

# STMS Personal Training Program

Personal trainers use your strengths to better your weaknesses! Everyone who wants to succeed has a “personal trainer” or mentor of some sorts—this is your child’s opportunity to learn from the best! Most of our personal trainers have or are working on their Masters and/or Doctorate in Performance. **They are awesome!** They can customize the **one-on-one** time they spend with your child whether they are a beginner or advanced. It is our experience that hard work will always “beat out” talent...this is your chance to give your child that extra edge! **This opportunity is similar to learning to play basketball from Michael Jordan! These personal trainers are the “Michael Jordan’s” of their instrument!**

Trainers are available on each instrument! Sessions are scheduled on a first-come, first-served basis with each trainer. They are approximately 30 minutes in length and can be scheduled during class, advisory, and/or before/after school. **Advanced Band students should plan on having a personal trainer. All Advanced Band students will audition for all-region and will benefit greatly from personal training sessions!**

## Keys to Success!

- Be fully prepared at each session
- Bring a pencil and all materials (Keep a written log of assignments so you don’t forget!)
- Let the trainer know if you need specific help with audition/solo/band music.
- **Notify the personal trainer (not band directors) 24 hours in advance if you need to reschedule a session. If you do not give them 24 hours notice, you are still required to pay for the session.** If students are absent, please make every effort to contact the trainer.
- **Checks should be made out to individual personal trainers.** Most of our trainers are college students who use this as their **sole** source of income. *PLEASE pay at the beginning of each month!*
- **Cost is \$16 per 30 minute session** Scholarships are available based on financial need. .



Stafford M.S. Band  
2288 Little River Road  
Frisco, TX 75034  
Let the Sound take you away!

Please return this side to directors as soon as possible so we can help set up sessions! Please see our website for a list of trainers, if you would like to contact them yourself.

Student Name \_\_\_\_\_

Parent Name \_\_\_\_\_

Phone Number \_\_\_\_\_ Grade \_\_\_\_\_

Parent Email \_\_\_\_\_

Instrument \_\_\_\_\_

## Check one:

\_\_\_\_\_ Yes, I would like my child to have individual sessions.

\_\_\_\_\_ No, my student will not be taking sessions at this time

because: \_\_\_\_\_

\_\_\_\_\_ My child is already scheduled for personal training sessions

with: \_\_\_\_\_.

## Scheduling information:

Please circle best time or times

Before School

After School

During Class

**Keep in mind that these are guidelines for the trainers to use as they set up their schedules. They will contact you personally to set up session times. Please contact a Sound Machine director directly for scholarship information.**