

Musical Athletes or Athletic Musicians?

Brazilian American composer [Clarice Assad](#) will be performing her piece *É Gol! (And Goal!)* with The Saint Paul Chamber Orchestra. She was inspired by and wrote this piece as a peek into the mind of Brazilian soccer star, Marta Vieira da Silva. The piece is an exciting look into all of the preparation that an athlete goes through ahead of a game - much like the preparation and work that musicians put in ahead of performances! Students are encouraged to find connections between these activities and the mental and physical preparation that goes into them.

Below are some of the benefits of participating in music and sports. Which benefits go with sports and which benefits go with music? Do any of the benefits go with both sports and music?



Put a  below if the benefit listed goes with sports or music (or both!)



TEAMWORK



DEDICATION

EXPRESSING FEELINGS AND EMOTIONS

COMMUNICATION

GOAL SETTING

FOCUS

ACHIEVEMENT

FUN

PHYSICAL STRENGTH

MENTAL STRENGTH



What other benefits come from participating in music and sports? Write other ideas here:

