



SAVVY SINGING TEENS

THE NEXT LEVEL

AGES 16 TO 18

SERIOUS SINGING FOR OLDER TEENS

by Savannah

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Welcome

Hi, I'm Savannah. By now your voice is settling into its adult sound, and that means it's time to really train. This guide treats you like the serious singer you're becoming: real technique, range building, stamina, style, and performance. Whether you want to sing for fun, for college auditions, or for a future on stage, this is where you sharpen your craft. Let's get to work.

Savannah

WHERE YOU ARE NOW

For most singers, the voice has largely settled by these years, though it keeps refining into your twenties. You can now train with more structure and intensity, while still respecting healthy limits.

WHAT YOU'LL NEED

- Your **voice** and consistent practice time
- A **water bottle**, hydration is still non-negotiable
- A **keyboard or pitch app** and ideally a **metronome**
- A **recording setup** (even just your phone) to self-assess
- Optional: **backing tracks** and a notebook to track goals

Your Maturing Voice

Your voice has done most of its growing, and now it's about refinement. This is the stage where consistent, smart training pays off fast, you can build real range, control, and a signature sound.

Understand your voice type and where your natural strengths sit. Then train with intention rather than just singing along to songs.

Refinement, not survival

The unpredictable phase is behind you. Now you build skill on a stable foundation.

Know your voice type

Learn whether you sit higher or lower and where your voice feels strongest, then train smart.

Consistency wins

Daily, focused practice now produces noticeable, lasting growth.

Still developing

Your voice keeps maturing into your twenties, so keep training healthy.

WORDS TO KNOW

Voice type. the general category of your voice (such as soprano, alto, tenor, bass) based on range and tone.

Registers. the different "gears" of your voice, chest voice, head voice, and the mix between them.

Resonance. the richness and ring of your tone, shaped by how sound vibrates in your body.

Breath, Support & Control

Advanced singing is built on advanced breath control. Now you refine it: managing airflow precisely so you can sing long phrases, control dynamics, and sustain notes with ease.

The principle stays the same, support from the diaphragm, throat relaxed, but now you train it deliberately for endurance and control.

ADVANCED BREATH CONTROL

Smooth, even airflow is the goal. Control means giving the note exactly the air it needs, no more, no less.

- ☐ Breathe low and silently, fast and deep
- ☐ Exhale on "sss" for 20, then 25, then 30 seconds
- ☐ Practice messa di voce: swell a note soft-loud-soft on one breath
- ☐ Sing long phrases in one breath, planning where you breathe
- ☐ Keep your throat relaxed even on powerful notes
- ☐ Add dynamics: control how loud or soft without straining

WORDS TO KNOW

Messa di voce. swelling a sustained note from soft to loud and back, a classic control exercise.

Dynamics. how loud or soft you sing, and how smoothly you move between them.

Phrasing. how you shape a musical line, including where you breathe and lean in.

Building Range & Stamina

With a settled voice, you can safely work to extend your range and build the stamina to sing full songs and sets. The key word is still safely, growth comes from consistent, gentle stretching, not forcing.

RANGE & STAMINA WORKOUT

Extend your range at the edges gently. Never force the top, ease into it over weeks, not days.

- ☐ Warm up fully before any range work
- ☐ Use scales and sirens to gently explore your top and bottom
- ☐ Work the passaggio: smooth the flip between chest and head voice
- ☐ Practice mixing registers for a seamless sound
- ☐ Build stamina: sing full songs without tiring, then add another
- ☐ Cool down with gentle humming after hard sessions

TRAIN SMART

Range expands over weeks and months of consistent, healthy practice. Forcing high notes risks strain and injury, patience and technique win every time.

Style, Repertoire & Performance

Technique serves a purpose: helping you perform music you love, your way. Now you develop artistry, choosing repertoire that fits your voice, interpreting it with feeling, and learning to perform with confidence.

Study singers you admire, but aim to sound like the best version of you, not a copy of someone else.

Choose smart repertoire

Pick songs that flatter your current range and let your strengths shine. Stretch gradually.

Interpret, don't imitate

Learn from artists you love, then bring your own phrasing, emotion, and story.

Perform with intention

Singing is communication. Focus on telling the story, not chasing perfect notes.

Record and refine

Record performances, listen back honestly, and target what to improve next.

Singing is 70% mental, 30% technique. The biggest thing between you and a great performance is your own confidence, so prepare well, then trust yourself.

YOUR DAILY PRACTICE

Training Like a Pro

Serious growth comes from a consistent routine. You don't need hours, you need focused, regular practice and healthy habits that protect your instrument for the long haul.

THE PRO ROUTINE

1

Hydrate all day

Water reaches your cords over hours, so drink consistently, not just before singing.

2

Always warm up and cool down

Bookend every session to protect and prepare your voice.

3

Train technique daily

Spend focused time on breath, scales, and range, 20 to 30 minutes counts.

4

Work real repertoire

Apply your technique to full songs, performed start to finish.

5

Record and self-assess

Listen back honestly and set one clear goal for next time.

6

Rest and recover

Your voice needs recovery just like an athlete's body. Don't over-sing.

KEEP CLIMBING

Ready for the Full Singing Bootcamp?

When you're ready to train like an adult artist, the full Singing Bootcamp eBook takes your technique, range, and performance even further.

EXPLORE SINGING BOOTCAMP