

## **FREQUENTLY ASKED QUESTIONS:**

### **What styles do you teach?**

At Sing Like a Star studios, you will learn to sing in all styles from gospel, blues, rock, pop, jazz, musical theater, classical, country and opera. Owner Tricia Grey has a Conservatory Master's Degree in Vocal Performance and sang professionally in Los Angeles, London, Austria, and New York. She is a published songwriter, and she teaches songwriting. Tricia has taught voice professionally for over 25 years, and continues to be active in the recording industry as well as live performing. She recently released her 10<sup>th</sup> album of original songs and she performs often in the Atlanta area.

### **What ages and levels do you work with?**

All ages and all levels from beginner to advanced, and all styles of music are welcome at Sing Like a Star studios. The only requirement is the ability to commit to at least 30 minutes per day of practice.

### **What are your rates?**

\$25 Consultation/Evaluation Session (paid by going to <http://www.singlikeastar.com/consultation.html> and submitting payment. Consultation/evaluation sessions will not be booked without prepayment.

1/2 hour: \$65 per lesson-(\$260.00 for 4 lessons)  
3/4 hr: \$90.50 per lesson-(\$360.00 for 4 lessons)  
1 hr: \$125.00 per lesson-(\$500 for 4 lessons)

You will prepay for the first four lessons at the consultation/evaluation session by cash or credit/debit card. After that, payments will be debited automatically for the entire month, on the 3<sup>rd</sup> of each month. If the 3<sup>rd</sup> falls on a weekend, the debit will occur on the last weekday prior to the 3<sup>rd</sup> of the month.

### **How many lessons will I need?**

If you would like to be a professional singer, you should consider consistent and ongoing voice lessons as your lifelong commitment. Although my students progress very quickly, vocal study is a process. You will see amazing results in your voice within 3-6 months of study at Sing Like a Star. With a year of this training, with at least a once weekly lesson (or more) and a minimum of 30 minutes of practice every day, and you will have a completely new and different voice. If you want to go pro, you will need to continue vocal study throughout your career.

**How are the lessons paid for?**

Lessons are pre-paid by automatic debit at the beginning of each month for the entire month. Some months have five weeks and some have four so your payment amount depends on the number of weeks in the month.

**How do I reserve an introductory consultation/evaluation session?**

It's easy! You go to <http://www.singlikeastar.com/consultation.html>, fill out the online form, and then submit your \$25 payment. You will be contacted by e-mail, at the address you provided in the form, with a time in the schedule. Consultations will not be scheduled without prepayment.

**What happens at the consultation/evaluation session?**

The introductory consultation is designed for us to meet briefly to see if we are a good fit, before you commit to the monthly lesson payment structure. It is not a lesson. I will ask you to sing a few basic scales so I can evaluate your voice to see where your technique is currently, and you will sing a portion of a song. Then we will discuss the studio policies and get you into the permanent weekly schedule.

**How often will I take lessons?**

A minimum of one lesson per week is necessary to make vocal progress. Consistency will ensure that you progress more quickly. Students may take more than one lesson per week. You may take 1 hour, ½ hour, or ¾ hour lessons. Lessons are at the same time every week- you pick a time that works for you, and that slot is reserved for you with your pre-payment.

**Are the lessons recorded?**

Yes, we record the lessons so you can practice every day, to an SD card. We record the lessons to the card, and you will be able to listen to the lesson on your computer using a USB card reader. You can store the lessons on your iPod, make a CD, or practice from your computer. SD cards are inexpensive and can be purchased at an office supply store. You can store about 10 hours of lessons on a 2 gig SD card and the sound is very good!

**Where is your studio?**

There are two convenient Atlanta locations:  
320 High Meadow Drive, Marietta 30068  
28 Milton Ave, Alpharetta GA 30004-30009.  
Sing Like a Star also offers distance lessons using the internet, or speakerphone.

**What is your teaching schedule?**

The studio is open 6 days per week, until 9pm. We are at the Marietta studio on Mondays, Tuesdays and Fridays, and the Alpharetta Studio on Wednesdays, Thursdays and Saturdays. We can find a convenient time for you! Save time and

gas by taking Web Cam lessons using Skype, iChat or a speakerphone.

**What other instruction do you offer?**

Sing Like a Studios offers songwriting, keyboard, theory and ear training. Please visit the "Classes" page of this website at

<http://www.singlikeastar.com/classes.html> for more information.

