
KANSAS
CITY
2024
CHRISTCHURCH
CITY CHORUS

Message from VIRGINIA

Howdy chorus

It's time to complete this particular fabulous learning journey we have been on for the past 3 years, in Kansas City. The fountains, the Art galleries, jazz clubs, restaurants, and Sweet Adelines International await our arrival.

We have had marvellous coaches come to help us hone our barbershop performance skills in every judging category: Sound, Music, Expression and Visual Communication. We have improved our overall quality immensely through a lot of diligent practice and dedication. Our music team, and especially the section leaders, Nicky and her team, plus Jacqui and Hazel as Assistant Directors have worked their butt off with all of you focusing on your individual and collective quality improvement. Section co-ordinators and the management team, Pam on KC organising, and Miriam, the costume guru too, have worked diligently to keep the music moving forward unimpeded. You are all Champions!

The culmination of this wonderful work will happen as we walk on stage and have smelt the greasepaint, as we dressed in the very early morning, to quote the show our uptune is from.

I am thrilled that CCC is yet again a huge contender for the top 10 because of all of our work together, and because I know you will all still keep singing every day until our performing is done and you collapse in a heap, proud and fulfilled, knowing we did the very best we can.

You will meet many other women who love this harmony singing as much as us. Enjoy every opportunity to listen and watch all the quartets and especially our marvellous Australasian reps, including Fire and Ice, plus Dynasty with Debbie Cleveland, lead. She is already a double Queen! The Tuesday midsize and small chorus contest also will be superb with Endeavour and Greater Auckland competing in it. As for the chorus contest, we will be treated to choruses who have prepared just like us for years for their moment on stage.

Enjoy them all, their performing, the glamour of their costumes. Learn why I have loved this organisation for over 40 years now. I started in the Assiniboine Chorus in Winnipeg. It was love at first chord. My life was changed forever and it has been the best musical journey possible for me and my love of singing and people. I love all of you, respect how much you have worked and look forward to being with you on the International stage in Kansas City.

Love
Virginia

Message from ANDREA

He waka eke noa!! We are all in this together!!

We are in the final stages of our "Journey to Kansas" The Christchurch City Chorus team is set in place, there have been different teams in the past, there will be more teams in the future. We are the current team! It is up to us! We have done the work, we have shown we can perform and sing together as a unit, we will have the chance in Kansas to hone these skills as a team and show Sweet Adeline's from around the world, that we are back!! We are Region 35; those who travel so far to meet up with our sisters in harmony. Our goal is not only to represent our chorus, our loved ones, our country and our culture with pride, but also to applaud every region and celebrate how far we have all come over the last five years.

While we are in Kansas, it will be an exhausting but very exhilarating time. it will a time to bond with the rest of the team, to get to know your team members even better, it will be a time to sing with freedom and joy, remembering everything you have learnt since the Regional Competition in May 2023 in Auckland which has led us to being Contest #3 in Kansas.

A sincere THANK YOU to everyone who has helped to arrive at this destination. To our families, who have supported us with love, food and time to be at chorus. To Pam and her helpers, who have filled in endless forms and made sure all the "i's" are dotted and "t's" are crossed, most of this has been done quietly behind the scenes. To the OOTM's who have joined us on this journey (and the OOTM hosts for their hospitality), our wonderful coaches, and those who have been responsible for our costumes, makeup, musical assessments, videos, communications, fundraising, anyone who has done a task which has helped us to get this far… our appreciation is immense, we will continue appreciate the work that has been done for a long time.

To our inspirational leader, without whose dreams we would not be where we are. Virginia truly lives and breathes the statement "Enriching Voices, Enriching Lives"

As you go through the traffic pattern to stand on the stage, as you wait for the crowd's applause to subside, remember the dedicated journey that has led you to this point. Think about the hours of practice, the coaches and section leaders who pushed you to be better each time, the kindness and support from those waiting for you to come home after a weekend rehearsal. Also remember, how you fell in love with singing and express yourself in a harmonious way to the world.

