

International Competition Handbook
New Orleans, 13 – 21 September 2019

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My flight details

To USA .....

From USA .....

Hotel contact details

Address:	**Hotel Contact:**
New Orleans Marriott 555 Canal Street, New Orleans, Louisiana 70130 USA	+1 504-581-1000 Toll-free from NZ +0800 264 333 or +0800 44 3320

Who to ask for help?

Travel questions	Jan Mathieson
Accommodation	Masayo Yoshida, Susan Noseworthy
Health	Erica Bennett - Nurse Jane Haines - Nurse Jill Rubython - Specialist Doctor Ruth Todd - Generalist Doctor Lizzie Williams - Generalist Doctor Edna Byron - Nurse/Midwife
Music	Virginia Humphrey-Taylor
Showmanship	Nicky McCaughan
Costume	Miriam Spragg
Makeup	Jan Mathieson and Sandy Gunn
Kiwi Express	Angela Blank
Everything else	Miriam Spragg, Susan Noseworthy

Don’t get lost

When you want to get away for a break or some “breathing space’ always tell your roommate or another chorus member where you are going and when you expect to return. Take a map from the hotel, and contact phone numbers, and do not go out alone in the evenings.

The nearest police station is:

New Orleans Police Department
715 South Broad St
New Orleans, LA 70119

Monday–Friday
8:00am–5:00pm

Non-Emergency Calls/To File Report (504) 821-2222
Emergency Calls: 911

Message from our Director

"Our group is high, look at the look in our eye..."

Greetings chorus. Welcome to the city of Jazz, the birthplace of funk, and Dixieland - the original jazz. The look in our eyes is one of joy and love for the barbershop craft, and the determination to give everything to the New Orleans experience.

Our week together is filled with harmony, singing together, getting to know each other well, sharing laughter and making music, our passion. Our compulsory rehearsals, from Friday evening onwards, are planned to bring us quickly into unit sound, unit look, unit character, and unit emotional delivery. Unity in all things is what the judges are looking for, and we want to be as unified as we can possibly be when delivering our songs to the audience on Thursday. The audience can't wait to see Christchurch City's performance, as we know.

"We're so high, up to the stars in the sky..."

During rehearsals many visitors will come watch us. Some come to wish us well in contest, others are gaining education. All of us are also welcome to go to any other chorus rehearsals being held along the many corridors in both the Marriot and the Sheraton hotels, to learn and enjoy, and to "spy", as one coach said to me! I recommend going to the following rehearsals if you get a chance, even for 5 minutes: Melodeers; Ronninge Show; Toast of Tampa, Lionsgate; Harbor City Music Company; Scioto Valley; Choralaires; San Diego; A Cappella West (Australian); Bay Area Showcase; Stockholm City Voices; and Greater Nassau. We can watch our 'stars' in action, just as others will come to see us.

"Man you'll dig our music, every show we do..."

We are very well prepared for our performance on Thursday. You will love, as I do, having all of our coaches with us the week before, assisting, taunting, playing with us. They love their job and us. We will enjoy Jan Alexandersson, Rasmus Krigstrom, Lea Beverley, Darlene Rogers, Ryan Heller, Lynne Smith, and many others will visit and share their wisdom to enhance our performance. Enjoy this, a wonderful special part of your life as you journey through to the stage.

And be sure to soak in the music of New Orleans, experience the jazz bars, and most importantly taste the delicious French and Cajun cuisine whenever possible!

Virginia

Message from our Team Coordinator

Every seasoned chorus member will attest that no two Sweet Adeline International Conventions are the same. With each passing year venues are refreshed, along with repertoires, dazzling wardrobes and, encouragingly, first time contestants.

The bar of excellence is unambiguously raised, each participating region striving to better previous performances and achievements. And we are no different.

We are Region 35; the furthermost realm of the Sweet Adelines' community and now firmly placed on the International map. In 2007 we were the first Southern Hemisphere chorus to grace the Top 10 on the international stage. In 2013 we achieved 6th place. In 2016 we achieved 5th place and were also voted "Most Entertaining Chorus" by the audience.

