

**THE PLANNING STAGES**

What plans need to be made?

- A. **MUSIC**
  - What, when and where?
- B. **MEMBERSHIP GROWTH & RETENTION**
  - More singers
  - More income
  - More hands to do jobs
- C. **COACHING**
  - Who, what and when?
- D. **COSTUMES**
- E. **RISERS**
- F. **FINANCES**
- G. **COMMUNICATIONS**
  - Allow for varying commitment levels
  - Keep members aware of plans & expectations
  - Plan methods in advance
  - Plan a calendar
- H. **COMMITTEES & COORDINATORS**
  - Registration
  - Housing
  - Transportation
  - Meals/Hospitality
  - Others?
- I. **CALENDAR**



COMPETITION CALENDAR

MAY Combined Music Committee/Board of Directors meeting  
Purpose: Planning musical growth Goal: Competition  
  
Finance Committee - Develop a competition budget,  
anticipating expenses based on historical data  
from previous years (See sample)

JUNE Board of Directors reviews Chapter Standing Rules.  
Are they too strict, too weak, etc. in reference  
to attendance and performance standards? Is director  
in control where she should be?  
  
Introduce year-long membership growth plan.

JULY International seminar - can we afford to send a  
representative?

AUGUST Music is selected for competition by director and  
music committee. Music is purchased and taught.  
Learning tapes are purchased.  
  
Ways and Means project to help support "journey"  
to competition.

SEPTEMBER Chorus knows notes and words to both songs.  
  
Coaching session at end of month.

OCTOBER All day choreography workshop.  
  
Introduce costume and directions on completion.  
  
President appoints competition committees and  
coordinator.

NOVEMBER All day coaching session.

DECEMBER Costumes are completed. Christmas performances.  
Continuing rehearsal of competition package.

JANUARY Coaching session.

FEBRUARY Special choreography rehearsal/coaching

MARCH Dress rehearsal with audience

APRIL Competition

### THE SINGERS' ATTITUDES

#### Turning Negatives into Positives!

"The only thing that really counts is winning!"

\*\*\*Realize that there can only be ONE winner and you can't control what the other choruses do on stage.

- "Show off" for your peers - it's an appreciative audience!
- Enjoy meeting new people, seeing old friends, sharing common interests, laughing, becoming a star!
- Measure your chorus progress against your previous competition or the organization's standards!
- Make this a win/win situation!!!

"I have total responsibility for the success or failure of my chorus."

\*\*\*You only have control of yourself, not the chorus!

- Do YOUR best, and then YOU are a success.
- Focus on YOUR contribution to the effort.

"I can't be afraid or nervous during the competition."

\*\*\*Butterflies are good; make them fly in formation!

- Do mental imagery exercises.
- Jog in place as a chorus, then perform.
- Know the plan and do it!

"A weekend away from home...WHOOPEE!"

\*\*\*Think of yourself as an olympic athlete.

- Be in top physical shape.
- Don't exchange months of preparation for one weekend of fun.

(over)

"Actually, I really HATE competing!"

\*\*\*Focus on the joy of singing, not the pressure!

\*\*\*Show common sense.

- Sew sequins on well beforehand!
- Get sufficient rest and exercise.
- Allow only positive self-talk.
- Take vitamins, eat protein and carbohydrates.
- While you are on stage...

- + Relax
- + Be a team player
- + Trust the chorus and director
- + BREATHE!!!!

MENTAL IMAGERY I

This exercise is designed to help you practice dealing with contest nerves.

Simplified steps:

- 1) Find a comfortable place, either sitting or lying down, close your eyes and relax as best you can.
- 2) In your mind, try to visualize yourself in the hotel room, preparing for competition. See yourself in front of the mirror, putting on your makeup. Try to feel the sense of excitement that pours over you. Complete the make-up and visualize combing your hair. See yourself doing a spectacular job on your hair. See yourself putting on your costume. Now visualize the walk to the elevator, the gathering of the chorus in the lobby, the chatter, the excited feeling that you have. Move to the warm-up room; feel the momentum gathering; notice how you are breathing faster and shaking a little bit with anticipation. Walk from the warm-up room to the stage. Take your place on the risers. Feel the anticipation of the curtain opening and your heart beating. Feel the hair begin to stand up on the back of your neck. Now, take a few deep breaths and attempt, at this point, to consciously relax your body. Take a few more deep breaths. Relax again.

The goal of this exercise is to familiarize yourself with the physical characteristics of anxiety and stress and to practice dealing with them through relaxation. Do this exercise once a day, slowly, for at least 21 days before competition. You will find that when the actual moment arrives, you will be totally capable of dealing with the familiar feelings of stress and can use those feelings to heighten your sensitivity to what is going on around you. This will allow you to experience the total pleasures involved in singing your competition package.