In harmony
Andrea

Packing List & Chorus Costumes

- **Bold items MUST be in your carry-on (ONE bag up to 7kg plus a coat, handbag, etc). Airline staff will check weight!**

- Baggage allowance (not including carry-on): Varies between airlines and the type of ticket you have purchased. check your ticket for details. Some US airlines do not include free check in baggage and you will have to pay at check in. Make sure you understand what you have paid for and what costs you may still incur.

✓	
	Passport and plane ticket, any other tickets * DON'T FORGET THEM!!
	ESTA printed out – if you haven't got it DO IT NOW!
	Toothpaste, gels, liquids, prescribed medicines etc: less than 100ml each in ziplock plastic bag* (Max 1000ml)
	EMPTY water bottle to fill after security check
	Spending money (get some $US cash before you leave NZ)
	Credit cards *, Wise or Travel cards
	Medical supplies – prescriptions, lozenges, bandaids etc.
	Travel insurance information
	Chorus competition costumes, shoes, earrings etc (see below)

COSTUMES FOR CARRY-ON BAG	
	Black and White top, Turquoise top and black velvet pants
	Neutral/black bra & undies, Black 15 denier Columbine kneehigh
	Earrings – diamante drop
	Black chorus shoes or black dance sneakers or black plain mesh shoes approved by Virginia
	Chorus makeup as per page 8

Items to Pack in Checked Bag

TRAVEL / REHEARSAL CLOTHING	
	New CCC Black Chorus Jacket (for those that have them)
	CCC silver logo tops
	Bottom half – Smart casual comfortable pants, skirts, capri, leggings, long shorts etc Plain - black, denim, white etc.
	Comfortable shoes, some rehearsals we will request chorus shoes
	You'll wear your rehearsal outfit most days around the venue and Harmony Bazaar – makes us easy to spot (and gives us that competitive edge…) so bring several CCC options

OTHER ITEMS	
	Photocopies of travel documents – passport, printed ETSA, credit cards, insurance forms etc –separate from originals and leave a set with relative or friend.
	Layers of clothes for managing the changing indoor / outdoor temperatures, and comfy shoes.
	Water bottle! Keep hydrated
	Favourite high energy snacks, special teas, box of favourite cereal and plastic bowl (save money on breakfasts) cutlery, coffee mug, small ziplock bags are useful, knife for cutting fruit, cheese etc. Unopened and in suitcase.

Valuables
Please don't take expensive jewelry or unnecessary credit cards/valuables with you. Think safety first.

Medication
Please do NOT take medications unless they have been prescribed for you. Remember - alcohol has a MUCH stronger effect at altitude. It can be costly to purchase over-the-counter medicines, and the US does not have 'Panadol'. Take some with you. If you carry hypodermic equipment, have appropriate declaration from your doctor (check with travel agent about what's needed).

Makeup and Hair Details

✓	**MAKEUP**
	Separate Makeup Bag/ container for chorus makeup
	Applicator/brushes
	Primers
	Own Foundation 2 shades darker than your skin, applied heavily,
	Bronzer or Thin Lizzy - Jan will have spare chorus bronzer if needed.
	Translucent Powder
	Eyeshadows, natural colours, Including a contour shade (darker shade in the crease) and highlighter, (lighter colour under eyebrow)
	Eyeliner- top and bottom eyelid, dark brown/black
	Eyelashes- Optional, personal choice
	Mascara- Waterproof black applied heavily
	Eyebrow pencil/powder to tone in with your hair colour
	Red Lipstick, (any brand that gives you a Xmas Red colour)
	Makeup mirror
	Facial Wipes/Wet ones for makeup removal. Very Important- Please DO NOT use the Hotel face cloths
	Nails: Clear polish or French nails
	BLUSHER: To be applied by the makeup team

HAIR

Products

- Hairspray, mousse, gel etc non-perfumed
- Hair clips to match your hair colour.
- Any item or tool YOU need to create your styled hair.

Style

Off your face with a bit of height looking beautiful

Makeup Team, Jan M, Liz Sexton and Liz Pitcorn

What to Wear When

TRAVELLING TO AND FROM KANSAS CITY
If you are travelling with other chorus members or meeting up at various airports please travel in your Chorus black Jacket and any CCC tshirt to easily spot each other. Any comfy pants are fine.