Our goal for New Orleans 2019 is not only to represent our chorus, our loved ones, our country and our culture with pride, but also to applaud every "Sisters in Harmony" region and celebrate how far we have all come.

As a chorus we've journeyed a long road to get here and there have been a few bumps along the way, both personally and as a nation. We've shared good times… and tears, and what couldn't be expressed in words we consoled in song - together.

A sincere Thank You to everyone who has helped us arrive at this destination. To our wonderful families and friends for their tireless love and support. To our New Orleans Planning Team for the incredible behind the scenes organising, the members who travel far and wide, coaches, mentors, wardrobe, sheet music, videos, communications, fundraising… the thank you's are endless and our appreciation immeasurable.

To our inspirational Musical Director, Virginia Humphrey Taylor, who truly lives and breathes the Sweet Adelines' Vision - "inspiring and empowering voices to joyfully harmonize the world."

And finally, to you, my wonderful chorus sisters, I ask only this - when we stand on that 2019 stage for the first time together in New Orleans, waiting for the cheers of support and love to settle… remember the journey that led you here. Remember the endless hours of practice, the coaches and mentors who pushed you, the patience and support of loved ones when you came home exhausted. But most of all, most of all, remember the girl who fell in love with singing and never looked back. Then … sing for her.

Jeannette 💛

Costumes, Makeup and Rehearsal Clothing

Semi Finals Green fringe top Black velvet trousers Black chorus shoes Latest style diamante earrings Black Columbine Sheer 15 denier Knee High's Black or Flesh-coloured bra Undergarment	**Finals** Black and White tunic top Black velvet trousers Black chorus shoes Latest style diamante earrings Black Columbine Sheer 15 denier Knee High's Black or Flesh-coloured bra Undergarment
Rehearsals Black, when an open rehearsal, New Orleans top with gold mask logo. Casual comfortable footwear and Cardigan Please bring chorus shoes and props to all rehearsals for PODs (Performances on Demand)	**Rehearsals – Contest days** Button front shirt so as not to disturb hair/makeup Long or ¾ pants or knee length shorts / skirts Casual comfortable footwear Please bring chorus shoes and props to all rehearsals for PODs

Makeup

• False eyelashes plus mascara • Eye primer – and face primer • Applicator brushes • Eyeliner • Eyebrow powder or pencil • Base makeup: Joe Blasco golden tan #2 • Eye shadow palette: highlight, bronze, mulberry • Revlon red lipliner and lipstick • Clear nail polish or French nails • Blusher: applied by the makeup team	**Makeup team Coordinators:** Jan Mathieson and Sandy Gunn **Makeup checkers:** Jan M, Diana R, Sandy G, Andrea, Joanne R, Carolyn D, Sandra L, Nicky M, Pam B, Kerry S, Robyn H, Cornelia, Raewyn, Janette M, Jill C, Tacy G **Eye Lashes:** Andrea, Cat, Carolyn D, Jane MJ, Diana R, Patricia Paul, have offered to help us.

Hair

PRODUCTS • Hairspray (own choice) • Any item/tool and products YOU need to create your styled hair. • Only use hair accessories that will NOT show • Use neutral coloured tools that match your hair **HAIR LENGTH** • If it doesn't touch your shoulders, you can wear it down. Your style needs to be away from your face. • If it is longer and touches your shoulders it must go up. Remember to not pull it back too severely as you need height and width. • Fringes need to be fine or off your face.	**The Expectation is that members are to be as independent as possible with managing hair.** • talk to your own hairdresser for instructions. • you & your roommate can do each other's hair. • trailing different styles before getting to N O. Hairdressers who can help tweak your hair that you've mostly done are: • Judith Moore • Brianna and Melina Perry. • Sandra Lawrence

Rehearsal Etiquette

We have a busy rehearsal programme with many sessions scheduled in venues shared with several other choruses. To make the most of our rehearsal time, please observe the following:

- Be respectful of your fellow chorus members and be at every rehearsal and ready to start on time. If you miss rehearsals you might find yourself sitting in the audience on competition day.

