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Stepping into the studio should feel electric, like the moment before the lights go up at a show.

The best recordings don't happen by accident;
they happen when preparation meets
inspiration.

This guide gives you the exact steps to walk in confident, dialed-in, and ready to capture something real.

Whether you're laying down vocals, tracking instruments, or bringing a full band, this is your roadmap to a smooth, creative, high-impact session that sounds as good as it feels.



What's Inside This Guide

This guide is organized into six focused sections, each designed to eliminate guesswork and help you walk into the studio fully prepared. Below is an overview of what each section contains and how it supports a smooth, efficient, and creatively inspiring session.

VOCAL PREP — Preparing Your Voice for Peak Performance

- How to hydrate, rest, and protect your voice in the 24–48 hours before recording
- Warm-up routines that build clarity and stamina without over-singing
- Foods, habits, and environmental factors to avoid before a session
- How to mark lyrics for phrasing, breaths, and emotional cues
- What to bring to the studio (water, tea, lyric sheets, etc.)
- How to prepare doubles, harmonies, and ad-libs ahead of time

Why it matters:

Your voice is the most sensitive instrument in the room. This section ensures you show up with control, confidence, and a tone that records beautifully

GUITAR PREP — Getting Your Instrument Session-Ready

- When to change strings and how to break them in properly
- How to check intonation and tuning stability
- Cleaning and testing electronics to avoid crackles or dropouts
- Pedalboard organization, labeling, and noise-reduction tips
- How to choose and communicate your tone goals
- What backup gear to bring (picks, strings, cables, power supplies)_

Why it matters:

A well-prepared guitar saves time, reduces retakes, and gives you the tone you hear in your head — without fighting your gear



What's Inside This Guide (Continued...)

Bass Prep — Building a Solid Low-End Foundation

- Choosing between DI and amp tone based on your genre
- How string age affects tone and how to choose intentionally
- Timing practice with a metronome at the exact session BPM
- Locking in with the kick drum pattern
- Tone-shaping tools (compression, EQ, playing dynamics)
- Gear Checks; fret buzz, dead spots, tuner accuracy, spare strings

Why it matters:

The bass anchors the entire track. This section helps you deliver tight, consistent, mix-ready low-end.

Drum Prep — Ensuring Clean, Controlled, Mix-Friendly Drums

- Tuning techniques for snare, toms, and kick
- When to replace heads and how to dampen resonance
- Hardware checks to eliminate squeaks, rattles, and unwanted noise
- Cymbal selection based on genre and mix needs
- Click-track practice and temp familiarity
- What to bring: sticks, brushes, mallets, backups, preferred snare

Why it matters:

Drums are the backbone of the session. Proper prep ensures punchy, controlled recordings that sit perfectly in the mix.



What's Inside This Guide (Continued...)

Song Prep — Lock in in the Creative Blueprint

- Finalizing lyrics, structure, and arrangement
- Confirming BPM, Key, and any tempo changes
- Preparing lyric sheets, chord charts, or Nashville numbers
- Deciding on harmonies, doubles, and background parts
- Choosing 2-3 reference tracks that match your sonic goals

Why it matters:

The studio is for capturing performances, not rewriting songs. This section ensures your creative decisions are made before the clock starts.

Performance Prep — Showing Up Ready to Deliver Your Best

- Rehearsal strategies that build endurance and consistency
- Physical warm-ups to reduce tension and improve control
- Mental preparation to reduce nerves and improve focus
- What to eat, drink, and bring to stay comfortable
- How to approach takes with emotion, not perfectionism
- Planning breaks to keep performances fresh

Why it matters:

Your mindset and physical readiness shape every take. This section helps you show up grounded, confident and creatively open.



Vocal Prep

Dial in your voice Before you step into the booth.

Your voice is the most sensitive, reactive instrument in the studio.

Unlike a guitar or drum kit, you can't swap parts or tighten hardware — your tone, stamina, and control all come from how you treat your body and how intentionally you prepare. This section gives artists a clear, confidence-building roadmap to show up with a voice that's warm, flexible, and ready to record

1. The 24-48 Hour Rule: What You Do Before the Session Matters Most

Hydration is Cumulative

- Start drinking water the day before your session, not the morning of.
- Aim for steady sips throughout the day — not chugging.
- Room-temperature water is best for vocal folds.

