



Teaching Points – The Cello Sherpa Episode 4
“Running with the Big Dogs”

with guest Rainer Eudeikis, Principal Cello, Atlanta Symphony Orchestra

1. What is your go-to scale routine? Why did you pick it? Do you change it? How often? How do you know when you need to change your scale routine?
2. Rainer shared he didn't practice “a lot” in high school, only about 2-3 hours a day. How much do you practice a day? What would you consider to be “a lot?” How do you know when you reach a point of diminishing returns from your practice time?
3. Rainer shared that he spends his down time reading, playing chess, and spending time with family, friends, and pets. How do you spend your down time? Do those activities refresh you and promote your career goals or drain your energy and undermine them?
4. Rainer says he is “project driven” and that scheduled events motivate him to practice; are you also project driven? How do you handle practicing when there is no “project” to work towards?
5. Rainer uses “visualization” to prepare for audition and performance conditions. What can you gain from using visualization? How would you go about doing it?