- Allow time to get to the rehearsal venues. We are rehearsing at both the Marriott and the Sheraton, and convention is being held at Smoothie King. Know where you're going, and how to get there.

- If another chorus is rehearsing before us, give them plenty of space to leave the venue quickly at the end of their session. Then exit on time. If you forget something in a shared rehearsal room, wait to retrieve it until you can do so without interrupting or disturbing the rehearsing chorus. Bring your chorus shoes and props to all rehearsals.

- The physical warms ups are part of the rehearsal, not an optional extra, so get up and show us your moves!

- Focus on the Director and coaches during rehearsal. Ignore guests coming and going: we want to show respect for our leaders and coaches and to demonstrate to visitors that we have a champion attitude and discipline.

- Of course, no talking on the risers unless asked to. Concentrate on improving your own performance and leave the teaching to those out front. Never assist anyone else on the risers with their music / choreography. Get yours 100%.

- Make sure that you eat and drink enough to have stamina and energy for rehearsals. Bring snacks and drinks for breaks in rehearsals.

- No food and drink on the risers. Wear shoes or sandals on the risers– no bare feet.

- Aim for a fragrance-free rehearsal so that scent-sensitive chorus members don't end up with blocked or runny noses: problems are caused not just by perfumes, but by shower gels, hair products, scented deodorants, and talcum powder.

- Extend fragrance-free to cover personal freshness and flatulence-free – it's going to be hot and crowded on the risers so let's make sure we can all breathe easy.

- If you have a family situation that requires you to have your phone on during rehearsals, please let Virginia know beforehand

Christchurch City Chorus Schedule

Rehearsal Schedule 13-20 September 2019

Distance: Marriott 555 Canal St to Sheraton 500 Canal St – 2 min walk across Canal St.
Our on-site rehearsal coaches are Lea Beverley, Rasmus Krigstrom, Jan Alexandersson, and Darlene Rogers. The Marriott Galerie 2 Ballroom is our function space from 14-21 September. Some rehearsals, contest preparation, and dinner on Saturday 21 September will be held here.

Friday 13 September 2019

Time	Activity	Venue	Notes
8-9pm	Whole chorus meeting, warm-ups, questions, information:	Marriott Galerie 2 Ballroom	**Need help moving risers from loading bay to ballroom starting 6pm.**

Saturday 14 September 2019

Time	Activity	Venue	Notes
9:30am-1pm	rehearsal	Marriott Galerie 2 Ballroom, 2nd floor	Marriott Galerie 2 Ballroom – 9 sets risers
2pm-5pm	rehearsal	Marriott Galerie 2 Ballroom, 2nd floor	

Sunday 15 September 2019

Time	Activity	Venue	Notes
9-11am	rehearsal	Napoleon Ballroom C2 and C3, 3rd Floor Sheraton	Toast of Tampa Chorus risers, Sheraton Hotel
12:30 – 4:30pm **4:30 - 5:30pm**	Rehearsal whole chorus **FRONT ROW ONLY**	Marriott Galerie 2 Ballroom, 2nd floor	Marriott Galerie 2 Ballroom – 9 sets risers Jan Alexandersson 3:00-5:30
7pm-8pm	rehearsal	Napoleon Ballroom C2 and C3, 3rd Floor Sheraton	Toast of Tampa Chorus risers, Sheraton Hotel
8-10pm	Evening with A Cappella West Chorus – performing to each other	Napoleon Ballroom C2 and C3, 3rd Floor Sheraton	Toast of Tampa Chorus risers, Sheraton. Jan, Rasmus, Lea and Darlene with us

Monday 16 September 2019

Time	Activity	Venue	Notes
9-11am	rehearsal	Carondelet Ballroom, Marriott 3rd Floor	International risers, Marriott Hotel Jan Alexandersson 10-11am
1-3pm	rehearsal	Napoleon Ballroom C2 and C3, 3rd Floor Sheraton	Toast of Tampa Chorus risers, Sheraton Hotel
5-7pm	rehearsal	Napoleon Ballroom C2 and C3, 3rd Floor Sheraton	Toast of Tampa Chorus risers, Sheraton Hotel Jan Alexandersson 5:30 – 6:30pm
Evening	. Ronninge Show Chorus and Stockholm City Voices	One of the Marriott Ballrooms	Sounds of Sweden concert. Watch the Swedes in action!
Supporters' jobs for Monday: Angela Blank to organise. Collect and assemble registration packs. Registration packs can be picked up between 2.00 pm and 8.00 pm, Harmony Bazaar (Preservation Hal)l, Marriott.			

