

ASPIRE

NEWS

9 March 2021

FROM THE DESK OF THE ARTISTIC DIRECTOR

I cannot believe we are nearly at the end of Term 1. This production is going to creep up on us! There is a considerable amount of work to get through and whilst we are working well, we need to ensure that we are really focused when at rehearsals and being asked to complete tasks. It's very easy to enjoy the social side of ASPIRE, and that is a huge part of the experience – meeting like minded people. But it's just as important that we work hard during rehearsals and are committed to what we're being asked to do. If we get complacent on this things will progress very slowly and we don't have the time for that.

There have been some small auditions in the various ensembles as we decide on solo distribution and parts. My advice is not to get bogged down in what everyone else is doing, rather focus on your own journey in ASPIRE. What do you want to achieve and how can you give your best each week? What do you hope to learn this year? Have a conversation with your ensemble team about this, ask what they think you could work on improving and developing.

ASPIRE is very much about growing as performing and creative artists. Whilst we have styles we prefer to work in, characters we prefer portraying or music we like to play we need to challenge ourselves to learn new techniques and often that's about taking ourselves out of comfort zones. How can you try and do this in ASPIRE this year?

Anna



WHAT'S HAPPENING IN THE ENSEMBLES

DRAMA

Term one is flying by and we are already working on aspects of script and the plot line itself.

The students have assumed the role of dramaturg, where they have the responsibility to analyse the plot and make changes where necessary. They have also begun working on character which is such a critical aspect of bringing the story to life.

Both Junior and Senior ensembles demonstrate their commitment to improving their skills so far. They are all working well, trying new concepts, and developing strong teamwork.

We look forward to continuing on developing skills, bringing the play to life, and forming new friendships.

Yours in Drama
Lisa and Jay

DANCE

Hola dancers!

This week we would like you to concentrate on strength. Spend time when practicing to focus on your core and engage your muscles through movements, especially slow/held movements.

We will go through some Pilates exercises this week that you can continue with at home. This will help with stability, balance and control throughout all styles of dance.

Remember to practice at 100% at least once during each practise session to make sure the movement stays in your muscle memory!

Lauren, Montana and Sophie

MUSIC

Focussing on focussing...

The focus during rehearsals the past couple weeks has been 'focus'. The band have received a lot of repertoire in recent weeks, and it's getting to that time of the term when everyone is a little bit tired, and busy with school assessments and other commitments. Being tired, hungry, stressed makes focussing much more challenging. It's important to look after yourself- get enough sleep, eat well and being active. Ensuring you are organised- bringing equipment, music in order, set up/pack up quickly and with everything ready to go, can also help ease the pressure, and make focusing during rehearsals easier.

Last week, it was late in the rehearsal and the band were trying to play "Vogue". There is a section where most of the band are playing in unison, which requires a lot of focus. It wasn't happening, everyone was too tired, hungry, zoned out! But with some active focussing- focussing on focussing, the band played the section perfect! It sounded great!

So next time during rehearsal when you're zoned out, tired, not focussing- just notice, then change your mindset. Be mindful and practise this skill, as it's what you will draw on during production week.

Only 14 weeks of rehearsals to go.

Jess and Dom

VOCAL

"Be strong ... you never know who you are inspiring"

As we prepare to take to the Civic Theatre stage, there are a multitude of skills and emotions that we will experience.

We will be excited, nervous, scared, overwhelmed and incredibly happy! We will know how to sing, dance and act all at the same time!

At times, all this can become a bit too much, so we need to take a deep breath and relax, reflect on:

- What are we doing?
- Why are we doing it?
- Who are we doing it for?

This is when we must be STRONG! You've got this! Have a great week.

Jeanette and Luke

EXCITING AND IMPORTANT
DATES/NEWS

ANNA RECOMMENDS

The Women in Black by The Metropolitan Players on Thursday 18 March 2021 at 7.30 pm, Friday 19 March 2021 at 7.30 pm, Saturday 20 March 2021 at 1.30 pm and 7.30 pm, Sunday 21 March 2021 at 1.30 pm; Wednesday 24 March 2021 at 7.30 pm, Thursday 25 March 2021 at 7.30 pm, Friday 26 March 2021 at 7.30 pm and Saturday 27 March 2021 at 1.30 pm and 7.30 pm at the Civic Theatre Newcastle

The City of Newcastle and Field Frequency Presents Music People Live on Tuesday 23 March 2021 at 7.30 pm at the Civic Theatre Newcastle

DESIGN

We have been working hard on designing our costume pieces. These past weeks we have measured every member of the cast that will be on stage, to help us and our costume designer when it comes to creating all our pieces for the show.

We also started a shopping list of what we need in order to create our costumes, for our big number we have researched some ready to wear clothing that we can build upon and make super high fashion!

We have been working very hard and things are just getting started!

Lara 😊