**Who is Seth Riggs?**

Seth Riggs is the originator of the SLS (Speech Level Singing) technique, which enables a singer to sing through the "bridges" of the voice easily, with no abrupt changes in power or quality, and no "breaks" in the voice. This revolutionary vocal technique is recommended by the producers of "American Idol", and is considered to be the standard of the recording industry today. For more info about Seth and the many stars that owe their careers to him, please visit [www.sethriggs.com](http://www.sethriggs.com)

**What will Sing Like a Star vocal technique do for me?**

You will have a healthy, strong voice with great high notes, and no strain. You will be able to sing in your "chest" voice, and you will learn to "mix" into the higher registers so your voice will be smooth with no "register breaks", and balanced throughout the range. Your range will extend dramatically. You will learn to sing with "soul", emotion, and flexibility. Your voice will remain healthy for a lifetime of singing, if you continue to practice the principles of good vocal production.

**Why do I need this training?**

Very, very few people can teach themselves to sing. Most self taught singers incorporate incorrect muscles, and either stay "stuck" in their chest voice, or they sing breathy and weak, using the sound they were taught in chorus class, which definitely does not work on the big stage!

You need a strong "mix" to be able to compete in today's vocal market. The mix is the strong upper register, which makes for an exciting sound. This training will teach you to sing with a healthy, correct production that will develop the vocal sound YOU want to have for the music YOU want to sing!

Many voice teachers are still teaching the outdated "choral" or "classical" styles they were taught in school. They do not know how to train voices for rock, pop, and gospel styles, so you are wasting your time and money going to them. The saying "if you can sing classical, you can sing anything" is simply not true. There are other teachers who encourage pushing the chest voice too high, and "belting", which results in vocal damage, hoarseness, nodules and ruined careers.

At Sing Like a Star, you learn how to “mix”, your range expands tremendously, you have great high notes, power and control, and best of all, you are doing all this in a healthy manner so your voice will be spectacular for a lifetime.

Tricia Grey was trained in Los Angeles, where this technique originated, by its creator, Seth Riggs, teacher of Michael Jackson, Stevie Wonder, Carrie Underwood, and thousands more stars. She has been teaching this method for over 25 years.

See Seth’s recommendation of Tricia Grey at <http://www.singlikeastar.com/sls.html>

### **Will I still sound like myself if I train my voice?**

YES! SLS training will enable you to sing in any musical genre you choose, in a natural and free production, which can be applied to any style- rock, R and B, Broadway, Gospel, jazz, country, or classical.

SLS singers can be found on Broadway, at every major opera house in the world, and on every record label, singing in every possible musical style. SLS teaches you to sing freely and effortlessly in any vocal style with stamina, consistency, emotion, control, and power. We teach you how to be the best YOU, with your unique sound and quality, rather than forcing you to sound like someone else!

In order to access the emotional powerhouse within, you need to have a reliable technique that will allow you to express all your emotions without worrying about your voice falling apart. You need to be free to perform from the heart. Training your voice at Sing Like a Star studios will give you the vocal freedom to be a true artist.

### **What additional training do you offer?**

As the Educational Advisor for the southeast states, Tricia Grey brings SLS educational opportunities to anyone interested in vocal training. She encourages all vocal students to participate in the SLS Master classes, which occur twice a year, in the Spring and in the Fall.

We would also love you to join us for our Summer Program in Los Angeles, designed for singers of all levels from beginner through professional, where you can have a voice lesson every day and take classes in everything from musical theatre, career promotion, stage performing, songwriting- everything you need to know to succeed in today’s music business.

Sing Like a Star studios also host performance opportunities for students such as showcases and open mics throughout the Atlanta area.

### **Do you have connections in the music industry?**

Yes, Tricia maintains her connections with the music industry in Los Angeles, Nashville, and New York, and she refers students who are ready to move forward with their careers. Becoming connected with SLS through Sing Like A Star Studios is the best thing you can do to advance your career! Connect on Endoor.com or MySLSWorld.com to associate with top producers, recording artists and talent agents!

### **Do you work with groups?**

Yes. Tricia does vocal arranging, harmony, and vocal development for groups.

### **What if I don't live in Atlanta, or don't want to drive in traffic?**

We offer webcam lessons using Ichat (apple) or Skype (PC) These are inexpensive or free, and a webcam is inexpensive and easy to set up. We teach lessons this way all over the US, Europe, and many other countries, and it really works! You can even take lessons by speakerphone, or cell phone!

### **How do the distance lessons work?**

The process is just like the "regular lesson" process, but you don't have to drive! You need an AIM or SKYPE account, and high speed internet service. At your lesson time, sign in to SKYPE (PC) or iChat (MAC).