Tuesday 17 September 2019

Time	Activity	Venue	Notes
10am-12pm	rehearsal	Marriott Galerie 2 Ballroom, 2nd floor	Flat floor
1-3pm	rehearsal	Grand Carondelet Ballroom, Marriott 3rd Floor	International risers, Marriott Hotel Jan Alexandersson 1:30 – 3pm
6.00 -10.00pm	Harmony Classic Competition	Smoothie King Centre	Small choruses: 15-minute competition packages

Wednesday 18 September 2019

Time	Activity	Venue	Notes
9-10am 10-11am	**FRONT ROW ONLY** Whole chorus	Grand Carondelet Ballroom, Marriott 3rd Floor	International risers, Marriott Hotel Jan Alexandersson 9-11am
11am-1pm	rehearsal	Galerie 3 Ballroom, Marriott 2nd Floor	International risers Marriott Hotel
1pm-3pm	rehearsal	Sheraton Ballroom C, 5th Floor	Melodeers risers, Sheraton Hotel
10am – 10pm	Quartet Semi-finals Competition	Smoothie King Centre	Region 35 quartet *ROXY* is contestant #39, onstage at about 8:00pm
Supporters' jobs for Wednesday: Greet and seat any visitors who come to rehearsal.			

Thursday 19 September 2019 – semi-finals day

Time	Activity	Venue	Notes
10am-8:30pm	Chorus Semi-finals competition	Smoothie King Centre	
7:30am	Hair/ makeup	Own room	Timetable with our chorus hair dressers
9-11am	Vocal warmups;	Marriott Galerie 2 Ballroom, 2nd floor	11-11:40am,Complete make up and hair then head over the road at 11:40pm for rehearsal
12-1	FINAL compulsory Rehearsal	Sheraton Ballroom C, 5th Floor	Melodeers risers, Sheraton Hotel Jan Alexandersson 12-1pm
12:30	Lunch delivered for supporters to sort	Marriott Galerie 2 Ballroom, 2nd floor	Supporters receive the lunch delivery and lay out in room.
From 1pm	lunch	Marriott Galerie 2 Ballroom, 2nd floor	Collect lunch, take to your room, **get into costume**
2pm	Complete makeup and costume checks	Marriott Galerie 2 Ballroom, 2nd floor	Everyone present, continue vocals to stay warmed up
3pm	On bus to venue	Pick-up from Marriott	Stay warmed up; bubbling/ vvvving; sing Mia Maria as a unifying chant
3:15pm	Arrive at the competition venue	Smoothie King Centre	Start proceeding through the 'traffic pattern' that moves choruses on and off stage.
4:02pm	On stage	Smoothie King Centre	We are ready for contestant # 18, from Christchurch, New Zealand!
Supporters' jobs for Thursday: set out lunch, collect and look after members' jackets and shoes during competition. Enjoy the contest.			

If we make the top 10, we will be rehearsing all day Friday 20 September, perfecting the finals package!

Chorus Judging Panel

	Panel Chair	Sound	Music	Expression	Showmanship
	Marcia Pinvidic	Joan Boutilier	Lynda Keever	Paula Davis	Peggy Gram
		Ruth Anne Parker	Jan Myer	Vickie Maybury	Tori Postma

Order of Appearance

Quartet semi-finals Wednesday 18 September

1. Viva!
2. Sparkle!
3. Obsession
4. Ruby Blue
5. Debacle
6. Wink
7. The Vibe
8. Spice
9. TITANIUM
10. All Fired Up
11. Don't Call Me Shirley
12. Duly Noted
13. Harmony
14. C'est la vie
15. Gig-a-bite
16. Saffron
17. RetroActive
18. Take 4
19. Ambush
20. Tenacious
21. Lucille
22. Girl Talk
23. PrimeTime
24. Presto!
25. Rendition
26. No Strings
27. Ringtones
28. Enchant - WITHDRAWN
29. VOCE
30. Up All Night
31. Famous Janes
32. SwingTime
33. Infinity
34. GQ
35. Nightfall
36. PRISM
37. Essence
38. Wicked
39. ROXY
40. Fortuity
41. The Ladies
42. Renegade
43. S.L.A.M.
44. Milli Blink
45. Glamour
46. Windsor - WITHDRAWN
47. Pizzazz!

Chorus semi-finals Thursday 19 September

1. A Cappella West – Region 34
2. Rhythm of the Rockies – Region 26
3. Shoreline Sound – Region 2
4. TuneTown Show – Region 4
5. Forth Valley – Region 31
6. Scioto Valley – Region 4
7. Vocal Standard – Region 5
8. Houston Horizon – Region 10
9. Alaska Sound Celebration – Region 13
10. Melodeers – Region 3
11. Harbor City Music Company – Region 19
12. Toast of Tampa – Region 9
13. a cappella Joy – Region 13
14. Lions Gate – Region 26
15. Bay Area Showcase – Region 12
16. Stockholm City Voices – Region 32
17. High Country – Region 8
18. Christchurch City – Region 35
19. Top of the Rock – Region 25
20. Rönninge Show – Region 32
21. Choral-Aires – Region 3
22. Harmony on the Sound – Region 1
23. Sounds of Pittsburg – Region 17
24. Viva Acappella – Region 31
25. Sacramento Valley – Region 12
26. Spirit of Syracuse – Region 15
27. Fox Valley – Region 06
28. Talk of Tulsa Show – Region 25
29. San Diego – Region 21
30. Vienna-Falls – Region 14
31. Canadian Showtime – Region 16
32. Lady Luck Showtime – Region 11
33. Carolina Style – Region 14
34. Greater Nassau – Region 15

Health Information

First Aid Kits: Prepare a small first aid supply for yourself of paracetamol tablets, migraine medication, throat lozenges, band aids, a crepe bandage, and whatever else you think you may need.

Regular Medications/Doctor's Advice: Make sure you have enough supplies and at least a week extra. Take regular asthma preventers from now on to avoid asthma flare-ups during competition due to climate change/nerves/fatigue/exertion. Ask your doctor about coping with time zone changes and medication, preventing periods whilst away if necessary, coping with insomnia, preventing swollen ankles, preventing cystitis, preventing constipation caused by eating different food and managing anxiety and "stage nerves", if you think these will trouble you.

Preventing Blood Clotting in Travel: This problem of DVT (deep vein thrombosis) has received a lot of publicity but is rare. Drinking plenty of non-alcoholic fluids, walking about in the airline cabin frequently, and exercises for the ankles whilst seated all help reduce the risk. If you tend to get swollen ankles or varicose veins you could be fitted for, and purchase, a pair of elasticised whole or half hose to wear when travelling. These are available from pharmacies.

General Hygiene: Meticulous attention to hand-washing before all meals and after using the toilet aids in prevention of STOMACH BUGS! Having a small container of Instant Hand Antiseptic in your handbag is an excellent idea to use before you eat in the plane or any public eating area where there is not a handy wash basin.

Keep Fit: Regular exercise (e.g. at least a half-hour walk 3x per week) will increase health and energy levels and stamina. Don't forget muscle stretches during and after exercise – especially you front-rowers!

Sleep Routine: prior to heading to New Orleans, keep up a regular sleep pattern and do self-pampering/ relaxing things before bed. Have a warm drink e.g. milo/herbal tea before retiring. Make sure you have enough sleep. Try to keep this going wherever possible prior to competing. If you are worrying, write a "to-do" list for the next day then put it away before going to bed.

First Time Overseas Traveller: A few travel snippets. Airline cabins tend to be dry - humidity is 10-15%. Take an extra layer of clothing in cabin baggage to put on and off as you need for warmth, especially when you want to sleep. Plan to wear loose clothing and comfortable shoes, preferably elasticised or lacing ones.

Drink Regular Non-alcoholic Drinks: 1 litre every 8 hours. A water bottle in flight is a good idea as airline cups are small. Alcohol will be 3 times more powerful in its effect in the pressurised cabin. If you drink alcohol, match it with three times the volume of water. Each unit of alcohol is an hour being metabolised. Bring an empty water bottle in your carry-on bag or buy your water bottle after all your luggage has been checked and you have been through the airport security scanner.

Jet Lag. As soon as you arrive in New Orleans, get a good night's sleep, and go out in the sun next day.

Marriott and around

Medical Centre & Pharmacy

Ochsner Urgent Care - French Quarter
201 Decatur St.
New Orleans, LA 70130
200 metres from Marriott

Walgreens
900 Canal Street
300 metres from the Marriott

Grocery stores close to Marriott Canal St

Rouses
71 Baronne Street
1.1 km from Marriott

Wholefoods
300 N Broad St
2.8km from the Marriott

Health and Safety

The NZ Health and Safety Act 2015 came into force April 2016. The new legislation provides exemptions for volunteer organisations and associations, but the Chorus still needs to show a 'duty of care' to its volunteer members.

Much of the health and safety requirements in New Orleans will be overseen by the venue (hotel, convention centre, restaurants etc.) If you have an accident, emergency or feel unsafe, please alert these organisations in the first instance. However, we do have a few reminders below.

- ensure you pack you own bag
- ensure you declare any prescribed medications by your health specialist
- never carry a bag/suitcase through customs belonging to someone else
- Please familiarise yourself with evacuation procedures/ nearest exits.

Transport

There are various modes of ground transport –Taxicabs, Airport Shuttle, Greyhound Bus etc.
More details available from:
http://www.flymsy.com/groundtransportation

For public transport in and around New Orleans, including from the airport go to the Jefferson Transit website
www.jeffersontransit.org.

Street Car Passes
The New Orleans Streetcar is an affordable, easy way to navigate your way through the Crescent City. A one-way ride on the streetcar costs $1.25, and an additional $0.25 to transfer from one line/car to another. Exact change only.
If you wish to take unlimited rides on the Streetcar, we recommend purchasing a Jazzy Pass. Jazzy Passes are available for 1 day ($3), 3 days ($9) or 31 days ($55). All passes usable on the streetcar also apply to New Orleans city buses.
NORTA.com is the best resource for streetcar maps and schedules.

General Attendee Transportation
General busing will be available for those staying within the Sweet Adelines International official housing block during peak times to and from the following locations.
Smoothie King Center (Competition Location)
New Orleans Marriott (Co-HQ Hotel)
Sheraton New Orleans (Co-HQ Hotel)

About the Hotel

Phone calls and Wi-Fi

It is expensive to make phone calls from your hotel room so if you plan on calling home you should source cheaper call options. Also note that the cheap rates on some international pre-paid calling cards apply only to landline calls, not mobile calls so check this out before purchasing. Some cafes/ lobby areas have free wi-fi so you could make use internet voice technologies.

Rooms have free Wi-Fi ONLY if you are a member of the Marriott Bonvoy Rewards program – **join before you go.** https://www.marriott.com/loyalty/createAccount/createAccountPage1.mi

Room Inclusions

Duvet
Bath and Bathroom Features
Bathroom amenities
Hair dryer
Chair
Alarm Clock
Safe, in room
Desk, writing / work, electrical outlet
Iron and ironing board

Food & Beverages
Room service
Coffee maker / tea service
Mini-refrigerator

Packing Lists

Carry-on bag

One carry-on bag per person, up to 7 kg in weight. Plus handbag and jacket.

