



## International Faculty Resume

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**Region:** 12 **Time Zone:** UTC -7

### BIOGRAPHY

Caitlin Castelino is a 20-year member of Sweet Adelines and is a passionate musician and instructor.

- Master 600 director of Diablo Vista Chorus, the 2020 Harmony Classic AA Champions
- Baritone of LoveNotes, the 2014 International Quartet Champions
- Regional Faculty Member of Region 12
- Director of Circle 12, the Region 12 chorus consisting of past quartet champions
- Creator and director of The Starlettes, the chorus comprised of past Rising Star champion quartets

Caitlin has had the honor of teaching, performing, and coaching all over the world as an individual and with LoveNotes, and has been very fortunate to serve as the clinician for numerous youth in harmony events. Caitlin graduated with her master's degree in Speech-Language Pathology in 2012, and she brings her knowledge of the vocal mechanism, healthy voice production, and voice therapy techniques to her classes and coaching sessions to promote healthy singing in all vocalists.

Teaching specialties include: vocal production, healthy singing and voice therapy techniques, rehearsal planning, rehearsal techniques, playing to your strengths, tuning, phonetics, creating performance packages, and youth in harmony events.

### COURSE LIST AND DESCRIPTIONS

**Class Title:** Phonetics

**Category:** Sound, expression

**Length:** 60 minutes

**Description:** Have you ever listened to a group and heard them singing mismatched vowels? In this class we will explore the different sounds of American English, learn about phonetics and how it can help with unity of vowels and consonants, and practice transcribing words using the International Phonetic Alphabet.

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**Class Title:** Calibrate Your Sound

**Category:** Primarily sound, also addresses expression and showmanship

**Length:** 60 minutes

**Description:** The purpose of group "warm ups" isn't actually to warm up the singers' voices. Calibrate the sound of your ensemble by creating and using exercises that are specific to the needs of your group.

## COURSE LIST AND DESCRIPTIONS

**Class Title:** Coaching Under Glass

**Category:** Sound, music, expression, showmanship, coaching techniques

**Length:** Varies

**Description:** This class is flexible depending on how many quartets or choruses want to participate. It can be turned into an entire weekend event or just a single hour. Duos, trios, quartets, and/or choruses are coached in front of an audience so people can learn how to identify issues, address those issues, and learn coaching techniques. It's a great way to learn rehearsal techniques and singing tricks with a demo quartet or chorus.

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**Class Title:** Vocal Health—Part 1

**Category:** Voice

**Length:** 60 minutes

**Description:** Singers have a high risk of developing voice disorders if they are not producing their voices in a healthy manner. Part 1 of this class dives into the anatomy and physiology of the vocal mechanism including respiration, phonation, resonance, and articulation in order to provide the foundation necessary for healthy singing.

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**Class Title:** Vocal Health—Part 2

**Category:** Voice

**Length:** 60 minutes

**Description:** After learning the basics of the vocal mechanism in Part 1 of this class, Part 2 will focus on naturally occurring changes in the voice, vocally abusive behaviors, voice disorders, voice therapy techniques, when to see an otolaryngologist or speech-language pathologist, as well as what to do and what to avoid to keep the voice healthy.

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**Class Title:** Rehearsal Planning

**Category:** Leader and quartet development

**Length:** 60 minutes

**Description:** Whether you sing in a quartet or direct a chorus, rehearsal planning is vital to making consistent progress and staying focused. Structuring rehearsals can be challenging, especially when singing groups are preparing for different events. Come to this class to learn about rehearsal planning and discuss examples of plans that can be used to prepare for different events.

## COURSE LIST AND DESCRIPTIONS

**Class Title:** Play to Your Strengths  
**Category:** Leader development. A focus group for directors and musical leaders  
**Length:** 60 minutes  
**Description:** This is a class specifically for directors and musical leaders. The focus of this discussion-based class is identifying how to play to the directors' strengths and address areas of development through use of their coaches and management, music, and visual teams.

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**Class Title:** Tune Up Your Tuning  
**Category:** Sound  
**Length:** 60 minutes  
**Description:** Barbershop is built on specific chords and singers often talk about Pythagorean tuning in order to make those chords ring, but many singers have difficulty applying Pythagorean tuning when they sing. This class delves into two different ways to apply Pythagorean tuning, with a focus on teaching how to balance single chords to really make them lock and ring.

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**Class Title:** Building a Performance Package  
**Category:** Showmanship. Primarily for musical leaders and/or quartets  
**Length:** 60 minutes  
**Description:** Creating a show or contest package can be difficult, and it's important to know how to use your group's strengths to your advantage. We will discuss what makes different performance packages great while focusing on tools that can make building a performance package easier and more fun.

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**Class Title:** Sing Your Part Smart  
**Category:** Sound  
**Length:** 60 minutes  
**Description:** Learn tips and tricks to help you hone in on what makes a great barbershop singer. This class can address all voice parts or be tailored specifically for baritones.

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**Class Title:** Custom Classes  
**Category:** Varies  
**Length:** Varies  
**Description:** Willing to develop custom classes based on the needs of the event.

## COURSE LIST AND DESCRIPTIONS

**Class Title:** Coaching

**Category:** Varies

**Length:** Varies

**Description:** In addition to traditional quartet coaching, chorus coaching, and private voice lessons, I also specialize in working with individuals with voice disorders. Private voice lessons, voice lessons for individuals with voice disorders, and quartet coaching can be done in front of a chorus' music team to provide the team with techniques and strategies for working with these singers.

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**Class Title:** Youth in Harmony Events

**Category:** Youth in Harmony

**Length:** Single day to multiple day events

**Description:** Young men and women are the future of barbershop, and Youth in Harmony events are a great way to get them hooked on this style of music. At these single day or weekend workshops, I serve as the clinician and focus on teaching young men and/or women about barbershop harmony. The events conclude with a performance by the youth chorus.

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**Class Title:** Play to Your Strengths

**Category:** A focus group for quartet members

**Length:** 60 minutes

**Description:** This is a class specifically for quartet members. The focus of this discussion-based class is identifying how to play to each quartet member's strengths to improve the overall unit, from the vocal product to marketing to quartet business.