

**Middle East District Ohio Music Teachers Association  
District Fall Conference**

Featuring

**Dr. Omar Roy**

**Friday, November 7<sup>th</sup>, 2025**

**Location: Guzzetta Hall, The University of Akron**

**157 University Avenue, Akron 44325**

(Please use the Visitor's Parking on Buchtel Ave. Lot 25)

**Schedule of events:**

**9:00 am – 9:45 am: Coffee and Donuts (Atrium)**

**10:00 am – 11:30 am: Presentation by Dr. Omar Roy (Recital Hall)**

*Fast First: Challenging the Monolith of Slow Practice*

**12:00-1:30 pm: Luncheon with the conference artist and meeting  
at Robertson's Cafeteria (entrance fee included in the registration)**

**2:00 pm – 4 pm: masterclass**

**4:30 pm – 5:30 pm: Middle East District Honors Recital**

**Please register up to three students using this link (no enrollment fee):**

[https://docs.google.com/forms/d/e/1FAIpQLSfK\\_n9-t46\\_A27vKg4BeTIG1QW0OZX8R7In6gJDNmbkgc0WHQ/viewform?usp=dialog](https://docs.google.com/forms/d/e/1FAIpQLSfK_n9-t46_A27vKg4BeTIG1QW0OZX8R7In6gJDNmbkgc0WHQ/viewform?usp=dialog)

**Due to Dr. Roy's hand injury,**

**his Solo Recital, scheduled at 7:30 pm on Nov. 6<sup>th</sup> at Guzzetta Recital Hall was CANCELLED!**

**Please use the registration form link and send a check to**

**Alex Piepenbrink 3477 Revere Road, Richfield, OH 44286**

<https://docs.google.com/forms/d/e/1FAIpQLScIOa7wrls1tt98DFy-ynly40qdsOGqzUhi4WyUtnw-NtGvyA/viewform?usp=publish-editor>

**Questions? Please email [kikuchi@uakron.edu](mailto:kikuchi@uakron.edu).**

**(or detach here and send in with the payment)**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone number: \_\_\_\_\_ Email address: \_\_\_\_\_

**Please mail the form with the check payable to ME district OhioMTA.**

**Early bird registration deadline: Postmarked by Oct. 23 (Thur). Late registrations and walk-ins \$5 additional.**

I am a: \_\_\_\_\_ current OhioMTA member      \$30      \_\_\_\_\_ Non-OhioMTA member      \$40

\_\_\_\_\_ Student with lunch      \$15      \_\_\_\_\_ Student without lunch      free

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**Dr. Omar Roy, conference artist**



A strong supporter of independent music teachers, **Dr. Roy** is in demand as a clinician. He frequently presents workshops and guest lectures to music teacher organizations and universities, and is a regular adjudicator for festivals and competitions. His involvement with music teachers organizations has led to leadership positions and presentations at the state and national level, including the National Conference on Keyboard Pedagogy. Dr. Roy is also part of the administrative team for The Art of Piano Pedagogy – a growing Facebook group that acts as a resource and forum of discussion that reaches nearly 23,000 teachers located throughout the world – and its companion site, Sustain. While Dr. Roy is dedicated to teaching at both the college and pre-college levels, he also remains a committed and passionate performer, presenting both traditional and lecture performances.

Dr. Roy earned the Doctor of Musical Arts in Piano Performance and Pedagogy at the University of Oklahoma where he studied Piano with Jeongwon Ham and Edward Gates, and Pedagogy with Jane Magrath and Barbara Fast. His research interests include practice efficiency, teaching strategies for students with special needs, sequenced repertoire assignment, and pedagogical applications of musical semiotics. Dr. Roy's other teachers include Jerry Wong, Shirley Yoo, and Nathan Hess. Previous faculty appointments include the University of Alabama and Oklahoma City University. Omar Roy currently serves as Assistant Professor of Piano and Piano Pedagogy in the School of Music at the University of South Carolina.

## ***Fast First: Challenging the Monolith of Slow Practice***

Slow practice has long been treated as a universal remedy for solving technical challenges at the piano. While careful, mindful repetition has value, emerging research in motor learning, biomechanics, and neuroanatomy suggests that slow practice alone may not prepare pianists for the real demands of performance tempo, regardless of repertoire level.

This session challenges the assumption that slow is always the best starting point. Drawing from studies of human movement and skill acquisition, we'll explore how the nervous system encodes speed-specific motor patterns—and why practicing only at slow speeds (or slowly increasing speeds) can sometimes lead to inefficient or incompatible muscle coordination. Movements executed slowly often rely on different neuromuscular strategies than those performed at tempo, which can complicate the transition to full-speed playing.

Instead, we'll introduce a more nuanced approach: integrating brief, targeted fast practice early in the learning process. Tools such as segmentation, rhythmic variation, hands-separate drills, and strategic repetition allow pianists to engage tempo-appropriate motor pathways without sacrificing control or accuracy.

Designed for both teachers and students, this session offers practical, research-informed strategies to accelerate technical fluency and build confidence. Attendees will gain a clearer understanding of how and when to use fast practice effectively—empowering pianists to move beyond the myth of “slow first” and toward a more flexible, performance-ready technique.