

Music Lessons from the world of Sports

Denson Paul Pollard

2010 Eastern Trombone Workshop

Routine/Fundamentals-Anfernee Hardaway vs Tim Duncan

“Penny” Hardaway was a very talented and highly lauded highschool and college basketball player in Memphis, TN. Early in his career he was an All NBA player and Reebok launched a huge ad campaign based on the “Little Penny” character. He plagued by constant injuries and his career ended as a result prematurely. I remember Penny saying that he never stretched, warmed up/down...never iced his knees...etc...

Tim Duncan-his fundamentals are so good he has the nickname “the big fundamental.” Footwork, shot form, court positioning, conditioning...4 time NBA champ, 3 time NBA finals MVP, 2 time NBA MVP, 12 time NBA all star, rookie of the year, etc....he actually stayed in college and finished his degree...father was a mason:O) this will come back. David Robinson “I am proud of his effort and attitude. He gives all the extra effort and work and wants to become a better player. Charles Barkley “ I have seen the future, and he wears number 21” Greg Popovich “Tim’s game is very quiet, almost unnoticed...no emotion. Just simple consistancy”

“the time when there is no one there to feel sorry for you or to cheer for you is when a player is made”

“Good, better, best...never let it rest. Until your good is better and your better is best”

Trombone playing-long tones, lip slurs, scales, not sexy..but I think that developing a consistant, personal and daily routine that touches on all fundamentals of playing is the most important thing a trombone player can do. Not sexy and if not in the right mind set, can be boring...but very exciting if you really buy into the idea that fundamentals are what win auditions. MET horn audition

Technology-Kobe Bryant, goes home and watches video after the game.

Efficiency/Adversity- Michael Jordan-once said in an interview that he tried to conserve energy in the game but not taunting, etc....because he wanted to have the energy when he needed. Also cut from him highschool basketballteam.

Nerves/focus-Tiger Woods

“Tiger’s biggest club is his mental strength. Woods can focus to the exclusion of all else under pressure, especially when a major championship is on the line. He’s the most mentally tough guy in sports, from race car drivers to football players to anyone.”

Speaking about nerves, Tiger said “All I see is trying to shape a shot and trying to make a putt”

visualation

Slow, Methodical, Repetitive Practice-NBA Free Throw Shooters, MLB Batters

“Success with shooting free throws lies in developing solid mechanics, and the amount of regular practice a player undertakes each day. Most player practice 10 minutes per day, but the best practice more. Good free throw shooters have a routine that they perform EVERY TIME they reach the line. Practice amounts to success. The more that player practices, the more proficient he becomes...”

General Knowledge-Ultimate Fighting-those guys must have knowledge of many different fighting styles to be successful.

Perseverance-Kurt Warner-he bagged groceries and played in the arena league before making it to the NFL.

Work Ethic-Allen Iverson vs. Jerry Rice

Where?

Alyssa Reit

“The Sporting Mind”

www.nytimes.com/2010/02/05/opinion/05brooks.html

Talent is Overrated by Geoff Colvin

Outliers by Malcolm Gladwell.