

# ASPIRE

## NEWS 2023

4 JULY 2023

### FROM THE DESK OF THE ARTISTIC DIRECTOR

It's almost here, production week is upon us, and I am so very proud of you all. Our holiday rehearsals will be the final push as we pull the whole show together, work with our set and polish what we have learnt. Then we hit the theatre!

The Civic Theatre is such a beautiful space. You can't help but feel 'wow' as you walk out onto stage for the first time. Enjoy that feeling of Wow you have all earned it. Soak up being in that space and if you can each day take a moment to walk around the stage and think about the show ahead.

The Monday technical rehearsal will involve a lot of stopping, starting and standing around as we get the technical elements of the show right. It can be difficult to remain focused, but you must be alert all the time as there may be things you have to remember.

The Tuesday dress rehearsal is our first, and often our only, full run through in the space before the first show. Keep going and treat it like it is an actual performance. Give full energy and focus!

Make sure you rest when you can, drink lots of water and eat healthily. It is an incredibly tiring week, and you need to really look after yourselves, so you have full energy each day.

We all love what we do and so it can occasionally get stressful, and people can get emotional. That's completely ok. If you are at any point feeling overwhelmed go to the ground floor dressing rooms where we will have a quiet space and staff will be there to support, you through whatever you are feeling.

Please remember this is a production, it is not life and death and our lives do not depend on it. Things go wrong and whilst we aim for the best show possible, we are all learning and mistakes sometimes happen, things go wrong. People forget lines, forget choreography, miss notes and the world continues turning. If something goes wrong, we support each other through it and then we move on and say, 'what's next?'

Have a great show everyone!!! 😊



## WORDS OF WISDOM FROM ASPIRE STAFF

### DRAMA

With Production week quickly approaching and many new performers with us, we thought it would be a good time to give some tips on production week.

- Firstly, be on time. Be punctual for dress rehearsals and performances. Arriving late or under stress will impact on your performance. So, remember to plan ahead and be early.
- It's also important to get lots of sleep. Your body and your emotions will be busy, so you need lots of sleep to recover after each day.
- Be energetic when you perform. There will be lots of waiting around, especially during the tech rehearsal.
- Be ready to be flexible. As we work with the set and a new stage things may change, particularly blocking.
- Be silent backstage. Always!!!
- Don't be in the wings unless you have to be. There is a lot of movement there and you will add to the problem if you are hanging about.
- People are trying their best, so be polite and patient. Mic changing is so hectic, your manners go a long way to easing the pressure.
- Keep your dressing room tidy. It's crowded, that can't be helped. Hang your costume up. Look after what you need. It is your responsibility.
- Listen to advice!
- Never talk while you have a mic on unless you are saying your lines. You are likely to get caught out!
- Read your notes on teams every night. Check there for updates and information.
- Finally enjoy it. This is what we work for so embrace every minute.

And ask if you have any questions.  
I am so excited. Give it all!

**Lisa and Stars**

## DANCE

Argh me hearties!

Production week is nearly upon us and oh what a big week it is! Be prepared for this week to be long and tiring but with an epic reward at the end (performing!).

Knowing what you are doing inside and out is vital for when we hit the Civic Theatre. There are so many moving parts to a show like this that all need to work seamlessly and therefore need you to be across your entrances, exits, and pathways. The backstage crew are there to make sure everyone is safe, and the show runs smoothly so please listen to them at all times and show respect for the tricky roles they are all undertaking.

Your body is your tool/instrument!.....look after it! Do not go doing anything silly or risky that is going to potentially take you out of the show due to injury. On that same note, please do all you can to avoid sickness. This includes not sharing food/drink, staying warm, and fuelling your body with things that are going to sustain your energy like healthy foods, not lollies or junk food and definitely no energy drinks (these things give you a quick rush but then soon after a big crash which will make these long days a lot harder).

Please make sure you are taking any notes on board from any of the creative team and adapting where needed.

We know you will all be fabulous and can't wait to see you all shine!

**Lauren and Montana**

## INSTRUMENTAL

- Make sure your music is in order and you have a pencil with your folder.
- Mark all you cues, sounds effects, settings, instruments on your music.
- Practice along with the tracks on Teams, but not too much!
- Have spare strings, sticks, plectrums and batteries.
- Drink water, eat healthy, exercise and rest. These basic but essential things will help with stamina, manage fatigue and focus during the busy holiday and production weeks.

**Jess, Chris, and Samantha**

## VOCAL

- It is so important to look after your instrument in the lead up to and during show week. Remember to stay hydrated, avoid overusing or straining your voice (absolutely no screaming ...take a vow of silence if necessary!) and stay warm and well. Here's a favourite throat soothing beverage: hot water (but not too hot!) honey, lemon and a little bit of fresh ginger and mint 😊
- Silent practice is key. In the lead up to and during production week you can use every spare moment to practice. You can silently practice your part (harmonies, entrances and cues, articulation and dynamics...) while listening to backing tracks or practice tracks anywhere, so do this as much as possible! Same goes for choreography - if you have a spare moment either on your own or with a few other vocalists use that time to help each other practice.
- Every individual is responsible for knowing their cues and when they need to be side stage and ready to go on. Stay engaged and on the ball during the show!
- By production week you will be totally in tune with your *character* - costumes, makeup and the set help this a lot! Each and every time you are about to step on stage take a moment to connect with your character so you embody that role and react as they would at all times. This is equally important for every single person on stage so we can create a completely immersive world for our audience.
- Have fun, look after yourselves and each other, enjoy the amazing experience that is yet to come!