Avoid Vocal Irritant:

- Dairy (mucus-producing)
- Alcohol (dehydrating)
- Excess caffeine (tightens the throat)
- Spicy foods (can cause inflammation or reflux)

Protect Your Voice

- No yelling, cheering, whispering, or long phone calls.
- Whispering is actually more damaging than speaking normally.
- Prioritize sleep — 7–9 hours makes a huge difference in tone and stamina



Vocal Prep (Continued...)

2. Smart Warm-Ups: Gentle, Effective, and Studio-Safe

Warm-ups should wake up the voice, not wear it out.

Start with airflow and resonance

- Lip trills
- Tongue trills
- Hums
- Light sirens

Then add gentle articulation

- Soft scales
 - Light vowel work
 - Easy slides between registers
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Avoid:

- Full belting
- Pushing chest voice too high
- Long, intense warm-ups that fatigue the voice

Goal: arrive warmed up, now worn out



Vocal Prep (Continued...)

3. Foods, Habits, and Environmental Factors to Avoid Before a session

Foods to Avoid

- Dairy (mucus-producing)
- Spicy foods (can trigger reflux)
- Fried or greasy foods (slow digestion, cause phlegm)
- Excess sugar (dries the throat)

Habits to Avoid

- Alcohol (dehydrates)
- Excess caffeine (tightens the throat)
- Smoking or vaping (inflames the folds)
- Whispering (strain)
- Talking over loud environments (bars, concerts)

Environmental Factors

- Dry air — use a humidifier if possible
- Cold air — cover your throat when outside
- Dusty rooms — irritates the airway
- Fans blowing directly on your face or neck

Why this Matters: Your vocal folds react instantly to irritation, dryness, and inflammation. Avoiding these triggers keeps your tone clean and consistent.



Vocal Prep (Continued...)

4. How to Mark Lyrics for Phrasing, Breaths, and Emotional Cues

Print your lyrics — don't rely on your phone.

Mark the following clearly:

- **Breath points:** small slashes (/)
- **Phrasing:** underline or bracket phrases
- **Dynamics**
 - "S" for soft
 - "P" for powerfull
 - "A" for airy
- **Emotion cues**
 - "Warm" "Urgent" "Intimate" "Gritty" etc...
- **Timing notes**
 - "Hold" "Cut" "Early" "Late"
- **Layering notes**
 - "Double Here"
 - "Harmony 3rd above"

Why this Matters: When you're in the booth, your brain is juggling pitch, timing, emotion, and technique.

Marked lyrics reduce cognitive load and help you stay intentional.



Vocal Prep (Continued...)

5. What to Bring to the Studio (Your Vocalist Essentials Kit)

Must-haves

- Room-temperature water
- Herbal tea (non-mint, non-caffeinated)
- Non-menthol lozenges (Slippery Elm, Throat Coat)
- Lip balm (reduces mouth noise)
- Printed lyric sheets
- Pencil or highlighter
- Small snack (banana, nuts, crackers)

Optional, but Helpful

- Personal pop filter (if you prefer your own)
 - Humidifier bottle
 - A small towel (for sweat or comfort)
 - A quiet fidget item for nerve
-

Avoid Bringing

- Menthol cough drops (numb the throat)
 - Ice-cold drinks
 - Carbonated beverages (cause mouth noise)
-



Vocal Prep (Continued...)

6. How to Prepare Doubles, Harmonies, and Ad-Libs Ahead of Time

Doubles

- Practice singing the main line exactly the same way twice.
- Match timing, vowels, and consonants.
- Decide which lines need doubles (usually choruses and hooks).

Harmonie:

- Write or map out your harmony parts before the session.
- Practice them separately from the lead.
- Decide if you want tight harmonies, wide harmonies, or airy stacks.

Ad-libs

- Identify where they belong (usually final chorus or outro).
- Decide on the emotional tone: hype, soft, gritty, melodic, spoken.
- Practice a few variations so you have options.

Why this Matters: Layering is where vocals become records. Preparing these choices ahead of time saves time, reduces stress, and gives the engineer a clear roadmap.