HARMONY CLASSIC - TUESDAY EVENING:
Those who have them should wear the new Chorus black jacket, chorus silver logo t-shirt, own smart black pants/capris/skirt/leggings. This is an important first event together and we want to look smart and feel like a team.

EVENINGS FOR MEALS:
Whatever you like, smart casual or chorus Tshirts for most places. Please remember the weather will be cooler on some days/evenings especially the first week of November so layering is a good idea.

Make sure no-one is left on their own at night. If you need a dinner buddy or group - check in on the CCC Kansas Social Messenger group.

All Events Passes / Tickets

Please note that Pam and Andrea will be collecting the all events passes, tickets and lanyards for chorus members as a bulk group pickup so you will not be able to collect these individually.

These will be distributed on Tuesday morning

This will be your ticket for the week and must be worn at all times to enter the contest arena. They will not let you in without it.

Hotel & General Information

Kansas City Marriott Downtown
200 West 12th Street, Kansas City, Missouri, USA, 64105
Tel: **+1 816-421-6800**
(Please leave a copy of this information with family/friends in NZ)

Standard Room with 2 Queen or 1 King Bed
Air-conditioned
Shower/tub combination
Hair dryer
Chair
Alarm clock
Safe, in room
Desk, ergonomic, with ergonomic chair, and electrical outlet
Iron and ironing board
****Please note the rooms do not have microwaves*

Coffee/tea maker
Instant hot water
Mini fridge
Phone features: voicemail
Wireless internet, complimentary
Premium movie channels - Cable/satellite
CNN, and ESPN
Netflix
Fitness Centre and Indoor pool

HOTEL CHECK-IN INFO:
Check-in: 3:00 pm
Check-out: 12:00 pm

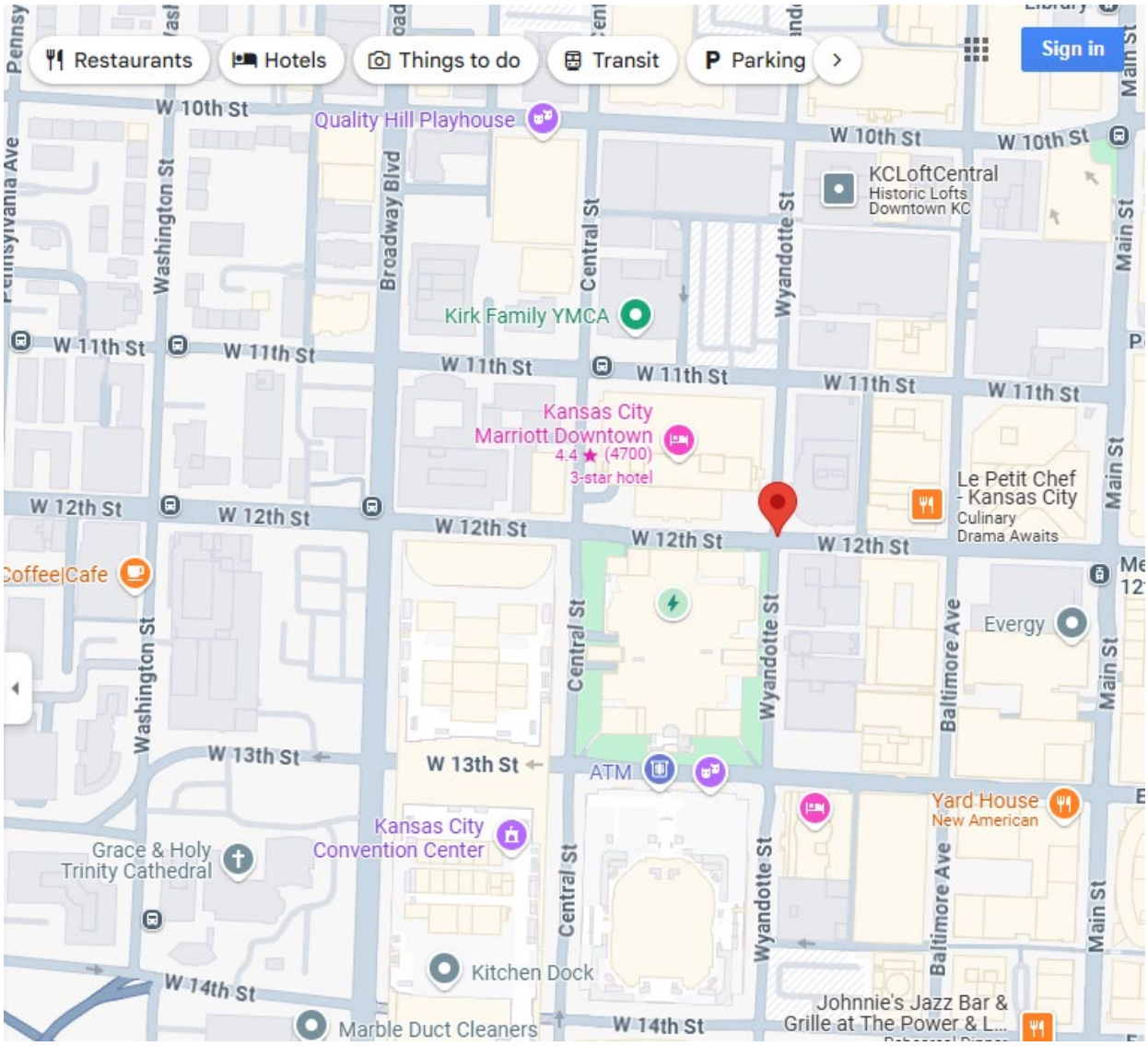
The hotel should be able to store your bag for you if you are arriving a lot earlier than 3pm so you don't have to lug your bag around Kansas City with you while waiting for your room to be ready

