



Circadian Rhythms

VINCE GASSI

Instrumentation

Part A

C Instruments 3
(Suggested use: Flute, Violin, Guitar)

C Instruments 3
(Suggested use: Oboe, Violin, Guitar)

B $\flat$ Instruments 3
(Suggested use: B $\flat$ Clarinet, B $\flat$ Trumpet)

E $\flat$ Instruments 3
(Suggested use: Alto Saxophone)

Part B

C Instruments 3
(Suggested use: *Oboe, Violin, Guitar)

B $\flat$ Instruments 3
(Suggested use: B $\flat$ Clarinet, B $\flat$ Trumpet)

E $\flat$ Instruments 3
(Suggested use: Alto Saxophone)

Part C

C Instruments 3
(Suggested use: Violin, Guitar)

C Instruments (Alto Clef) 2
(Suggested use: Viola)

B $\flat$ Instruments 3
(Suggested use: B $\flat$ Clarinet, B $\flat$ Trumpet,
*Tenor Saxophone)

E $\flat$ Instruments 3
(Suggested use: Alto Saxophone,
*Baritone Saxophone)

F Instruments 3
(Suggested use: Horn in F)

Part D

C Instruments 3
(Suggested use: Trombone, Euphonium,
Bassoon, Cello, String Bass)

B $\flat$ Instruments 3
(Suggested use: Bass Clarinet,
Tenor Saxophone, Baritone T.C.)

E $\flat$ Instruments 3
(Suggested use: Baritone Saxophone,
E $\flat$ Contra Alto Clarinet)

F Instruments 3
(Suggested use: Horn in F)

Part E

C Instruments 3
(Suggested use: Trombone, Euphonium,
Bassoon, Cello, String Bass)

B $\flat$ Instruments 3
(Suggested use: Bass Clarinet,
Tenor Saxophone, Baritone T.C.)

E $\flat$ Instruments 3
(Suggested use: Baritone Saxophone,
E $\flat$ Contra Alto Clarinet)

C Instruments (Low) 3
(Suggested use: Tuba)

Percussion

Timpani 2

Mallets 2
(Bells)

Percussion 1 2
(Claves)

Percussion 2 2
(Congas)

Percussion 3 3
(Cabasa, Suspended Cymbal, Vibraslap)

Piano 1

*This part can be used with this instrument but is not ideal

About the Arranger



Vince Gassi is a much sought-after composer, conductor, and clinician. With over 100 published titles to his credit, Vince's creative and energetic style has made him a favourite with young musicians. His works, both challenging and musically rewarding, appear on many international concert and contest lists.

Vince received his Bachelor of Music from the University of Western Ontario in London, Canada and later studied composing and arranging at the renowned Dick Grove School of Music in Los Angeles, California. He recently completed his Ph.D. at York University in Toronto, Canada.

For twenty-five years Vince has taught Instrumental Music at the elementary and secondary school levels. He is in frequent demand as a guest conductor, adjudicator, and clinician throughout the United States and Canada. His Cool Ideas, Arranging Concepts, Digital Workflows, and Creativity Workouts seminars focus on ways to engage students and teachers in the creative process.

Vince continues to receive many commissions and his works have been recorded and performed throughout North America, Europe, and Japan. Vince currently lives Toronto.

Circadian Rhythms

Circadian rhythms oscillate, fluctuate, recapitulate. Harmonies resonate, melodies fascinate. Hand claps and foot stomps will captivate. So get in the groove and take your young musicians on a journey that gives every section an opportunity to "rhythm-ate."



Wingert-Jones Publications

Recordings are available on all major streaming services.

Part A

With a steady, rhythmic pulse ♩ = 152

5

C Instruments (High)

C Instruments

B $\flat$ Instruments

E $\sharp$ Instruments

3

4

Part B

C Instruments

B $\flat$ Instruments

E $\sharp$ Instruments

Part C

C Instruments (Violin, Guitar)

C Instruments (Viola)

B $\flat$ Instruments

E $\sharp$ Instruments

F Instruments

3

4

Part D

With a steady, rhythmic pulse ♩ = 152

5

C Instruments/
E $\sharp$ Instruments

B $\flat$ Instruments

F Instruments

Part E

C Instruments/
E $\sharp$ Instruments

B $\flat$ Instruments

C Instruments (Low)

Timpani (B $\flat$, C, D)

Mallets (Bells)

Percussion 1 (Claves)

Percussion 2 (Congas)

Percussion 3 (Cabasa, Suspended Cymbal, Vibraslap)

Piano

3

4

Cabasa

Claves

mf

mf

4
Pt. A

Circadian Rhythms - Full Score

13

C Inst. (High) *mf*

C Inst. *mf*

B^b Inst. *mf*

E⁺ Inst. *mf*

Pt. B

C Inst. *mf*

B^b Inst. *mf*

E⁺ Inst. *mf*

Pt. C

C Inst. *mf*

C Inst. *mf*

B^b Inst. *mf*

E⁺ Inst. *mf*

F Inst. *mf*

Pt. D

13

C Inst./E⁺ Inst. *mf* *sfp*

B^b Inst. *mf* *sfp*

F Inst. *mf* *sfp*

Pt. E

C Inst./E⁺ Inst. *mf* *sfp*

B^b Inst. *mf* *sfp*

C Inst. (Low) *mf* *sfp*

Timp. *mf* medium soft mallets

Mal. *mf* plastic mallets

Perc. 1

Perc. 2 *mf* Congas

Perc. 3

Pno. *mf*

21

Pt. B

Pt. C

Pt. D

Pt. E

Timp.