	Passport
	Tickets
	Printed copy of ESTA (if required)
	New Orleans hotel contact details (in contents page of this handbook)
	$US cash
	Travel insurance information
	This handbook
	Prescribed medicines in zip lock plastic bag
	Chorus makeup in zip lock plastic bag
	Semi Finals Green fringe top Black velvet trousers Latest style earrings Black chorus shoes Black sheer, 15 denier knee-high's Black or Flesh-coloured bra Undergarment **Finals** Black and White tunic top Props (gloves, lights, poi, capes)

REMEMBER: You can now only carry liquids, aerosols or gels in your hand luggage if each container is no more than 100 ml, and these containers collectively can fit comfortably into one re-sealable, 20 cm x 20 cm (or smaller) transparent plastic bag. Anything more than this will need to be packed into your check-in luggage. However, if you are flying direct (i.e. your flight has no stops at any other destination), you can purchase any liquid, aerosol or gel item –including Duty Free – after security.

Checked bag

Before you leave – check your airlines baggage allowance. These differ greatly.

	Rehearsal wear • Black chorus logo shirt • Buttoned shirts for competition days • Comfortable shoes • Light jacket or cardigan (in case there are draughts from the air-conditioning)
	Light and comfortable personal clothing, including smart casual style for the shared chorus meals
	Bathing suit and suitable poolside footwear
	Personal grooming and makeup products, sunblock, toiletries
	Makeup removal products and old facecloths etc. to remove stage makeup (don't use the hotel facecloths)
	Personal first aid kit and over-the-counter medications
	Ear plugs
	Hand sanitizer and sanitizing wipes (for plane and hotel room surfaces)
	Camera, charger or extra batteries, extra memory cards
	Mobile phone/iPod/iPad charger
	Adaptor for US power points
	Small sewing kit
	Travel clothes line
	Favourite high energy snacks
	Breakfast cereal, plastic bowl, spoon, thermos mug for hot drinks at rehearsal, travel jug
	Photocopies of travel documents

Visualisation and Affirmations

The daily practice of visualising your dreams can help you achieve those dreams, goals and ambitions. Also known as "**mental rehearsal**," all you have to do is set aside a few minutes a day. The best times are when you first wake up, and right before you go to bed. These are the times you are most relaxed.

5 Steps

Step 1: Know what you want
Have a clear idea of what you want and why.
I want to have an uplifted face, or I want execute showmanship with energy, or I want to connect with the audience with an emotional message.
Ask yourself: If I had nothing holding me back, what would I imagine for this performance?

Step 2: Describe your vision in detail
This is one of the most important steps - you must create a clear vision of what it should look like. You can write this down in detail or you could create a vision board. This will help you to create a clear and full picture of what your life would look like.
Ask yourself: If I had a magic wand to make anything happen, what would my performance look like?

Step 3: Start visualising and create the emotions
Once you are ready, you can take a moment to start envisioning the actual outcome. Start to imagine the sights, the sounds, the smells and even the taste of achieving what you want. As you go along, don't forget to feel the emotions you would feel, as if this "performance" was your reality now.
Ask yourself: What would I feel if all my visualisations came true?

Step 4: Take daily actions
There's a saying that "Rome was not built in a day." Similarly, the performance you want to create won't happen in one day but will eventuate in a series of days and actions of working towards your goal. Don't get too caught up with destination, instead focus on the present and set yourself daily or weekly actions to get to where you want.
Ask yourself: What is one thing I could do today that would help me get closer to the performer I want to be?

Step 5: Have grit and persevere
One important tip when you are doing your visualisations is to imagine yourself facing a challenge and most importantly overcoming them.
Ask yourself: What would help me persevere when I am faced with a challenge?

Use Affirmations to Support Your Visualisation

An affirmation is a statement that evokes not only a picture, but the experience of already having what you want. Here's an example of an affirmation:

I love performing, and I know the plan.

Repeat your affirmations every morning and night for a month and they will become an automatic part of your thinking... woven into the very fabric of your being.

Visualisation and affirmations of your goals and desires accomplishes **three very important things**.

- **It activates your creative subconscious** which will start generating creative ideas to achieve your goal.
- **It programs your brain** to more readily perceive and recognize the resources you will need to achieve your dreams.
- **It builds your internal motivation** to take the necessary actions to achieve your dreams.

NOTES

Beca
Proudly supports the CCC