010 Instructions**

Practice Challenge January & February

*Deadline: February 19, 2010*

**SIGN UP FOR YOUR GOAL.** Suggested levels are below. However, you may set a goal which is more advanced than your conservatory level.



Level A (instrumental/vocal level: beginner)  
*25 laps for the 5 week period*

Level B (conservatory grade 1 - 2)  
*50 laps for the 5 week period*

Level C (conservatory grade 3 - 4)  
*75 laps for the 5-week period*

Level D (conservatory grade 5 - 6)  
*100 laps for the 5 week period*

Level E (conservatory grade 7 and up)  
*150 laps for the 5-week period*

During the Practice-athlon, practice all you can and mark in each 15-minute lap you completed. Hand in your completed practice chart to your CVMTA teacher by February 19, 2010

One Recreation Centre pass will be awarded to the student attaining the highest number of laps in each category.

Every student attaining their minimum goal will be featured in "Notable Students" in the *Creston Valley Advance* and at [www.cvmta.ca](http://www.cvmta.ca)

