



## How to have a great online coaching session:

We'll meet via Zoom. To set up and/or sign in:

- Use the [Zoom.us](#) app for your laptop, desktop, tablet, or phone.
  - Here is a 1-minute video about installing it:  
[https://www.youtube.com/watch?v=4y\\_puMRsjTQ](https://www.youtube.com/watch?v=4y_puMRsjTQ)
- If you already have Zoom installed, please watch this [very short video about optimizing Zoom](#) on laptops or desktops for [voice lessons](#).
- If you're going to use a tablet, please look at this blog post about [optimizing Zoom for music on tablets](#).

To sign in...

...with [app](#) for tablets and phone:

989 916 0522

...with [URL](#) for desktops and laptops:

<https://us02web.zoom.us/j/9899160522>



## PLEASE NOTE:

- You may cancel or reschedule up to **24 hours** in advance of the start of your appointment time.
- Appointments not canceled or rescheduled prior to **24 hours ahead** will be charged in full.
- To cancel or reschedule, please use the red-ish-pink-ish buttons at the bottom of the confirmation or reminders email.

## To make the most of our time together:

- If you're going to sing a song that is not self-accompanied, you'll need something on which to **play your accompaniment tracks** (your phone or something else).
- Please do this before our meeting, and please check to see that the choice you made will be effective:
  - You'll want to place your device's camera so that **you can stand or sit comfortably, upright, and without looking down or hunching over.**
    - People who prefer to **stand** typically use a bookcase, a mantel, or some other high shelf.



- People who prefer to sit may prop their laptop or tablet on any ol' makeshift thing.
- Have a glass of water nearby
- Don't be hungry!
- If we're coaching, please have your song memorized!

### For backing tracks:

If you're going to sing a song, you'll want backing tracks that you can play for your lesson. Sources for backing tracks are:

- YouTube
- Karaoke-Version.com
- PianoTrax
- and others
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### Some voice stuff (if you're interested):

Here's an [article](#) (with pictures) from our friends at Voice Science Works about the larynx (where your voice lives);

<https://www.voicescienceworks.org/inside-the-laryn...>



If you'd rather watch a [video](#), here's a very short one about the basics of how voices work:

<https://www.youtube.com/watch?v=5QhVoaVUGmM>

Here's a video from Dr. Dan Robinson. This is a more complete explanation of how voices work:

<https://www.youtube.com/watch?v=ZLgAQTMgZ6g>

*See you soon!*

*- Meredith*