Guitar Prep

Your guitar is only as good as the prep you put into it. A well-maintained instrument stays in tune, records cleanly, and lets you focus on performance instead of troubleshooting. This section gives artists a clear, professional roadmap to walk into the studio with a guitar that's stable, quiet, and ready to deliver the tone they hear in their head.

1. When to Change Strings and How to Break Them In Properly

When to Change Strings

- 24–72 hours before the session is the sweet spot.
- Changing them too close to the session risks tuning instability.
- Changing them too early loses brightness and clarity.

How to break them in

- Stretch each string gently along the entire length of the fretboard.
- Tune up → stretch → tune again → repeat until stable.
- Play for 15–20 minutes to settle tension.
- Check tuning at the 12th fret to ensure stability.

Why this Matters: Fresh strings sound crisp and articulate, but only if they've been properly stretched and stabilized.



Guitar Prep (Continued...)

2. How to Check Intonation and Tuning Stability

Intonation check (quick method)

- Tune the open string.
- Fret the 12th fret.
- If the 12th fret note is sharp → move the saddle back.
- If it's flat → move the saddle forward.
- Repeat until both match.

Tuning stability checklist

- Check nut slots for binding (strings should glide smoothly).
- Ensure tuning machines are tight and not slipping.
- Verify bridge screws and saddles are secure.
- Test bends and vibrato — if the pitch doesn't return cleanly, there's a stability issue.

Why this Matters: Poor intonation ruins takes, even if the performance is perfect. Stability saves time and keeps the session flowing.



Guitar Prep (Continued...)

3. Cleaning and Testing Electronics to Avoid Crackles or Dropouts

Clean your signal path

- Use contact cleaner on jacks, pots, and switches.
- Rotate knobs fully several times to clear oxidation.
- Check pickup selector for smooth, noise-free switching.

Test for Noise

- Plug into your amp or interface and gently wiggle the cable at the jack.
- If you hear crackling → the jack may be loose or dirty.
- Test each pickup position for consistent output.

Cable Check

- Test your main cable and at least one backup.
- Replace any cable with intermittent noise — don't gamble in the studio.

Why this Matters: Crackles, pops, and dropouts waste time and ruin otherwise great takes.



Guitar Prep (Continued...)

4. Pedalboard Organization, Labeling, and Noise-Reduction Tips

Organization

- Remove pedals you won't use — simplify your chain.
- Label power supplies and patch cables for quick troubleshooting.
- Secure everything with Velcro or dual-lock.

Noise Reduction

- Use isolated power supplies to avoid hum.
- Keep audio cables away from power cables.
- Use shorter patch cables to reduce signal loss.
- Add a noise gate only if it fits your tone — don't overuse

Signal Chain Clarity

- Know your exact order (e.g., tuner → drive → modulation → delay → reverb).
- Write it down so the engineer understands your setup instantly.

Why this Matters: A clean, organized board means fewer surprises and faster tone dialing.



Guitar Prep (Continued...)

5. How to Choose and Communicate Your Tone Goals

Before the Session Decide

- Clean, edge-of-breakup, crunch, or high-gain
- Bright vs. warm
- Tight vs. loose
- Modern vs. vintage
- Dry vs. ambient

Use Reference Tracks

- Choose 1–3 songs that match the tone you want.
- Note what you like: “tight low end,” “sparkly highs,” “gritty mids,” etc.

Communicate Clearly

- Tell the engineer what matters most: clarity, warmth, aggression, shimmer, etc.
- Mention if you want amp tone, DI tone, or a blend.

Why this Matters: Engineers can get you *exactly* where you want to go — but only if you give them a clear target.



Guitar Prep (Continued...)

6. What Backup Gear to Bring (Picks, Strings, Cables, Power Supplies)

Essentials

- Extra set of strings (same gauge you normally use)
- Extra picks (multiple thicknesses if you vary attack)
- Backup instrument cable
- Spare patch cables
- Spare 9V batteries (if any pedals require them)
- Backup power supply or daisy chain
- Capo (even if you don't think you'll need it)
- Tuner (pedal or clip-on)

Optional but Smart

- A second guitar (if you have one)
- Extra strap and strap locks
- Small toolkit (screwdriver, string winder, cutters)

Why this Matters: One broken string or dead cable shouldn't derail your session. Prepared players record more and troubleshoot less.