Mal.

Pno.

Pt. A

C Inst. (High)

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

Pt. B

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

Pt. C

C Inst.

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

F Inst.

Pt. D

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

F Inst.

Pt. E

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

C Inst. (Low)

Timp.

Mal.

Perc. 1

Perc. 2

Perc. 3

Pno.

Pt. A 29

C Inst. (High) *mf*

C Inst. *mf*

B $\flat$ Inst. *mf*

E $\flat$ Inst. *mf*

Pt. B

C Inst.

Tpt.: opt. mute *f* (Tpt.: open) *p*

B $\flat$ Inst. *f* *p*

E $\flat$ Inst. *f* *p*

Pt. C

C Inst.

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

F Inst.

Pt. D 29

C Inst./E $\flat$ Inst.

B $\flat$ Inst.

F Inst.

Pt. E

C Inst./E $\flat$ Inst.

B $\flat$ Inst.

C Inst. (Low)

Timp.

Mal.

Perc. 1

Perc. 2

Perc. 3

Pno.

Pt. A

37

C Inst. (High)

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

p

p

p

p

Pt. B

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

mf

mf

mf

p

p

p

Pt. C

C Inst.

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

F Inst.

mf

mf

mf

mf

mf

p

p

p

p

p

Pt. D

37

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

F Inst.

Pt. E

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

C Inst. (Low)

Timp.

Mal.

Perc. 1

Perc. 2

Perc. 3

Pno.

Pt. A

46

C Inst.
(High)

C Inst.

B $\flat$ Inst.E $\flat$ Inst.

Hand Claps

f

Hand Claps

f

Hand Claps

f

Hand Claps

f

Pt. B

C Inst.

B $\flat$ Inst.E $\flat$ Inst.

Pt. C

C Inst.

C Inst.

B $\flat$ Inst.E $\flat$ Inst.

F Inst.

Pt. D

C Inst./
E $\flat$ Inst.B $\flat$ Inst.

F Inst.

Pt. E

C Inst./
E $\flat$ Inst.B $\flat$ Inst.C Inst.
(Low)

Timp.

Mal.

Perc. 1

Perc. 2

Perc. 3

Pno.

46

G $\flat$ to F

Hand Claps

f

Vibraslap

f

Cabasa

f

10
Pt. A

Circadian Rhythms - Full Score

54

C Inst. (High)

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

Pt. B

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

Pt. C

C Inst.

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

F Inst.

Pt. D

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

F Inst.

Pt. E

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

C Inst. (Low)

Timp.

Mal.

Perc. 1

Perc. 2

Perc. 3

Pno.

50

51

52

53

54

55

56

Pt. A

60

C Inst. (High)

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

Pt. B

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

Pt. C

C Inst.

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

F Inst.

Pt. D

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

F Inst.

Pt. E

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

C Inst. (Low)

Timp.

Mal.

Perc. 1

Perc. 2

Perc. 3

Pno.

57

58

59

60

61

62

63

12
Pt. A

Circadian Rhythms - Full Score

68

C Inst. (High) Hand Claps

C Inst. Hand Claps

B $\flat$ Inst. Hand Claps

E $\flat$ Inst. Hand Claps

Pt. B

C Inst. Hand Claps

B $\flat$ Inst. Hand Claps

E $\flat$ Inst. Hand Claps

Pt. C

C Inst. Foot Stomps

C Inst. Foot Stomps

B $\flat$ Inst. Foot Stomps

E $\flat$ Inst. Foot Stomps

F Inst. Foot Stomps

Pt. D

68

C Inst./E $\flat$ Inst. Hand Claps

B $\flat$ Inst. Hand Claps

F Inst. Hand Claps

Pt. E

C Inst./E $\flat$ Inst. Foot Stomps

B $\flat$ Inst. Foot Stomps

C Inst. (Low) Foot Stomps

Timp. Hand Claps

Mal. Hand Claps

Perc. 1

Perc. 2

Perc. 3

Pno. Hand Claps

Pt. A

76

C Inst. (High)

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

Pt. B

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

Pt. C

C Inst.

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

F Inst.

Hand Claps

Hand Claps

Hand Claps

Hand Claps

Hand Claps

Pt. D

76

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

F Inst.

Pt. E

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

C Inst. (Low)

Hand Claps

Hand Claps

Hand Claps

Timp.

Mal.