**Jess, Asha, and Lonnie**

## EXCITING AND IMPORTANT DATES/NEWS

**PLEASE NOTE THESE DATES ARE SUBJECT TO CHANGE**

### SCHOOL HOLIDAY REHEARSALS

*Wednesday 12 July 2023 from 9.30 am – 4.00 pm at St Pius X High School, Adamstown*

*Thursday 13 July 2023 from 9.30 am – 4.00 pm at St Pius X High School, Adamstown*

*Friday 14 July 2023 from 9.30 am – 4.00 pm at St Pius X High School, Adamstown*

### WEEKEND REHEARSALS

*Sunday 16 July 2023 from 9.30 am – 4.00 pm St Pius X High School, Adamstown*

*Sunday 23 July 2023 from 8.30 am – 5.00 pm TBA*

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

*Sunday 23 July 2023 at Civic Theatre Newcastle*

### PRODUCTION WEEK

*Monday 24 July 2023 Technical Run 8.30 am – 5.00 pm at Civic Theatre, Newcastle*

*Tuesday 25 July 2023 Dress Rehearsal 8.30 am – 5.00 pm at Civic Theatre, Newcastle*

*Wednesday 26 July 2023 First Performance Call Time 9.30 am at Civic Theatre, Newcastle*

*Thursday 27 July 2023 Second Performance Call Time 9.30 am at Civic Theatre, Newcastle*

*Friday 28 July 2023 Third Performance Call Time 9.30 am at Civic Theatre, Newcastle*

*Friday 28 July 2023 Fourth Performance Call Time 5.30 pm at Civic Theatre, Newcastle*

*Saturday 29 July 2023 Final Performance Call Time 5.30 pm at Civic Theatre, Newcastle*



## DESIGN

We have made it to the last edition of the 2023 newsletter. We will end it with some words of advice, as we have said all year, the holiday rehearsals and show week are the biggest time for design. So, you need to get lots of rest, eat well and stretch those painting hands!

The design crew have worked so hard all year and we still have lots more to do once we get our set, we need to paint and dress the set, which is a massive job.

We also want to thank this year's design crew; we had the biggest number of students we've ever had, and they have worked amazingly as a team and created some costumes that we will remember forever.

Thank you all and see you in 2024!

**Lara and Jen**

## ASPIRE INTERN

Just wanted to say how proud I am of each member of the cast for all the work they have put in towards preparation for the show, I am very excited to see it hit the civic stage. But as we all know with a great show comes great responsibility. You owe it to the audience to give them a spectacular show and I have no doubt that you will. I've put together a few little tips and pieces of advice from someone whose been in your shoes that helped me.

So firstly, the nerves. Remembering back to my first show and I was extremely nervous, I get nervous before any show to tell you the truth. The way that you should see your nerves and the butterflies is proof that performing means something to you, your nerves are just your brains way of saying that this is important. It is such an amazing feeling knowing you are doing something or going to do something worthwhile, you get to share this unique and special story with thousands of people, if that's not exciting, I don't know what is. Draw on your nerves to heighten your performance because now you all know that nerves are just your brains way of telling you you're doing a brave thing.

Another great way to manage your nerves and worries is to continually keep practicing your lines, lyrics, solos, choreography, music, chords, notes and harmonies. After the holiday rehearsals its easy to get complacent and think that you remember everything and your ready to go. Its important to keep looking over things and revising things even during production week. When I was in the cast, I would look over my lines before each show, even if I'd performed it the day before and it went perfectly, I knew that you could never be too prepared.

My last piece of advice is the most important of all, enjoy it. An opportunity to perform in front of a crowd let alone a sold out crowd at the civic doesn't come round all that often and you are all very lucky to have this opportunity. After each show you should be absolutely spent, you should have no energy left and absolutely nothing more you could have given to the previous show. There is nothing worse than walking back up to a dressing room to get changed out of your costume after a show and realising you still have energy left and you didn't go as hard as you could have. Once all the shows are over that's when you can rest. Production week is the most fun I've ever had in my life, enjoy each and every second of it and make sure to give your absolute all to every performance.

If you have any nerves or any worries during production week you can come find me and I'll make sure that your ready to go out there and smash it because YOU'VE GOT THIS! Your all so talented and you all have the potential to bring the house down.

No matter where I am whether that's backstage or in the wings or out in the audience, I'll be cheering you all on and making sure I'm bringing all the woohoo's and loudest claps I can. I CAN NOT WAIT TO SEE YOU ALL PERFORM.

**Intern Pat :)**