Bass Prep

Building a Solid Low-End Foundation

The bass is the anchor of the entire track. When your tone, timing, and setup are dialed in, the whole band sounds tighter, deeper, and more intentional. This section gives bassists a clear roadmap to walk into the studio with a sound that's stable, punchy, and mix-ready.

1. Choosing Between DI and Amp Tone Based on Your Genre

DI (Direct Input) — Clean, Controlled, Modern

- Ultra-clean signal with no room noise
- Easy to shape in the mix
- Tight low end, great transient clarity
- Zero mic bleed if tracking with a band

Amp Tone — Warm, gritty, character-driven

- Adds natural compression and harmonic richness
- Captures the “feel” of your playing
- Great for aggressive or expressive tones

Hybrid (DI + Amp)

- Gives the engineer maximum flexibility
- Common in professional sessions

Decide Before the Session: Bring reference tracks that match the tone that you want



Bass Prep (Continued...)

2. How String Age Affects Tone — and How to Choose Intentionally

Fresh Strings = Bright, Punchy, Modern

- More attack
- More top-end clarity
- Great for slap, pick playing, and modern pop/rock

Broken-in Strings = Warm, Round, Controlled

- Less finger noise
- Smoother mids
- Perfect for soul, R&B, indie, and vintage tones

Dead Strings = Thumpy, muted, old-school

- Minimal sustain
- Great for Motown, reggae, and lo-fi vibe

Choose Based on the Song. Not by Habit

If you want definition → fresh

If you want warmth → slightly used

If you want vintage → very old or flatwound



Bass Prep (Continued...)

3. Timing Practice With a Metronome at the Exact Session BPM

Practice with the click at the actual BPM of the song.

This helps you:

- Lock into the groove
- Deliver consistent takes
- Avoid rushing fills or dragging long notes
- Nail transitions and breakdowns

Practice Subdivisions

- Quarter notes
- Eighth notes
- Sixteenth notes
- Triplets

Pro Tip: Practice behind, on, and ahead of the beat so you can match the song's feel.

4. Locking in With the Kick Drum Pattern.

Before the Session

- Listen to the drum part and identify the kick pattern
- Practice playing with the kick, not just over it
- Match attack, length, and feel
- Decide where you want to lock tight vs. where you want to push or pull

Why This Matters: A tight bass-and-kick relationship makes the entire mix feel professional



Bass Prep (Continued...)

5. Tone-Shaping Tools (Compression, EQ, Playing Dynamics)

Compression

- Smooths out volume inconsistencies
- Adds punch and sustain
- Helps your bass sit evenly in the mix
- Light compression is usually best for tracking

EQ

- Boost low mids (150–300 Hz) for warmth
- Cut mud (250–400 Hz) if needed
- Add clarity (1–2 kHz) for finger or pick definition
- Avoid boosting sub-bass — it gets messy fast

Playing Dynamics

- Your hands shape tone more than your gear
- Softer attack = rounder tone
- Harder attack = more bite
- Plucking closer to the neck = warm
- Closer to the bridge = bright and tight

Why This Matters: Engineers can shape tone, but your hands create the foundation.



Bass Prep (Continued...)

6. Gear Checks: Fret Buzz, Dead Spots, Tuner Accuracy, Spare Strings

Fret Buzz

- Play every fret on every string
- Light buzz is okay; loud buzz will ruin takes
- Adjust action if needed

Dead spots

- Common on basses — especially around the 5th–7th fret on the G string
- Identify them so you can avoid those notes during sustained parts

Tuner Accuracy

- Use a high-quality tuner (strobe if possible)
- Tune before every take
- Check tuning after big bends or aggressive playing

Spare Strings

- Bring a full extra set
- Bring the same gauge you normally use
- If you break a string mid-session, you don't want to change tone drastically

Other Essentials

- Extra picks (if you use them)
- Extra 9V battery (if your bass has active electronics)
- Backup cable
- Strap and strap locks



Drum Prep

Ensuring Clean, Controlled, Mix-Friendly Drums

Drums are the backbone of the entire recording. When your kit is tuned, quiet, and controlled, the engineer can capture punchy, mix-ready tracks without fighting resonance, rattles, or inconsistent tone. This section gives drummers a clear, professional roadmap to walk into the studio with a kit that sounds intentional and records beautifully.

