

Introduction

Welcome to MVP Studies For Marching Band!

MVP Studies is a method book designed for contemporary marching band by John M. Meehan & Vinnie Angelo. MVP is short for 'Meehan and Vinnie's Progressive'.

While the majority of the exercises found within these pages are presented for the combined group of winds and percussion, they were designed to be performed separately as well. If the ensemble is unable to warm-up together, or a combined warm-up is not the preferred method of operation, these exercises are completely adaptable to a battery only, pit only, woodwind only and brass only warm-up (or really any combination thereof you can imagine). Simply put, THAT is the beauty of MVP Studies For Marching Band, it was designed to adapt to any situation.

There is no ***one*** or ***correct*** way to use this book. Our hope is that every individual or group that purchases MVP Studies finds their own unique way of utilizing its contents.

The majority of this book is musical content. We purposely did this as MVP was created with the intention of being used as a "vehicle" for one to communicate their musical knowledge. It would be great if each exercise within this book found new and original interpretations with each group and helped in unique and different ways.

Beyond simply performing these exercises, there is an internal desire to improve that needs to be a prerequisite from each person affiliated within the group to achieve total success. Performing the first note together (whether in a performance or daily warm-up) begins WAY before the actual attack.

- ***Was the group focused and prepared before the count off?***
- ***Did the winds prepare their air and embouchure?***
- ***Were the percussionists set and ready to perform?***

These are only three of a plethora of questions that should be asked before beginning an ensemble warm-up, rehearsal or performance. It is important that the same sense of discipline and order that is brought to an ensemble rehearsal of show music is also part of a warm-up. It is said that breakfast is the most important meal of the day.

Think of a warm-up in the same way, it gets things started and sets the tone.

Too many times groups **ignore** or **rush** through the warm-up process in order to get to the show music. While this is completely understandable, as rehearsal time is often short and it is after all the show music that will be presented to audiences and adjudicators, without a good foundation of technique, the show music will never reach its highest level of performance. In addition, a moderate twenty to thirty-minute ensemble warm-up can bring uniformity and a greater sense of familiarity to the group that will only help once "running" around the football field.

Finally, something briefly discussed but not fully addressed in this book is the importance of breathing. If done properly, adding this element to MVP Studies would have increased the book size significantly. Instead, we HIGHLY recommend the book "The Breathing Gym" by Patrick Sheridan and Sam Pilafian (which can be purchased at www.breathinggym.com). This book provides expert information on this most important part of playing [ANY] musical instrument. If you don't already own "The Breathing Gym", we suggest you add it to your library of reference materials immediately.