

Hi, I'm Lauren Salmon and I'm a senior at Carmel High School and I play viola for the camerata and symphony orchestras.

I'm in orchestra at my high school symphony and I also participated in extracurriculars such as the side-by-side program downtown and the Butler New World Youth Symphony Orchestra as well.

I first started when I was in 6th grade but I didn't really get serious and take lessons until I was about 14-15 years old. I practice everyday if I can, but I usually only practice skills every other day, not as much as I should. I struggle with pain when I play so have to practice staying relaxed to avoid that, like using stacking. I can't really explain it what that means but basically means your waist is above your feet, and then your shoulders or above your waist, and then you're kind of like leaning back a little bit like a jazz player kind of. So I kind of have to practice like that because it's a bad habit I have kind of leaning forward as I play which makes my shoulder hurt.

Before I got serious, I had a passion about helping people and I wanted to be a dermatologist or a pharmacist. But as my passion grew more, I think that is because the more I got into extracurriculars at my school. My chair was rising and I felt like I had talent that I could take advantage of that and probably just build a career off of that. Before I was serious in high school I was really shy. The first half of high school freshman, sophomore year I was not as outgoing and it gave me a sense of confidence. If I could give myself advice, it would be to practice more and to commit earlier because I waited such a long time to really decide to audition for music schools. I really didn't you know I would do it until maybe the second half of

junior year, so I was really late and I had to catch up this year by practicing more. So, I would tell my younger self just make sure if you want to do something just do it don't hesitate.

Right now and I hope to major in viola performance possibly participate in a professional orchestra probably either graduate school or doctorate. I don't know hopefully playing in a orchestra or still studying if I wanted to. Maybe be in a renowned orchestra, even though I'm pretty young because most of them are like, fifty years older than me.

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