1. Tuning Techniques for Snare, Toms, and Kick

Snare Drum

- Tune the top head slightly higher for articulation and crack.
- Tune the bottom head tighter for sensitivity and snare response.
- Even out tension at each lug using quarter-turn increments.
- Adjust snare wires: too loose = buzz; too tight = choked tone.
- Add a moon gel or small piece of tape if the ring is excessive.

Toms

- Tune both heads evenly for a balanced, round tone.
- For punchy modern tones: top head slightly lower than bottom.
- For open, resonant tones: match both heads closely.
- Check for sympathetic resonance with the snare — adjust as needed.

Kick Drum

- Tighten the batter head for attack; loosen for boom.
- Use a pillow, small blanket, or foam for controlled low end.
- Ensure the beater hits the center for consistent tone.
- Check pedal squeaks — they WILL show up in the recording.

Why This Matters: Good tuning saves hours in editing and mixing. A well-tuned kit sounds professional **before** a mic even touches it.



Drum Prep (Continued...)

2. When to Replace Heads and How to Dampen Resonance

When to Replace Heads

- Snare batter: every 1–3 months depending on use
- Tom batters: every 3–6 months
- Kick batter: when dented or losing attack
- Resonant heads: less often, but replace if stretched or uneven
-

If you see dents, ripples, or uneven tension — replace.

Dampening Techniques

- Moon gels for subtle control
- Tape for quick, cheap dampening
- O-rings for snare/toms to reduce overtones
- Kick drum pillows/foam for low-end control
- Wallet on the snare for vintage thump
- Bandanas or small towels will eliminate bad overtones

Goal: To control resonance without killing the tone. You want punch, not cardboard.



Drum Prep (Continued...)

3. Hardware Checks to Eliminate Squeaks, Rattles, and Unwanted Noise

Check Every Moving Part

- Pedal hinges
- Hi-hat clutch
- Snare throw-off
- Tom mounts
- Cymbal stands
- Wing nuts and memory locks

Fixes

- Tighten all screws and joints
- Add a drop of lubricant to squeaky pedals
- Tape down rattling lugs or loose parts
- Ensure floor tom legs are stable and not buzzin

Why This Matters: Microphones hear **EVERYTHING** — even tiny rattles that you don't notice while playing.



Drum Prep (Continued...)

4. Cymbal Selection Based on Genre and Mix Needs

Bright, Cutting Cymbals

Best for: pop, rock, metal

- More attack
- Cuts through dense mixes
- Great for energetic tracks

Dark, Controlled Cymbals

Best for: jazz, indie, R&B, worship

- Softer attack
- Less wash
- More mix-friendly in spacious arrangements

Thin vs. Thick Cymbals

- Thin: fast decay, great for recording
- Thick: loud, long sustain, harder to control in the studio

Rule of thumb:

Choose cymbals that support the song, not dominate it.



Drum Prep (Continued...)

5. Click-Track Practice and Tempo Familiarity

Practice with the Exact BPM

- Use the same tempo you'll record at
- Practice transitions, fills, and breakdowns with the click
- Get comfortable with the click in your headphones

Practice Subdivisions

- Eighth notes
- Sixteenth notes
- Triplets
- Half-time and double-time feels

Advanced prep

- Practice with the click on 2 and 4 only
- Practice with the click muted for 2–4 bars at a time
- Practice with the click buried under your groove

Why This Matters: A drummer who's locked into the click makes the entire band sound tighter.



Drum Prep (Continued...)

6. What to Bring: Sticks, Brushes, Mallets, Backups, Preferred Snare

Essentials

- 2–3 pairs of your main sticks
- Brushes and mallets if the song calls for them
- Your preferred snare (engineers LOVE when drummers bring options)
- Drum key
- Moon gels / tape
- Extra hi-hat clutch (they break more often than you think)
- Extra felts, sleeves, and wing nuts
- Kick pedal (if you prefer your own)

Optional but Smart

- A second snare with a different character
- Extra kick beater
- Small toolkit
- Extra drum heads (snare batter especially)

Why This Matters: Prepared drummers keep the session moving and deliver consistent, mix-ready performances.



Song Prep

The studio is where you **capture** your ideas, not where you figure them out. When your lyrics, structure, BPM, and creative decisions are locked in ahead of time, the session flows smoothly, performances feel intentional, and the engineer can focus on elevating your sound instead of troubleshooting. This section gives artists a clean, professional framework for preparing their song so every minute in the studio moves the project forward.

1. Finalizing Lyrics, Structure, and Arrangement

Lyrics

- Finalize all wording before the session — avoid rewriting on the spot.
- Print clean, easy-to-read lyric sheets.
- Mark any intentional stylistic choices (spoken lines, whispers, grit, falsetto moments).

Structure

Confirm the final arrangement of your song so everyone is working from the same blueprint:

**Intro → Verse 1 → Pre-Chorus → Chorus → Verse 2 → Bridge
→ Breakdown → Final Chorus/Outro**

A quick, clear map like this keeps the session organized and prevents confusion once recording begins.

Arrangement

- Decide where instruments enter and exit.
- Identify dynamic shifts (quiet verse, big chorus, stripped bridge).
- Note any stops, hits, or transitions that need to be tight.

Why This Matters: A clear structure eliminates confusion and helps the engineer build sessions quickly and accurately.



Song Prep (Continued...)

2. Confirming BPM, Key, and Any Tempo Changes

BPM

- Lock in the exact tempo before arriving.
- Practice with the click at this BPM so transitions feel natural.

Key

- Confirm the final key — especially if vocals have changed.
- If you're unsure, ask the engineer to help determine it before the session.

Tempo Changes

- Identify any ritards, accelerandos, halftime/double-time sections.
- Note whether these are intentional or performance-based.
- If using a click track with tempo changes, prepare a tempo map.

Why This Matters: The engineer builds the session around BPM and key. Getting this wrong wastes time and breaks creative flow



Song Prep (Continued...)

3. Preparing Lyric Sheets, Chord Charts, or Nashville Numbers

Lyric Sheets

- Print multiple copies for yourself, the engineer, and any collaborators.
- Use large, clear fonts.
- Mark breaths, phrasing, and emotional cues.

Chord charts

- Keep them clean and minimal.
- Include slash chords, stops, and hits.
- Mark sections clearly (V1, PC, CH, BR).

Number Charts

- Perfect for bands or quick key changes.
- Helps everyone stay aligned if the key shifts during rehearsal.

Why This Matters: Clear documentation keeps everyone on the same page — literally.



Song Prep (Continued...)

4. Deciding on Harmonies, Doubles, and Background Parts

Harmonies

- Decide where harmonies belong (choruses, bridge, key emotional lines).
- Choose intervals (3rd above, 5th below, octave, etc.).
- Practice them separately from the lead.

Doubles

- Identify which lines need doubling for thickness or energy.
- Practice matching your lead phrasing exactly — timing, vowels, consonants.

Background Vocals

- Plan any “oohs,” “aahs,” stacks, or pads.
- Decide if you want airy, tight, wide, or gospel-style layers.

Ad-Libs

- Mark where they belong (usually final chorus or outro).
- Prepare 2–3 variations so you have options.

Why This Matters: Layering is where songs become records. Planning these choices ahead of time saves time and elevates the final mix



Song Prep (Continued...)

5. Choosing 2–3 Reference Tracks That Match Your Sonic Goals

Pick References That Reflect

- Tone
- Energy
- Vocal style
- Drum sound
- Low-end feel
- Mix density
- Reverb/space
- Overall vibe

How to use Them

- Tell the engineer *what* you like about each track.
- Be specific:
 - “I love the punch of the kick here.”
 - “I want vocals as upfront as this.”
 - “I like the warm, round bass tone in this song.”

Why This Matters: Reference tracks give the engineer a target — and drastically speed up the process of dialing in tones and mixes.



Performance Prep

Showing Up Ready to Deliver Your Best

A great performance isn't just about talent — it's about preparation, mindset, and how you take care of your body and energy before stepping into the booth. This section helps artists show up grounded, confident, and creatively open so they can capture takes that feel alive, emotional, and unforgettable.