SALES TAX & TIPPING
Don't forget to add tax to all your purchases – unlike GST it's not listed on the price tag! The combined sales tax rate in Kansas City is 9.98%.

Tipping is expected in the USA. Generally tipping of 15% is a middle ground for good service. The housekeepers who clean our hotel rooms also get tips - the best thing to do is for each occupant to leave a $1 note on your bed each morning for the maid before you leave your room. Tipping bellmen, cab drivers & porters at least $1/suitcase is also the norm. Cab drivers also expect at least $1/person above the cab fare, for a short ride and a minimum of 10% for a longer journey. If you purchase drinks at a bar, tip at least $1 a drink.. In other words, the custom in North America is to tip anyone who "provides service" to you. Only if you get bad service is it acceptable not to tip. A lot of venues no longer accept cash and the eftpos machine will offer you a choice of percentages for your tip. Read it carefully, the suggested percentages can be as much as 15%, 20% or 25% of the total.

Please note the gratuity for our Chorus dinners and contest day breakfast has been prepaid so you will not be expected to tip on either of these occasions.

Downtown Kansas City Map

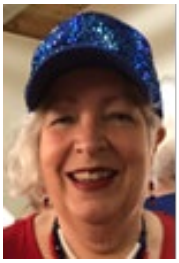


Chorus Medical Team

Please remember that the doctors and nurses travelling with the chorus are not licensed to practice in America and will only be in a position to help with triage – that is to help you decide whether you need to see a doctor in America or not.



Dr Jill Rubython - Specialist Emergency Physician
I've been working in Emergency Medicine for about 30 years, the last 20 of which have been in Dunedin. This will be my third time attending International with CCC as part of the medical team. Am hoping that everyone will stay healthy and that my skills won't be in too much demand!



Dr Pat Reid - General Practitioner
I have been a GP for 37 years, working here in New Zealand and also in Australia. For the last 29 years I have been working in and around Invercargill. I was part of the CCC Medical Team in 2007 when we went to Calgary. I hope to be of help if needed, even if it is to talk through symptoms that are happening or be support if overseas medical care is needed.



Dr Rachael Bentall - Ear, Nose and Throat Registrar
I have been a doctor for nearly 10 years, and have been doing ear, nose and throat surgery for the past 5 years. I was working in Christchurch when I joined the chorus in 2023, but moved to Dunedin this year to continue my training. This is my first International barbershop competition.



Juliana Osman - Registered Nurse
Hi , I'm Juliana . An RN and been in nursing for almost 35 years in a variety of different areas and in different countries, Singapore, Malaysia, NZ and Cambodia. Flight nursing was probably the most fun yet most challenging at the same time. Anyway….. Let's hope for a medically uneventful trip to Kansas !



Penny Minnoch - Physiotherapist
Hi Everyone. I have been working as a physio for nearly 30 years now, and have worked in a variety of settings - hospital, private and sports teams in NZ and overseas. I am super excited to be going to my first international - what an awesome experience it is going to be. Available to support any aches, pains and strains so we can rock it on the stage.

Health Advice And Preparation For Travel To Kansas City October 2024

- Travel Insurance is compulsory for everyone as medical/dental care is extremely expensive in the US. Ensure you choose a policy that suits your personal situation and has adequate cover and always declare all medical conditions.
- Vaccinations – we recommend you keep these up to date – Influenza, COVID, Tetanus. Possibly Shingrix vaccine for older members to prevent Shingles
- Dental care – good idea to have any "dodgy" fillings or teeth attended to in NZ
- GP – See your GP in plenty of time before travel to get any issues attended to and to get prescriptions for both regular and "in case" medications such as for asthma exacerbations, urinary tract infection, chest infections, migraines etc.
- Also ask your doctor about other issues that you think may be relevant such as cystitis, constipation, preventing periods whilst away if necessary, coping with insomnia, anxiety, stage nerves & with time zone changes etc.
- If you are at particular risk for DVT during long flights then discuss this with your doctor
- Medications - Ensure you pack adequate supplies of ALL your meds for the whole trip (and a bit longer in case of delays etc.). Keep all medications in the original packaging with the name of the medication and ensure that any prescription meds have your name on the label
- Medication list – Get a list of ALL the medications you're taking with you from either the pharmacist/GP/GP practice
- First Aid kit – assemble a first aid kit – you may wish to share some things with your roommate. This may include painkillers such as paracetamol, ibuprofen (check if you're able to take these), antihistamines, throat lozenges, Vocalzones, band aids, hand sanitizer, antibacterial surface wipes, lip balm, sunblock.
- Many people find that they have dry eyes and noses/throat passages both during air travel and in air conditioned environments so a saline nasal spray and/or lubricating eye drops can be soothing.
- RAT tests – get a supply of these.
- Masks – get a supply of these - lots of different ones available – pharmacies, on line etc.
- General health & vocal health – look after yourselves. Build stamina, get plenty of sleep, take steps to avoid respiratory infections eg. masks, sanitizing, avoiding high risk situations etc.
- Some members take immune defence supplements, Blis throat probiotics etc

Travelling

- Wear loose comfortable clothing with layers to put on and off as temperatures in airports and aircraft can be quite variable.
- The aircraft cabin has very low humidity so you can keep your nasal and throat passages moist with a saline nasal spray and also by wearing a mask. Lubricating eye drops can also be soothing if you suffer from dry eyes.
- Keep yourself well hydrated – drink lots of water &/or other non-alcoholic non caffeinated drinks. Don't drink much alcohol or caffeinated drinks as they dehydrate you further
- Take a water bottle to refill (after security)
- The reduced pressure in the aircraft cabin also make you more "gassy" so good idea to avoid carbonated drinks or at least keeping them to a minimum (your fellow travellers will appreciate this!!!)
- Use hand sanitizer/surface wipes during travelling to minimize picking up any bugs from surfaces etc
- Prevention of blood clots while travelling – Drink water or other non-alcoholic fluids moderately to keep you hydrated. Get up to go to the toilet regularly to keep the leg muscles moving (but keep your seatbelt on whilst sitting in case of unexpected turbulence). Also you can do some leg exercises whilst sitting in your seat Consider wearing some below knee compression socks (flight socks) on the plane. These can be purchased in lots of places including pharmacies, Farmers, Kathmandu etc. These are also very useful when standing on the risers for long periods of time!

- If you are at particular risk of developing blood clots, then see your GP who may be able to prescribe some medication such as Clexane (an injection) or tablets such as Warfarin or Rivaroxaban for clot prevention. Discuss this with your GP, NP or Prescribing Pharmacist in plenty of time before you travel
- Jet Lag. Your body has its own internal clock, called circadian rhythms. They signal to your body when to stay awake and when to sleep. Jet lag occurs because your body's internal clock is synced to your original time zone. The more time zones crossed, the more likely you are to experience jet lag and it's often worse travelling east.
- Jet lag affects your sleep wake cycle and can also affect hunger and bowel function. People often experience sleep issues, daytime fatigue, an unwell feeling and stomach problems.
- Although symptoms are temporary, they can take a few days to resolve. Some steps to reduce the effects of jet lag include
- gradually adjusting your schedule before you leave. If you're traveling east, try going to bed one hour earlier each night for a few days before your trip. And we've been told of an App called Timeshifter which can help prepare ourselvesIf possible, eat meals closer to the time you'll be eating them during your trip.
- Keeping well hydrated and keeping alcohol & caffeine intake low during travel
- Stay on your new schedule. Set your watch or phone to the new time before you leave. Once you reach your destination, try not to sleep until the local nighttime, no matter how tired you are. Try to time your meals with local mealtimes too.
- Go out in the sunlight in the morning after you arrive in Kansas which will help your body adjust to the new time zone.

Helpful People - Who to Ask?

General chorus questions
Pam and Andrea

Hotel info
P a m

Costume
Miriam Spragg

Makeup
Jan M

Visuals
Nicky McC

Medical
please see page 11 & 12

Rehearsal & Competition Schedule

Friday 25th October	7 – 9.30pm	Rehearsal	Trianon Room, Marriott
Saturday 26th	8 – 11am	Rehearsal	Trianon Room, Marriott
	1 – 3pm	Rehearsal	Trianon Room, Marriott
	6.30 -9.30pm	Barbecue Dinner	Jack Stack Freight House 101 West 22nd St
Sunday 27th	8 – 11am	Rehearsal	Trianon Room, Marriott
	1 – 3pm	Rehearsal	Trianon Room, Marriott
Monday 28th	8 -11 am	Rehearsal	Trianon Room, Marriott
	2 -4 pm	Dress Rehearsal For Show	Trianon Room, Marriott
	4 – 4. 30pm	Eat Etc	Your room
	4.45 – 8pm	Show	Trianon Room, Marriott
Tuesday 29th	7 – 9 am	Rehearsal	2504AB, KCCC
	11.30am – 2pm	Rehearsal	Imperial Ballroom, Marriott
	5 – 10pm	Harmony Classic	KCCC Municipal Arena
Wednesday 30th	7 – 9am	Rehearsal	2504AB, KCCC
	11.27am	Fire & Ice	KCCC Municipal Arena
	1.30 – 2.30pm	Rehearsal	Imperial Ballroom, Marriott
	3.30 – 4.30pm	Rehearsal	Trianon Room
	5 – 9.30pm	Quartet Contest	KCCC Municipal Arena
Thursday 31st	6am – 8am	Breakfast Rehearsal Makeup Checks	Trianon Room
	9.40am	Traffic Pattern	Marriott Foyer
	10.45	On Stage	KCCC Municipal Arena
	11.15 am – 9pm	Chorus Semifinals	KCCC Municipal Arena
	10pm	Virginia Reports	Trianon Room, Marriott
Friday 1st November	To Be Advised		
Saturday 2nd		Chorus Finals	KCCC Municipal Arena
	6.30pm	Gala Dinner	Trianon Room

Rehearsal & Competition Schedule contd

- **All rehearsals are compulsory**.
- Check this Schedule ahead of time.
- You must be prompt. Allow enough time to walk to the venues.
- YOU MUST attend all scheduled rehearsals – no shopping or sightseeing or you'll be sitting in the audience, not performing on the stage on contest day!
- Bring your chorus shoes to rehearsal to practise with - arrive early to put them on, fill water bottles etc so you are ready on the risers at the listed start times.
- Please wait quietly outside rehearsal rooms if other choruses are still inside rehearsing. We do not want to disrupt them while they are finishing up. After we finish our rehearsals, please get your belongings and leave promptly so the next chorus can start on time.
- Please do not move any tables, chairs, bags etc in any of the rehearsal rooms
- The Trianon Room is on the Trianon Level of the hotel.
- The Imperial Ballroom is on the Main Lobby Level.
- Room 2504AB is on the second floor of the Convention Center.

Planning ahead for Competition Day (Thursday 31st October)

- The night before get all your things ready, as it is an early start. Make sure you have a plan for what you will eat during the day, ensure you have enough food in your room.

- You need to get up around **5am**, smile, and start bubbling/lip trilling, vvvvv, moving your facial muscles, getting rid of the night's mucus build up with that low belly lift, breathy ahhhh, then warm up while you shower and put on your makeup and do your hair.

- Remembering how slow the elevators can be, YOU MUST plan to leave your room with plenty of time to be in the Trianon Room by **6am**, fully made up, ready to eat breakfast, caffeinating yourself to whatever level you normally are, and have your make up checked. Bring a plastic zip lock bag with you so you can take any leftovers back to your room with toast, bacon butty etc, to have to eat when you feel hungry again, before we get on the bus.

- Please make sure that when you leave your hotel room first thing in the morning on contest day (Thursday) that you put your 'Do Not Disturb' sign on your door, or bed (depending on Hotel instruction). This is to ensure that when you need to be in your room doing makeup, preparing for contest, that you are not shut out of the room due to housekeeping. This is important.

- At **6:45am** we will be moving, and singing as much as we can to achieve UNIT Sound and Breathing for at least an hour, just as we do at chorus during the short time we

have together. Make sure you eat normally, because food always settles the adrenaline response in the body because it gives the body something to do instead of flight or fight!.

- We have to be out of the Trianon Room by **8am**. Last minute touch ups will be done in Room E on the Trianon level, while others will go back to their rooms to get changed and to prepare for our performance in the way that suits you personally. Focus on the performance. Visualise yourself being superb.

- You MUST be back in the Marriot Foyer by **9.40am**, in your full costume with your plastic bag or make up style bag, containing your phone, lipstick, lip/teeth balm, cough lollies, room key, lanyard, credit card, and necessary medication, ready to go. (These bags must have your name on them and will be held in large bags while we perform) We will be singing intros and tags in the foyer.

- You do not have time to go back to your room from the foyer as we will be boarding the bus so make sure you are fully ready.
  You MUST make sure you go to the loo before leaving your room. Be quiet and calm just as we have rehearsed. This is the moment we have worked so hard for.

- We will board the bus and travel the short distance to the Convention Centre. An assigned person will take lead a focused sing on the bus. Everyone participates in a unified manner. Remember, quiet and calm after you disembark. Security may check our bags at the arena.

- We will go into a warm up room at the Convention Centre. There are toilets on this level if anyone really has to go, but be quick, we can't wait for anyone. Just listen to Virginia and follow her lead as we move through the traffic pattern to back stage and onto the stage. We know what to do. We are all in this together. Breathe and beam!

- After our performance we will go into the arena to watch the other choruses. It can be cool in the arena so you may decide to go back to your room for a rest or to get an extra layer at some stage. Some of us will purchase the webcast to watch on our phones so if we do find ourselves held up we can watch it in our rooms- it certainly isn't as exciting as in the flesh however! The contest finishes around 9.30pm

- As the seating is first in best seated, we should be able to get seats near the front of the general seating area. The judges' pit is in front of the stage and then there are around 10 rows of VIP reserved seating. These will be clearly marked. There are intermission breaks of 35 minutes at noon and 6pm, an hour and a half break between 2.30 and 4pm, and a 15 minute break at 8.15pm. The judges have to eat and hydrate too! Take advantage of the breaks to get some fresh air and eat.

Last year no food or drink, apart from water was allowed in the arena itself. It will probably be the same this year. You can go back to your room to eat food there or there may be food vendors in the Convention Centre – we don't know at time of writing what will be available.

You are encouraged to watch as many of the choruses as possible, especially Song of Atlanta, North Metro, Melodeers, Skyline, City of Lakes, Kansas City, Spirit of the Gulf, West Coast Harmony, Harborlites. These are all top 10 contenders with us. You can duck out between performances to go to the loo etc, but the doors are closed while there is a performance.

- We must all be in the arena, in our costumes at **8.45pm**, as a camera films the choruses' reaction to being called in the top 10. Preferably the chorus will be sitting together for Lionsgate's (the current world champions) swan song set, and the announcement of the Top Eleven.

- We leave the arena around **9.30pm**. There is then a briefing for Directors of the Top 11 choruses, and Virginia will then know what time on Saturday we will perform and we will make plans for Friday rehearsal times. These will be communicated to you via our Messenger Group.

- We will all meet in the Trianon Room after the announcement on Thursday at **10pm** to discuss what will be happening next. Bring a drink with you. If you are too exhausted please just head off to bed!

- Please prepare mentally and physically to be rehearsing a lot on Friday to get the package revamped up and unified with our coaches. Virginia will try to have a "sleep in" sorted for everyone, before we begin.

Judges

2024 INTL- Pit Roster (sweetadelines.com)

Order of Appearance

2024-Kansas-City-OAP_Chorus-Semifinals_RV-August-21-2023.pdf (sweetadelines.com)

Webcast

SAI Webcast (sweetadswebcast.com)

Kansas Visualisation

Take some time to find a comfortable position. Please close your eyes and breathe slowly, fully, and deeply. Inhale through your nose, hold for a moment, and then exhale completely through your mouth.

Imagine yourself in Kansas City, having spent an amazing week with your chorus and our Sweet Adeline sisters from around the world. Everywhere you go, you feel warmth and positivity. The entire atmosphere has energized you, and you feel thrilled and proud to be part of your incredible chorus and this wonderful organization.

As you take in this vibrant atmosphere, picture yourself on the grand stage of the arena. Feel the excitement building up inside you, mixed with a deep sense of calm and confidence. Visualize the stage with its high ceiling and the vast arena filled with thousands of people who will be captivated by your performance. You are ready, and you are at your peak.

The excitement has been building for months leading up to this contest, but deep inside, there's a profound sense of calm, confidence, and certainty. You are prepared. You know what you are here to do, and you can't wait to do it!

Each rehearsal throughout the week has strengthened your bond with your chorus. Imagine the powerful, uplifting energy that flows through you and your fellow chorus members. You feel a warmth in your heart, a glow of joy that radiates from within, igniting your spirit.

Finally, it's Contest morning. You wake up feeling calm, grounded, refreshed, and invigorated. The time you spend with your chorus this morning is focused. You keep your voice warmed up, and hair and makeup go smoothly. We meet early for a makeup check and a warm-up. You feel completely confident and ready. After a short bus ride, we reach the arena.

We walk through the backstage traffic pattern and pause for a few moments in the warm-up room. Finally, we head towards the stage. As we get closer, you can hear the crowd; you may even hear the chorus before us finishing their last song. You are ready to perform. You are fully aware of everything. All of your senses are heightened, and you feel a profound sense of being present.

We move up the ramp in pairs and onto the large stage. The lights are low as we confidently walk onto the risers. You breathe slowly and deeply, taking in the vast arena. You see the eager audience, ready to hear your performance. You focus on Virginia, and your energy radiates around your chorus friends, enveloping Virginia, and extending over the judges' pit into the audience. The energy is electric. You are supremely confident. You are ready. There is no tension in your body—only a sense of freedom, openness, and confidence.

Picture Virginia nodding to the emcee, who announces your chorus to the audience. Step forward into a confident posture, beaming with joy. Virginia accepts the applause on your behalf, and the auditorium quiets down in anticipation.

After a few moments, the announcer begins: "We are ready for the next contestant. Contestant #3, representing Region 35. Under the direction of Virginia Humphrey-Taylor, the Christchurch City Chorus!"

The bright stage lights come on as the pitch rings for *Once Upon a Time*. The lights are so bright they give you an extra boost of energy, adding to your brilliant resonance and free-flowing sound.

You begin singing this beautiful story, knowing you are an integral part of this performance, surrounded by your chorus friends, all sharing the same sense of purpose and emotion.

Your performance of both songs is filled with storytelling, emotion, characterization, energy, and ringing sound. It reaches out beyond Virginia and into the middle of the arena.

As the audience rises to their feet, you feel exhilarated. You've performed to your highest ability, representing New Zealand with pride.

As you await the results, you feel content. Regardless of the outcome, you've delivered a performance of a lifetime, and competing internationally is an honour.

Take a deep breath, feeling the satisfaction of your achievement. When you're ready, gently open your eyes, carrying this sense of accomplishment with you.

