



Class Focus Key*

- *ML*= Musical Leaders (Directors of all levels)
- *VL*= Visual Leaders and Coaches

*Class electives are open to all attendees unless otherwise noted. (Example: ML Only)

Class Descriptions:

Friday, August 9 • 9–10 a.m. • General Session

The Anatomy of Voice and Breath

Instructed By: Jennie Morton

- Explore the functional integration of the structures involved in voice and breath production. The myofascial structures involved also play important roles in postural stability and functional movement, and often conflicts can arise. After this session, participants will have a clearer idea of how to optimize body alignment to facilitate efficient breath and voice production.

Friday, August 9 • 10:15–11:15 a.m. • Session 1 Breakouts

And the Music Shall Lead Us! (VL)

Instructed By: Erin Howden

- Meaningful purpose-driven performance is rooted in an understanding of the music itself. The intention of any composition must be the foundation of all musical and visual plans. This class will challenge leaders to explore all intentions and opportunities provided by the music in order to increase alignment, authenticity and impact of their musical and visual plans.

The Magic Lies in the Sound of Communication (ML)

Instructed By: Lori Lyford

- The class will analyze musical lines, lyrics, word art, and physical expression to heighten expressive, authentic communication. The role of consonant use and speech-like delivery within the musical lines will be thoroughly explored.

Mental Training for Singers (ML, VL)

Instructed By: Britt-Hel ne Bonnedahl

- Mental strength is being able to control and have impact on your state of mind, in spite of the circumstances! Learn how to build mental strength for singers with SMART via SMAK strategies for singers including chorus culture and core values.

And the Award for Best Supporting Actor Goes To ... the Assistant Director! (ML)

Instructed By: Deanna Kastler

- This class is designed as a forum for questions, concerns, and ideas on how to be an effective assistant/associate director. Discussion and questions are encouraged as we focus on typical issues.

Friday, August 9 • 11:30 a.m.–12:30 p.m. • Session 2 Breakouts

Unleash the Genius – Exploring Visual Possibilities Outside the Lines (VL)

Instructed By: Erin Howden

- Visual Leaders will explore their creative imagination, breaking through their perceived boundaries as they utilize possibility thinking to expand their visioning process.

What is the Music Trying to Tell You? (ML)

Instructed By: Kim Vaughn

- Composers, lyricists and arrangers have lovingly created a musical product for us to perform and for our audiences to experience. It's our job as musical leaders to find and use all of these musical gems.

The Voice at All Ages (ML)

Instructed By: Darlene Rogers

- Tracing the progress of several different singers from their youth till now by listening to recordings throughout their lives. For example: Barbara Streisand's first album and her latest as well as Dale Syverson and Debbie Cleveland recordings of their early quartets. There will be discussion of the effects of maturity on our sound and how to deal with the voice at various ages.

Incorporating the Director into the Chorus' Visual Plan (ML, VL)

Instructed By: Lori Lyford

- Let's explore! How can directors be appropriately involved in the chorus visual plan to enhance the overall performance? What can directors do, aside from traditional conducting techniques, to incorporate their own performance skills? We will take a look at some possible answers in this class and have some wonderful video examples and discussion.

Friday, August 9 • 2–3 p.m. • Session 3 Breakouts

Voice and Dance Technique Integration: The Anatomy of Functional Movement with Voice (VL Only)

Instructed By: Jennie Morton

- Explore the challenges of integrating vocalizing with choreographed movement. The conflicts of muscle recruitment for breath and movement will be highlighted and strategies given for optimizing seamless integration in performance. Considerations for both musical and movement directors for the creation of work, as well as strategies for the performer, will be explored.

The Director, Teacher, Coach (ML)**Instructed By:** Lori Lyford

- All directors find they need help in one aspect of the job or another. Here we'll explore effective teaching techniques to facilitate learning, questioning strategies that will help the learners effectively participate in their growth, and concepts to allow directors to empower their ensemble to be singer-driven rather than director-controlled.

Building/Recovering Vocal Stamina with Speech Therapy (ML)**Instructed By:** Britt-Helène Bonnedahl

- Build vocal freedom and health with relaxing exercises and straw phonation, using professional methods for vocal therapy.

The Life Cycle of a Song (ML)**Instructed By:** Mary Rhea

- What planning needs to be done before presenting a new song to your chorus? Develop a timeline to use as a guide for directors and music team to achieve a performance ready song.

Friday, August 9 • 3:15–4:15 p.m. • Session 4 Breakouts**I Dare You to Move (VL)****Instructed By:** Deanna Kastler

- Attendees will explore the difference between choreography moves and an emotionally connected delivery of movement. Audience participation is a must!

Resonance: What is it and How Do I Get Some? (ML)**Instructed By:** Kim Vaughn

- It can seem like a very mysterious subject, this finding and using resonance. Let Kim help you with vocal exercises and their direct application.

Directing As Two-way Communication (ML)**Instructed By:** Kathleen Hansen

- This class will enable directors to show what is wanted through postures, gestures and facial expressions that reinforce musicality, energy and alignment. We will provide ideas to train choruses to respond using easy-to-implement formulas and exercises.

Putting Together an Effective Performance Package (ML, VL)**Instructed By:** Judy Pozsgay

- Explore the elements of an effective performance package, including developing a theme, script, and auditioning emcees. Video examples are shown and discussed.

Friday, August 9 • 4:30–6 p.m. • General Session

What Box?