1. Rehearsal Strategies That Build Endurance and Consistency

Practice Full Run-Throughs, Not Just Sections

- Build stamina so your voice or playing doesn't fade halfway through the session.
- Rehearse the entire song as if you're already in the studio.

Focus on transitions

- Practice moving smoothly between verses, choruses, and bridges.
- Pay attention to breath control, timing, and emotional shifts.

Record Yourself

- Listen back for pitch, timing, and tone consistency.
- Identify spots that need tightening before the session.

Why This Matters: Endurance and consistency make your takes more reliable and reduce fatigue during long sessions.



Performance Prep (Continued...)

2. Physical Warm-Ups to Reduce Tension and Improve Control

Loosen the Body First

- Roll shoulders, neck, and jaw.
- Shake out arms and hands.
- Light stretching to release tension.

Breathing Exercises

- Slow, deep breaths to expand the diaphragm.
- Controlled exhales to steady nerves and center your focus.

Light Cardio (optional)

- 1–2 minutes of gentle movement to increase blood flow.
- Helps reduce stiffness and boosts energy

Why This Matters: A relaxed body leads to a relaxed performance — tension shows up in your voice, timing, and tone.



Performance Prep (Continued...)

3. Mental Preparation to Reduce Nerves and Improve Focus

Set Your Intention

- Decide what emotion or story you want to convey.
- Anchor yourself in the meaning of the song.

Visualization

- Picture yourself delivering a powerful, confident take.
- Imagine the sound you want to create.

Calming Techniques

- Slow breathing
- Grounding exercises
- Quiet moments before recording

Why This Matters: Your mental state directly affects your performance. Calm, focused artists deliver more authentic takes.



Performance Prep (Continued...)

4. What to Eat, Drink, and Bring to Stay Comfortable

Eat 1-2 Hours Before the Session

- Balanced meal: protein + carbs + light fats
- Avoid heavy, greasy, or spicy foods

Drink

- Room-temperature water
- Herbal tea (non-caffeinated)
- Avoid energy drinks, soda, and excessive caffeine

Bring

- Water bottle
- Light snack (banana, nuts, crackers)
- Comfortable clothing
- Lip balm
- Any personal comfort items (scarf, jacket, etc.)

Why This Matters: Comfort = confidence. When your body feels good, your performance follows.



Performance Prep (Continued...)

5. How to Approach Takes With Emotion, Not Perfectionism

Focus on Feeling, not Flawless Execution

- The studio can fix pitch and timing — it cannot fix emotion.
- Prioritize authenticity over technical perfection.

Give Each Take a Purpose

- “Clean take”
- “Emotional take”
- “Character take”
- “Energy take”

Let Go of Mistakes

- Don't stop mid-take unless absolutely necessary.
- Sometimes the imperfect take is the one that works.

Why This Matters: Emotion is what listeners connect with — not robotic precision.



Performance Prep (Continued...)

6. Planning Breaks to Keep Performances Fresh

Take Short Breaks Between Takes

- 1–2 minutes to reset your breath and focus.
- Prevents fatigue and keeps your energy consistent.

Longer Breaks Every 30-45 Minutes

- Stretch, hydrate, walk around.
- Avoid scrolling your phone — it breaks focus.

Know Your Limits

- If your voice or playing starts to fade, pause.
- A 5-minute reset is better than 20 minutes of tired takes.

Why This Matters: Fresh energy = better performances. Breaks protect your stamina and creativity.

YOU'RE READY GO MAKE SOMETHING GREAT

Recording is one of the most exciting parts of the creative process. You've done the prep, you've put in the work, and now you get to bring your songs to life in a space built to support you. Whether this is your first time in the studio or your hundredth, remember: **the goal isn't perfection** — it's **connection**. Show up open, prepared, and ready to explore.

We can handle the rest.

If you ever feel unsure, stuck, or need a second opinion, ***you're not alone***. We're here to guide you, answer questions, and help you get the absolute best out of your session.

YOUR STUDIO LIFELINE

If you need help before your session — or even mid-prep — reach out anytime. We're here to make sure you walk in confident and walk out proud of what you created.

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Whether you need tone advice, scheduling help, or just want to talk through your ideas, we've got your back

I hope we get to make something rad together soon!