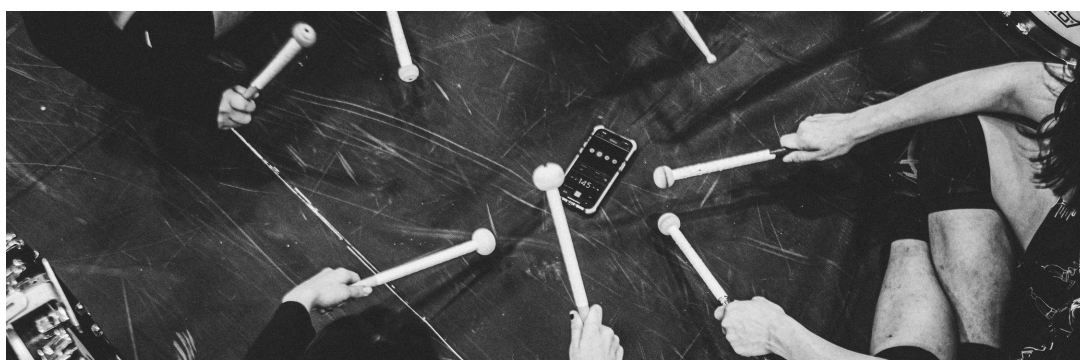


2025 INDOOR SEASON

SYNERGY PERCUSSION | PIO.



DRUMLINE

The Three A's

As a member of Synergy Indoor, you will be held to the Three A's. These principles are the foundation of your success and growth:

ATTENDANCE

Your presence at all rehearsals is crucial. Regular attendance ensures you maximize your potential, make consistent improvements, and achieve your highest level of performance.

ATTITUDE

A positive attitude and eagerness to learn, even when faced with challenges, will drive your success. Embracing each learning opportunity with enthusiasm will help you reach your goals.

ABILITY

Your ability is a reflection of your commitment to attendance and attitude. The more dedicated you are to these aspects, the more your skills and performance will improve.



The Program

To enhance your development both individually and as a part of Synergy Indoor, practice the following program regularly. It is your responsibility to apply these concepts both on your own and in ensemble rehearsals. Keep these key points in mind:

- **Practice Daily:** Consistent practice is essential for improvement.
- **Start Slowly:** Begin at a manageable tempo and gradually increase speed as accuracy is achieved. Use a metronome to guide your progress.
- **Use a Mirror:** Play in front of a mirror to observe and refine your style and technique.

Individual Fundamentals

Technique & Posture

The specifics of the technique program depend on your instrument, but all elements will adhere to these principles:

- **Maintain Proper Technique:** Never compromise technique for achievement.
- **Eliminate Tension:** Tension adversely affects sound quality. Avoid it at all costs.
- **Gradual Improvement:** The technique should be developed slowly by increasing tempo and difficulty. Technique breakdown means reduced achievement.
- **Uniform Technique:** Consistent technique throughout the section is essential.
- **Economy of Motion:** Use only the necessary movements. Mastery of technique directly impacts your level of achievement. The Four Fundamental Strokes
- **Legato Stroke:**
 - Characterized by a rebound and a smooth, pendulum-like motion.
 - The bounce off the drum surface is critical.
 - Used to connect strokes smoothly.
- **Staccato Stroke:**
 - Features controlled rebound with no added tension.
 - Stops at a lower height than the previous stroke.
 - Produces a sound identical to the legato stroke.
- **Taps:**
 - Involves a 3-inch stroke, used for all low-end playing.
 - Originates from the front of the grip.
- **Prep Stroke:**
 - Ends higher than it begins, with the height change created by wrist/arm movement rather than rebound.



Flex Seal

♩. = 170

15"

R L R L R L R L R L R L | R R L L R R L L R R L L

ff

1

R L R L R L R L R L R L | R R L L R R L L R R L L

3

A 15"

R R R R R R R | R R R R R R R R R | R R R R R R R | R R R R R R R R R

5

L L L L L L L | L L L L L L L L L | L L L L L L L | L L L L L L L L L

9

B 15"/3"

R R R R R R R | R R R R R R R | L L L L L L L | L L L L L L L

13

15"/3"

R L R L R L R L R L | R L R L R L R L R L R L | R L R L R L R L R L R L | R L R L R L R L R L R L

17

R L R L R L R L R L | R L R L R L R L R L | R L R L R L R L R L R L | R L R L R L R L R L R L

20

R L R L R L R L R L | R L R L R L R L R L | R L R L R L R L R L R L | R L R L R L R L R L R L

23

V.S.

My Pillow

♩=150

R R R R R R R R L L L L L L L L R R R R R R R R R R R R R R R R L L L L L L L L R R R R R R R R

1

L L L L L L L L L L L L L L L L R R R R R R R R L L L L L L L L R R R R R R R R R R R R R R R R

7

L L L L L L L L R R R R R R R R L L L L L L L L L L L L L L L L R R R R R R R R L L L L L L L L

13

R R R R R R R R R R R R R R R R L L L L L L L L R R R R R R R R L L L L L L L L L L L L L L L L

19

R R L L R R L L R R R L L L R R L L L L R R L L R R L L R L R L R L R L R L L R R L L R R L L

25

R L R R L R L L R L R R L R L L R L R R L R L L R L R R L R L L R L R R L R L L R

30

