

ASPIRE NEWS

4 June 2019

FROM THE DESK OF THE ARTISTIC DIRECTOR

We are half way through the term and have stumbled through most of the production. We are building up to a full run in the final week of term. Leading up to the run it is vital that everyone is at rehearsals to ensure they are all up to date with script and music alterations, as well as the most current choreography and blocking. It is inevitable in any production that things change throughout the rehearsal process and as performers we need to be adaptable to these changes.

Our expectations are high and deservedly so. As a team we think you're all fantastic and incredibly capable and therefore we also expect you to give one hundred and ten percent at every rehearsal. There is so much potential in our cast and I want to see each and every cast member fulfil their potential. So, keep working hard and striving for excellence, you'll be pleased you did when it comes to production week.

Many of you will be representing your schools in DioSounds this week at the Civic Theatre. Break a leg! I can't wait to see you all up there!

Cheers
Anna



WHAT'S HAPPENING IN THE ENSEMBLES

DRAMA

The Story that is the Play

The whole purpose of theatre is that of story. Often our world, caught up in technology and money and what they call progress, forgets the most important aspect of our world, story. Every day we live so many stories where our lives become a constantly evolving story. Our stories are unique, individual and so incredibly amazing that it forms our humanity.

The story of 365 Questions, Issues and Good Deeds is a complex web of stories that are being told simultaneously. As actors we need to create authenticity in performance, reality of character and total belief in what we are presenting. Our story tells, teaches and informs the audience. It encourages thinking, accepting, challenging and changing the world that we live in. It promotes growth for us as actors and in the audience, who watch and join us on the journey.

So, you need to consider:

- What is your character's story?
- Why are they in this space right now?
- What can they teach the audience?
- What are they teaching you about the world or yourself?
- What is the purpose of our story?

I love story. I love listening to people's real and imagined stories. It tells me so much about our world and the incredible, complex people within. So, let's work together on the story of our 2019 Aspire piece and make it amazing.

Lisa and Jay

DANCE

Hi Dancers

It's just about time for me to pass the baton to Montana for a little while. I can't wait to return and see all your dances polished and being performed with character.

Over the coming weeks it will be all about the finer details....not the larger ones! So, in other words, make sure you know ALL your choreography so it can be cleaned rather than re-learn!

After that, it is time to start running the show! Eek! So, make sure you have written in your script any changes/add ons to entries and exits. Also make sure you know your lyrics as you are EXPECTED TO SING!

I will be back before you know it! See you all soon

Lauren and Montana

MUSIC

What makes a good musician?

There are some obvious responses- 'they're natural talent' etc. But being a good musician is more than having ability. Ability gets you in the team, but diligence and sustained effort keeps you there. A requirement for growth. Work ethic has been a focus of the band ensemble the past few weeks, specifically during rehearsals:

- playing rhythms with 100% accuracy.
- playing correct notes and intonation.
- being ready to play during rehearsal, not missing direction.
- not missing cues and entries.

Critical feedback- this is not personal, but information about your playing which you can use to improve. Good musicians have insight- they know when they are playing well, and what they need to do improve. Then they do it. Take ownership of you playing, be critical of yourself so that you can improve. Don't settle for mediocre. Making mistakes is part of the learning process but so is improving. And you all have the ability. Take control of your learning journey and aim for growth.

Jess and Dom

VOCAL

"For me, one of the most important things about keeping vocally healthy is warming up and making sure I'm aware where my voice is at, drinking lots of water and getting plenty of sleep, and just taking care of myself with exercise and eating healthy" Adam Lambert

Adam Lambert is an American singer, songwriter and actor who competed on American Idol performer, has several best-selling albums and has toured worldwide with the amazing band QUEEN ... he is a wonderful performer who has an amazing versatile and powerful voice!

So, his advice on voice care is very relevant to us here in the Vocal Ensemble!

It is essential that as singers we take good care of our voices during this cold weather and the flu season.

The top 10 tips for a healthy voice include:

1. QUALITY SLEEP: get a good night sleep to recharge and restore your voice
2. GOOD VENTILATION: get lots of fresh air
3. KEEP HYDRATED: drink lots of water
4. WEAR A SCARF: keep your neck & chest covered
5. WARM UP: always stretch and relax our vocal cords before we sing
6. NO SHOUTING: this places huge strain on your voice
7. HEALTHY EATING: lots of fruit & veggies
8. REMEDY DRINKS: hot water with lemon, honey & ginger reduces inflammation
9. SORE THROAT CARE: lots of rest, voice rest and hydration
10. STEAMING: relieves a sore throat

Please take care of your precious voice! Let us know if you are not feeling 100% each rehearsal. Have a wonderful week