Perc. 1

Perc. 2

Perc. 3

Pno.

71

72

73

74

75

76

77

14
Pt. A

Circadian Rhythms - Full Score

C Inst. (High)

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

Pt. B

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

Pt. C

C Inst.

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

F Inst.

Pt. D

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

F Inst.

Pt. E

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

C Inst. (Low)

Timp.

Mal.

Perc. 1

Perc. 2

Perc. 3

Pno.

Pt. A

89 Play

C Inst. (High) *ff* *mf* Play

C Inst. *ff* *mf* Play

B $\flat$ Inst. *ff* *mf* Play

E $\flat$ Inst. *ff* *mf* Play

Pt. B

C Inst. *ff* *mf* Play

B $\flat$ Inst. *ff* *mf* Play

E $\flat$ Inst. *ff* *mf* Play

Pt. C

C Inst. *ff* *mf* Play *sf*

C Inst. *ff* *mf* Play *sf*

B $\flat$ Inst. *ff* *mf* Play *sf*

E $\flat$ Inst. *ff* *mf* Play *sf*

F Inst. *ff* *mf* Play *sf*

Pt. D

89 Play

C Inst./E $\flat$ Inst. *ff* *mf* Play *sf*

B $\flat$ Inst. *ff* *mf* Play *sf*

F Inst. *ff* *mf* Play *sf*

Pt. E

C Inst./E $\flat$ Inst. *ff* *mf* Play *sf*

B $\flat$ Inst. *ff* *mf* Play *sf*

C Inst. (Low) *ff* *mf* *sf*

Timp. *ff* *mf* Play

Mal. *ff* *mf* Play

Perc. 1 *ff* *f* *mf*

Perc. 2 *ff* *f* *mf*

Perc. 3 *ff* *f* *pp*

Pno. *ff* *f* *pp*

Sus. Cym.

F to G $\flat$

Pt. A

C Inst. (High)
C Inst.
B $\flat$ Inst.
E $\flat$ Inst.

f *p* *f* *p* *f* *p*

Pt. B

C Inst.
B $\flat$ Inst.
E $\flat$ Inst.

f *p* *f* *p* *f* *p*

Pt. C

C Inst.
C Inst.
B $\flat$ Inst.
E $\flat$ Inst.
F Inst.

f *p* *f* *p* *f* *p* *f* *p* *f* *p*

Pt. D

C Inst./
E $\flat$ Inst.
B $\flat$ Inst.
F Inst.

f *p* *f* *p* *f* *p*

Pt. E

C Inst./
E $\flat$ Inst.
B $\flat$ Inst.
C Inst. (Low)

f *p* *f* *p* *f* *p*

Timp.
Mal.

p

Perc. 1
Perc. 2
Perc. 3

f

Pno.

mf

Pt. A

101

C Inst. (High)

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

mf

Pt. B

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

mf

Pt. C

C Inst.

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

F Inst.

mf

mf

f

Tpt.: opt. mute

Pt. D

101

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

F Inst.

Pt. E

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

C Inst. (Low)

mf

Timp.

Mal.

Perc. 1

Perc. 2

Perc. 3

mf

Pno.

mf

Pt. A

C Inst. (High)

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

f

f

f

f

Pt. B

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

f

f

f

Pt. C

C Inst.

C Inst.

B $\flat$ Inst.

E $\flat$ Inst.

F Inst.

p

p (Tpt.: open)

p

p

p

f

f

f

f

f

f

Pt. D

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

F Inst.

Pt. E

C Inst./
E $\flat$ Inst.

B $\flat$ Inst.

C Inst. (Low)

G $\flat$ to F

Timp.

Mal.

Perc. 1

Perc. 2

Perc. 3

Pno.

Pt. A 113

C Inst. (High)
C Inst.
B $\flat$ Inst.
E $\flat$ Inst.

Pt. B

C Inst.
B $\flat$ Inst.
E $\flat$ Inst.

Pt. C

C Inst.
C Inst.
B $\flat$ Inst.
E $\flat$ Inst.
F Inst.

Pt. D 113

C Inst./
E $\flat$ Inst.
B $\flat$ Inst.
F Inst.

Pt. E

C Inst./
E $\flat$ Inst.
B $\flat$ Inst.
C Inst. (Low)
Timp.
Mal.
Perc. 1
Perc. 2
Perc. 3
Pno.

Pt. A

121

C Inst. (High)

C Inst.

B^b Inst.

E^b Inst.

f

ff

Pt. B

C Inst.

B^b Inst.

E^b Inst.

f

ff

Pt. C

C Inst.

C Inst.

B^b Inst.

E^b Inst.

F Inst.

mf

f

ff

Pt. D

121

C Inst./E^b Inst.

B^b Inst.

F Inst.

f

ff

Pt. E

C Inst./E^b Inst.

B^b Inst.

C Inst. (Low)

Timp.

Mal.

Perc. 1

Perc. 2

Perc. 3

Pno.

f

ff

dampen

dampen