

# Paisley Philharmonic Choir

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## Not sung in a choir for a long time?

### Here are a few pointers that may help

1. Take it easy to start with, you can sing along with the choir and test out how your voice sounds with the others, you will soon gain more confidence.
2. Don't strain your voice, start with gentle exercises and warm-ups.
3. Choose some of the many online video singing training tutors that suit you, and follow them at home You don't have to subscribe to the sites to use some of the resources, pick sites that are well-used and so, hopefully, well maintained and protected. There are some really great singing exercises that will help you develop your voice. You will probably settle on 2 or 3 tutors whose styles you prefer.
4. Search for articles and videos that seem to deal with the issues you have with your voice, and especially the fundamentals:
  - a. Breathing
  - b. Posture
  - c. Range
  - d. Hydration
  - e. Lifestyle
  - f. Regular Practice
  - g. Signs of discomfort or strain in your voice
5. Find warm-ups that work for you, and build your own routine from the many suggestions online, or which are recommended by singers you know. Have a 10-15 minute one to use before choir rehearsals or

performances, or when you're just having a busy day, and a longer one to have a really good work-out. Yes – the muscles that are associated with singing need exercise, just like the rest of your body! You will find that many of the online resources will cover the same kind of things, in their own individual styles!

6. You will probably find that your vocal range has changed if you haven't sung for a long while. Over time you may well get your former range back, but don't push it. Content yourself in the meantime with the vocal part (SATB) that is comfortable for you – sing 2<sup>nd</sup> Soprano, Alto, Tenor or Bass for a while, or even move down a part, until you are confident to sing higher/lower.
7. There's no pressure, relax and start to enjoy singing again where your voice is now. The process of restoring your previous vocal abilities will not happen overnight, it will require patience and perseverance. Everyone's voice is unique and the journey will be different for each person.
8. You may not achieve a complete restoration of your previous vocal levels, but there is no reason why you can't still enjoy the benefits of choral singing!
9. You might, of course, want to consider getting help from a professional vocal coach or singing teacher to help you rebuild your voice, should you wish.