Jeanette and Luke

EXCITING AND IMPORTANT DATES/NEWS

ASPIRE Promotional Call

Thursday 20 June 2019: St Pius X High School, Adamstown, 4.30 pm – 6.30 pm

ASPIRE Holiday Rehearsal

Thursday 18 July 2019: St Pius X High School, Adamstown, 9.30 am – 4.00 pm

ASPIRE Holiday Rehearsal

Friday 19 July 2019: St Pius X High School, Adamstown, 9.30 am – 4.00 pm

ASPIRE Sunday Rehearsal

Sunday 21 July 2019: St Pius X High School, Adamstown, 9.30 am – 4.00 pm

ASPIRE Sunday Rehearsal

Sunday 28 July 2019: St Pius X High School, Adamstown, 9.30 am – 4.00 pm

PRODUCTION WEEK

ASPIRE Dress Rehearsal

Monday 29 July 2019: Civic Theatre Newcastle, 8.30 am – 5.00 pm

ASPIRE Dress Rehearsal

Tuesday 30 July 2019: Civic Theatre Newcastle, 8.30 am – 5.00 pm

ASPIRE FIRST Show Performance

Wednesday 31 July 2019: Civic Theatre Newcastle, 9.30 am – 2.00 pm

ASPIRE SECOND Show Performance

Thursday 1 August 2019: Civic Theatre Newcastle, 9.30 am – 2.00 pm

ASPIRE THIRD Show Performance

Friday 2 August 2019: Civic Theatre Newcastle, 9.30 am – 2.00 pm

ASPIRE FOURTH Show Performance

Friday 2 August 2019: Civic Theatre Newcastle, 5.30 pm – 10.00 pm

ASPIRE FIFTH Show Performance

Saturday 3 August 2019: Civic Theatre Newcastle, 9.30 am – 2.00 pm

ASPIRE FINAL Show Performance

Saturday 3 August 2019: Civic Theatre Newcastle, 5.30 pm – 10.00 pm

ANNA RECOMMENDS

DioSounds at the Civic Theatre, 6 June 2019

Starstruck: No Limits NSW Public Schools at Newcastle Entertainment Centre 14-15 June 2019

Strictly Ballroom by St Phillips Christian College 20 -22 June 2019

DESIGN

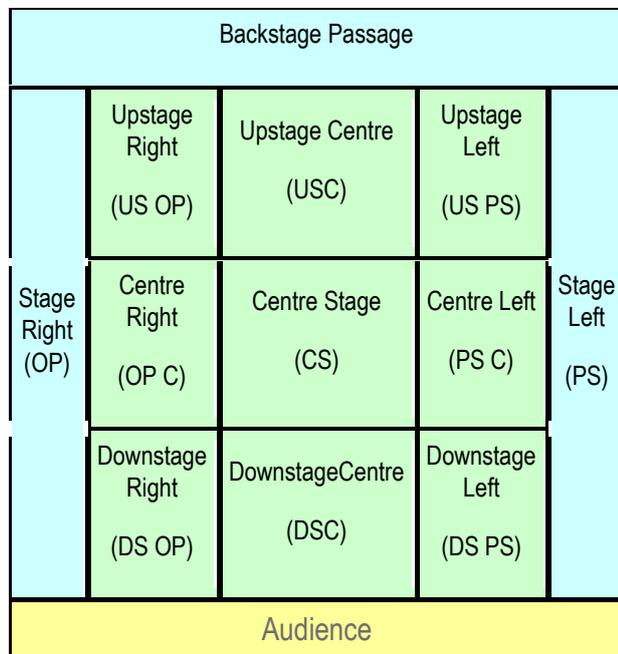
Being creative every Tuesday night as part of is so much fun but being part of the Design Ensemble is so much more!

Communication and people skills, problem solving, eye for detail, organisational ability and a developing knowledge of the technical aspects of stage production are just some of the key skills students are developing each week: skills and attributes that are relevant and valued in any workplace. So, although we are having lots of fun, remember you are developing real work place skills as well.

The end of the term is fast approaching and with only a limited amount of weeks left the Design Ensemble still has a lot to do! It is important each week that we work with a sense of urgency, in order to complete all the costume and set design tasks. The progress to date is impressive, but there is still a way to go, with many items still requiring completion. The hard work and dedication will all be rewarded at the end, when all the elements of set and costume come together to create an amazing 'wow' moment on stage.

PRODUCTION

Last week the production ensemble were busy developing an understanding of the show and the various scenic elements they will be handling. They learnt how to correctly mark up the stage for rehearsal and became familiar with stage geography, that is, what we call each section of the stage. For example, the stage manager sits in Prompt Corner on Prompt Side or PS (which is also stage left) and the other side is called Opposite Prompt or OP (stage right).



Upstage is away from the audience and downstage is near the orchestra. Flying elements fly 'out' or 'in'.

Loretta

