

ASPIRE

NEWS 2022

22 MARCH 2022

FROM THE DESK OF THE ARTISTIC DIRECTOR

It's been a productive couple of weeks of ASPIRE rehearsals, lots of learning new material and having fun whilst we do it. Thanks to everyone for going with the venue change for the past couple of weeks. We are back at St Pius now and here we shall stay!

In the next couple of weeks, I am looking forward to seeing vocalists and senior drama students auditioning for solos and parts. As I've said previously try not to get stressed about auditioning, we are all on the same time and want each other to do well. Auditioning lets your ensemble team see where you are at, where your strengths lie and where you can keep developing as a performer so that we can give you the best possible learning experience. It's a positive thing so take it in your stride!

I'd like to thank our design crew who have measured every cast member and are now getting ready to start creating some wonderful costume pieces. You guys are such an ideas filled bunch I'm super excited to see the work you create in the coming weeks!

Whilst we are back in rehearsals, I do want to remind you all that COVID is still out there. If you are more comfortable wearing a mask that is totally your choice and we do recommend that when you're watching others perform you wear one. We'll try and get you outside for fresh air during rehearsals, please keep mixing across ensembles to a minimum for the rest of this term.

Keep sending me thoughts and ideas if you have them, the script is still a work in progress – the most up to date copy is in your teams files so have a look and always feel free to send me feedback!

Anna 😊



WHAT'S HAPPENING IN THE ENSEMBLES

DRAMA

It is really starting to finally feel like we are back, and all is “normal” – well as normal as it may get in our strange times. The Drama ensemble has finally settled in and working creatively and happily together. We have spent a lot of time working on exploring the concept of “wishes”. What would you wish for if you could have anything you wanted?

We have also been working on developing character which is a really important skill in drama. The juniors have demonstrated how enthusiastic they are this year, always trying new skills and they love working with the seniors in the middle hour. The seniors have been doing auditions for the various roles in the show. They have worked so hard and prepared for the auditions like professionals. Just remember that whether or not you get the role that you wanted isn't the issue. Own the role that you get and make it your own. Grow to love that character and develop your skills as a performer. Sometimes the greatest challenge comes from roles we didn't expect.

I hope that you are all enjoying your Aspire experience. Make sure that you let us know if we can help or support you in developing as a performer.

Have a great week

Lisa and Jay

DANCE

Hi Dancers

A bit of a strange old week. As you can see, no matter what, we always have things to work on! There is a lot of choreography in this show so please continue to brush up on the videos we put in teams, as well as continuing to think about ideas after workshoping sessions.

As Montana went through with you, here is the exercise schedule we are expecting you to go through on your own before starting rehearsals each week.

Pre-rehearsal warm up:

1. Slowly roll ankles and wrists
2. 5 times each way
3. 10 x parallel squats/scoops with arms
4. Sideways reach over/flat back/stretch over leg
5. Lunge into twist stretch both sides
6. Downward dog into back arch into child's pose
7. 10 x star jumps
8. 10 x sit up or crunches
9. 10 x Bicycles
10. Anything else you feel needs stretching

Lauren and Montana

MUSIC

It has been a busy fortnight of rehearsals. Thank you to San Clemente for hosting ASPIRE these past couple weeks. The Instrumental Ensemble will be receiving many new pieces of music over the next couple of rehearsals. It is important that you practise your part- playing along with the tracks which are available on our MSTeams site. The focus will be learning the structure of each piece, ready to look at the difficult melodies/rhythms and refine the sounds used in the rhythm section.

Welcome to Chris Turner, our Instrumental Specialist! Chris is a former Aspire student and now musician extraordinaire who performs, works and teaches in the industry.

Jess and Chris

VOCAL

Do you ever feel like there's just not enough room in your brain for all the new information you receive every day? Between school, social media, friends, family and ASPIRE it's easy to get overwhelmed!

The vocal ensemble has been flat out learning all the songs featured in this year's production, and they have been doing an amazing job! The thing is, we haven't even learnt half of the songs we need to!

So, what are some things you can do to maximise your memory as a vocalist?

Repetition and Frequency

In order to commit lyrics and melodies to memory you need to practice all repertoire frequently. Five to ten minutes a day is enough to maximise your memory between each rehearsal ("cramming" does not work here!)

Analyse the lyrics to give the song meaning

Having trouble remembering lyrics? Look at them carefully and interpret their meaning. What do the lyrics mean to you? Personalising lyrics and making them meaningful helps them stay in your brain.

Visual learner? Write the lyrics down...A LOT!

Writing lyrics down (again and again and again) may sound boring BUT rest assured this tried-and-true technique really helps! On the bus or the train? Write down some lyrics! Waiting for an appointment? Write down some lyrics! Only half watching a show of Netflix? Write down some lyrics! Trust us...it works!

We hope these helpful tips are useful - happy practicing!

Jeanette and Lonnie

EXCITING AND IMPORTANT DATES/NEWS

PLEASE NOTE THESE DATES ARE SUBJECT TO CHANGE

SCHOOL HOLIDAY REHEARSALS

Tuesday 12 July 2022 from 9.30 am – 4.00 pm at St Pius X High School, Adamstown

Wednesday 13 July 2022 from 9.30 am – 4.00 pm at St Pius X High School, Adamstown

Thursday 14 July 2022 from 9.30 am – 4.00 pm at St Pius X High School, Adamstown

Friday 15 July 2022 from 9.30 am – 4.00 pm at St Pius X High School, Adamstown

WEEKEND REHEARSALS

Sunday 17 July 2022 from 9.30 am – 4.00 pm St Pius X High School, Adamstown

Sunday 24 July 2022 from 8.30 am – 5.00 pm TBA

BUMP IN/BUMP OUT (DESIGN AND PRODUCTION ENSEMBLES ONLY)

Saturday 23 July 2022 at Civic Theatre Newcastle

Sunday 24 July 2022 at Civic Theatre Newcastle

PRODUCTION WEEK

Monday 25 July 2022 Technical Run 8.30 am – 5.00 pm at Civic Theatre, Newcastle

Tuesday 26 July 2022 Dress Rehearsal 8.30 am – 5.00 pm at Civic Theatre, Newcastle

Wednesday 27 July 2022 First Performance Call Time 9.30 am at Civic Theatre, Newcastle

Thursday 28 July 2022 Second Performance Call Time 9.30 am at Civic Theatre, Newcastle

Friday 29 July 2022 Third Performance Call Time 9.30 am at Civic Theatre, Newcastle

Friday 29 July 2022 Fourth Performance Call Time 5.30 pm at Civic Theatre, Newcastle

Saturday 30 July 2022 Final Performance Call Time 5.30 pm at Civic Theatre, Newcastle

ANNA RECOMMENDS

The Celebration of Swing on Sunday 27 March 2022 at 2.30 pm at the Civic Theatre Newcastle

AOC Sketches of Spain by Australian Chamber Orchestra on Thursday 31 March 2022 at 2.30 pm at the Civic Theatre Newcastle

DESIGN

We have been measuring up a storm these past two weeks! It is an important job to get done nice and early to ensure all of our cast get correct fitting costumes. We have also been designing some set pieces after our set designer Lisa has been giving us some visions of what she is expecting on stage. Lauren, our costume designer, has given us a specific character from the show to take charge of. This has excited our ensemble and got them eagerly drawing ideas for this very unique character. Lauren has also shown us some amazing accessories that we will be creating in the coming weeks. It is all a very exhilarating experience, and we are just getting started!

Lara and Jen