You can even record your lessons using "Call Recorder", an inexpensive program available for download at <http://ecamm.com>. This great program records both the video and audio of your lesson, so you can practice with the video.

### **What if I don't want to use webcam?**

We can use Skype to do an audio- only lesson, or we can do lessons by speakerphone, or even cell phone. Check out the new iphone- it comes with ichtat video calling. There really is no reason not to have a lesson, with all these convenient methods available to you!

### **Why is Sing Like A Star the studio for me?**

Tricia Grey and Sing Like A Star studios bring you over 25 years of professional performing and teaching experience in all areas of voice- pop, rock, R&B, gospel, and classical. We also offer songwriting instruction, demo recording and production, and preparation for university degree programs. The unusual combination of 25 years in the music industry as a professional singer/songwriter along with academic qualifications (Master's Degree in Voice), and referrals of qualified students to music industry connections make Sing Like a Star studio the only studio for you!

### **What is the best way to contact you?**

Email is the fastest way to contact me. [Information@singlikeastar.com](mailto:Information@singlikeastar.com). If you have further questions that are not answered on the website, please give us a call at 404-432-1454.

### **How quickly can I expect to improve?**

Most students tell me they notice dramatic improvement in range, power and tone immediately! The more consistently you practice, the quicker you will see results. The technique works very quickly, but only if you do your part- practicing for a minimum of 30 minutes every day, and take consistent weekly voice lessons. We record the lessons using the SD card, so you can practice at home.

### **How does my voice work?**

The vocal cords (or folds) are located inside the larynx, or “Adam’s apple”, and are attached from front to back. Air pressure causes the cords to open and close very quickly, creating sound.

Then the sound is reinforced when it reaches the cavities in your cranium. This is one reason voices are so unique- each person has a different resonating system of cavities, and so the sound is reinforced differently for each singer, based on the size and shape of those spaces above your larynx.

Finally, the sound is further affected by your articulators- your lips and tongue. If your larynx is relaxed and free from muscular effort, your lips and tongue are free to do the job they were meant to do.

### **How should I breathe?**

First, stand with relaxed but erect posture, chest “comfortably high”. Maintain an open stance and attitude, which will allow your body to function freely and without tension. When you take a breath, the lower part of the trunk of the body expands easily, as your ribs expand. Don’t “gasp” the air or allow the shoulders and chest to rise.

### **What is “belting”? Do I need to be able to “belt” to be successful in popular music?**

Poorly trained singers often “yell”, particularly on the higher notes of a song, or when pushing for high notes. Directors and producers may demand that a singer belt out a song for greater dramatic effect. When a singer sings entirely in chest voice, pushing for the high notes and spreading the vowel, the results are; swollen vocal cords (which may develop nodules), distorted pronunciation, a decrease in vocal quality and control, and an inevitably shortened career.

Belting, using ONLY the chest voice, is unhealthy because you are using muscle to force the vocal cords to function in a way in which they were not designed to be used. The voice is not balanced, and range is severely limited.

At the other end of the spectrum, traditional classical training emphasizes only the “legitimate” head voice, which limits the singer to singing only classical music. The chest voice is discouraged, so singers often cannot be heard on the lower notes. Again, the result is an unbalanced voice that does not sound authentic singing current music.

With Sing Like a Star vocal training, you will learn to negotiate the “bridges” (break areas) of your voice, which will allow you to sing with freedom, power and emotion in any style you choose. This technique creates a BALANCED production that results in a smooth transition from chest voice to head voice, and NO BREAKS or abrupt changes in the vocal quality as you ascend in pitch.

### **Why does my voice crack when I sing high notes?**

Almost every untrained singer experiences “voice breaks”. Some singers deal with the break by forcing the chest voice up; other singers are taught to sing in only the head voice, staying away from chest voice altogether, and others simply lower the keys of songs to avoid high notes. None of these solutions are correct, and all can result in limited choices in song material and an ultimately deteriorating instrument.

A break occurs when excessive air builds up and forces the vocal cords open, causing the voice to crack. This “air blast” causes the cords to tighten in resistance and they jam up. SLS teaches you to sing in an easy CONNECTED tone from your chest voice to your highest notes with no strain, because the correct amount of air is sent to the cords, allowing coordination to occur between the vocal cords and the air.. Achieving balance and coordination will enable you to sing high notes easily and consistently!