Instructed By: Jennie Morton

- With her background in theater and dance, Jennie will explore creating a visual plan for our seminar song, *Locomotion*. We'll also have time for Q&A with Jennie.

Saturday, August 10 • 9–10 a.m. • General Session

The Voice from Foot to Head: A Holistic Approach to Voice

Instructed By: Jennie Morton

- This session will explore the role of whole body anatomy for vocalizing, with a focus on injury prevention and management. It will be an interactive session demonstrating the inter-connectivity of the body's structures from foot to head, and their influence on breath and voice. A practical demonstration will contextualize the information to show the applications for both performers and teachers.

Saturday, August 10 • 10:15–11:15 a.m. • Session 5 Breakouts

Let it Go! Promoting Authentic Emotional Exposure and Performance Freedom (VL)

Instructed By: Erin Howden

- This fun and interactive class will be sure to inspire and unleash your authentic, uncommon, and creative self as you toss fear aside and explore complete and unguarded expressive performance. Emotional exposure and release is infectious, both on stage and within our rehearsal halls. This class will challenge leaders to recognize the power of authentic performance freedom and the role they play in unleashing it.

Interpretation Skills for Directors (ML)

Instructed By: Kim Vaughn

- It's a whole lot more than knowing where to breathe or what chord to hold. More even than synchronization, tempo, and vowel choice.

A Teacher's Approach to Communication and Coaching (ML, VL)

Instructed By: Deanna Kastler

- Participants will learn how to use teaching elements such as positive reinforcement and differentiation for effective and meaningful communication. This class can also help leadership navigate through negative members issues as well as develop a positive culture within the chorus.

Caring for the Instrument (ML)

Instructed By: Darlene Rogers

- Attendees will listen to sound bites of singers with vocal issues and hear suggestions on what is the best way to help. Attendees will discuss personal issues within their chorus and learn how to assist singers through use of exercises, medications, home remedies, etc., and learn when to send a singer to a physician.

Saturday, August 10 • 11:30 a.m.–12:30 p.m. • Session 6 Breakouts

Tips and Tricks for Teaching Choreography (VL)

Instructed By: Judy Pozsgay

- This interactive class explores various techniques and methods for learning and teaching choreography. The class breaks down the process into pre-teaching, teaching and post-teaching phases, while addressing different learning styles.

Play It Forward: Explore the Concept of Forward Motion (ML)

Instructed By: Mary Rhea

- Forward motion brings vitality to music. Discover tools to incorporate forward motion and life to your songs.

Directing Skills for Assistant Directors (ML)

Instructed By: Deanna Kastler

- Learn basic directing skills (meter patterns, arm/body positions, down beat vs. swing, beginning the song, techniques for dynamics and other musical nuances) through hands on practice and demonstration.

Pure Imagination – Creatively Influencing Sound and Performance (ML, VL)

Instructed By: Erin Howden

- Leaders will explore the power of imagination in achieving higher level performances. This class will open up our minds to creative ways of achieving performance improvement both vocally and visually.

Saturday, August 10 • 2–3 p.m. • Session 7 Breakouts

Characterization and Musical Enhancement as the Foundation for Choreography (VL)

Instructed By: Judy Pozsgay

- All too often, choreography is designed as an exercise in “dance” and “cool moves”, excluding the element of characterization or musical enhancement. This class explores the use of these important elements in both the development and teaching of planned movement.

Voice and Dance Technique Integration: The Anatomy of Functional Movement with Voice (ML only)

Instructed By: Jennie Morton

- Explore the challenges of integrating vocalizing with choreographed movement. The conflicts of muscle recruitment for breath and movement will be highlighted and strategies given for optimizing seamless integration in performance. Considerations for both musical and movement directors for the creation of work, as well as strategies for the performer, will be explored.

Saturday, August 10 • 3:15–4:15 p.m. • Session 8 Breakouts

Inner Child of Music (VL)

Instructed By: Deanna Kastler

- Participants will reconnect with their inner child. It is a “hands on” experience that takes you through some basic music concepts. Let go and explore freedom through movement while learning a few things about form and rhythm.

Sing it, Mean it (ML)

Instructed By: Lori Lyford

- This class will look at techniques for more expressive performance from three different aspects as the attendees analyze lyrics, emotional content and physical expression.

Fostering Diversity and Inclusion through Repertoire, Rehearsals and Chorus Culture (ML, VL)

Instructed By: Kathleen Hansen

- Participants will discover how language, music choice, web presence and chorus culture either attract or dissuade members of minority and/or marginalized groups. We will also discuss best practices to create a welcoming, inclusive, and diverse chorus culture.

Moving Through Riser Challenges (ML, VL)

Instructed By: Mary Rhea

- Do you have members who are not able to stand on the risers? Discuss how choreography can be adapted, how to maintain proper alignment in non-standing positions, possible assistive devices to help members perform, and exercises that may benefit physically challenged members. Discuss chorus philosophy on how to manage/include members with disabilities or physical challenges.

Saturday, August 10 • 4:30–5:30 p.m. • General Session

Beyond Technique: The Science and Art of Communication for Vocalists

Instructed By: Jennie Morton

- This session will explore the primitive origins of communication through body language and gesture, and the neuroscience behind the audience-performer interface. These topics will be explained in the context of connecting the vocal message/lyric with body language for effective communication. A practical demonstration will show the use of these concepts within a coaching setting.