



THE LXXXVIII OLYMPICS

INDIVIDUAL EVENTS:

1. Gold Medals will be earned and awarded during lessons throughout the year.
2. Gold Medalists will also be recognized during the Closing Ceremonies.
3. Levels will be assigned individually by your Coach.
4. Coaches will ensure the Olympians have the proper workouts available to earn all individual event gold medals but success will depend on the consistency and frequency of workouts at home.

Workout Marathon:

Complete 100 Workouts

Repertoire Race:

Learn 3 Coach-selected pieces by the Team Composer

Terms & Symbols Match:

Know all Level 1, 2 or 3 flashcard terms and symbols

Note Knowledge Dash:

Level 1 – Name and play all anchor notes

Level 2 – Name and play all staff notes (low G to high F)

Level 3 – Name and play all staff and ledger notes (low-low C to high-high E)

Scales and Their Keys Contest:

Level 1 – Recognize and play C, plus keys with 1 sharp or flat

Level 2 – Recognize and play Level 1, plus keys with 2 sharps or flats

Level 3 – Recognize and play Level 2, plus keys with 3 sharps or flats

Chord and Interval Challenge:

Level 1 – Recognize & Play Level 1 scale chords (I,V,V7) plus recognize intervals 2nd-5th

Level 2 – Recognize & Play Level 2 scale chords (I,V,V7) plus recognize intervals 2nd-8th

Level 3 – Recognize & Play Level 3 scale chords (I,V,V7) plus recognize all intervals

Bass-a-thon:

Level 1 – Play 2 songs each with solid and broken basses

Level 2 – Play 2 songs each with solid, broken, lullaby and alberti basses

Level 3 – Play 2 songs each with Level 2 basses plus 5 additional basses