### **What is a “bridge”? How do I know where my “bridge” starts?**

Throughout the program you will hear terms like “registration”, “head voice”, “middle voice”, “chest voice”, “mix”, “breaks”, “bridges”. All of these terms refer to the coordinating of the voice as a singer ascends or descends in pitch. Bridges reveal changes in vocal coordination and occur in relatively predictable parts of the scale. If the bridges are not negotiated smoothly there may be an abrupt disconnection and interruption of vocal tone, known as “cracking” or “breaking”.

The chest voice is your lower voice, which most people use for speaking. It feels as though the tones are coming straight out of your mouth when you sing, and you if you place your hand on your chest as you sing a note, you will feel vibration in your chest. As you sing a scale starting from your lowest note ascending upward, you will notice at a certain point that you will begin to feel that you have to choose between disconnecting into falsetto, (which is a lighter, more

airy sound which can not blend or connect to the chest voice), or yelling, straining, and reaching for higher notes, which sounds bad, hurts a lot, and damages your voice.

You are now in your first passage area. Think of this area as the passageway or bridge to your high notes! Men will generally experience three of these passage areas, and women have at least four. Sopranos with extended range may have as many as six!

This first “bridge” is a critical area of the voice because this is where your outer muscles are most likely to try to “help” the process, by pulling and tightening in order to stretch the vocal cords to reach the higher pitch.

Your Sing Like a Star vocal training will enable you to build a strong bridge; this will result in a smooth transition from the chest voice upward. With a good mix, you will ultimately be able to go up and down your entire range with no breaks, no weakening of volume or intensity, and best of all, a healthy flexible voice that will enable you to sing in ANY STYLE!

### **Why do I sometimes sing out of tune?**

Singing out of tune means that you are not singing the pitch accurately- you are either “flat” (too low) or “sharp” (too high). Often singers who belt with too much chest voice sing flat-a common result of carrying too much weight up and reaching for high notes. The solution is to use less air pressure and volume, so you can find and develop the “middle voice”.

Similarly, pushing too hard can cause you to go sharp when too much air blasts against the cords. The solution is to achieve balance and coordination at lower volumes using less air pressure.

Your vocal coordination will improve as you practice the exercises, and your voice will be able to negotiate the desired pitches more efficiently and with more agility. Studying an instrument such as piano or guitar, and taking ear training and theory lessons from a qualified teacher will also help your ability to hear pitch.

### **What can I do about stage fright?**

Stage fright is a result of insecurity as to whether or not your voice will work. When you have invested the practice and lesson time required to develop your voice to the degree that you can have total confidence that it will always work, performing becomes fun!

At Sing Like a Star, you will have performance opportunities such as open mics and showcases, that will help make you a seasoned performer.

### **What about diet and health habits?**

Anything that can affect your health, body, skin or mood can affect your singing. The most important element (other than good technique) is WATER. The vocal cords need to remain hydrated (wet) in order to function optimally. Most people do not drink enough plain water, and singers need to drink more water than the average person in order to maintain vocal health. The motto is “pee pale”. That’s right, the more clearly you tinkle, the happier your vocal cords are! Air conditioning and heating units take moisture out of the air, affecting the hydration of the cords. Inhaling steam or cool mist will help replace the lost water.

You should be aware that, because of the functioning of the epiglottis, nothing you drink actually touches the vocal cords, so the old “tea and honey” remedy, while it might feel nice, does not affect the voice.

Steam or mist, if inhaled, will hydrate the cords, and help minimize swelling. Humidity, steam, mist, drinking water, and warmth are good for the vocal cords; smoke, pollen, dry air, air conditioning and heating, caffeine, alcohol and drugs are dehydrating and therefore BAD for them!

Some singers find that dairy products like milk or cheese cause thick mucus, so these products should be avoided on performance days. Allergies are also mucus producing, but you should avoid most antihistamines because they are too drying. If you must take them, counter the dehydrating effects with plenty of water and steam. Breathing through a warm wet towel will do in an emergency, as will inhaling steam from boiling water, or the local gym’s steam room.

Acid reflux is a problem many people do not even know they have. It occurs when stomach acid regurgitates up onto your esophagus, touching your vocal cords and damaging the cords and surrounding tissue. You can prevent this common problem by avoiding late night eating, and by sleeping with your head elevated. Check with your physician- there are new medications that may alleviate this issue for you.

To ensure a stellar vocal career, make sure you get plenty of rest and water, and vocalize daily with your Sing Like a Star vocal exercises.

Finally, it really does help to be physically active and fit. Maintaining a physical fitness regimen is a smart investment of your time.

An even smarter investment in your vocal future is a weekly (or twice weekly) Sing Like a Star voice lesson and daily practice!