

A woman with dark curly hair, wearing a vibrant, multi-colored hat (yellow, purple, pink, red) and a white top, is looking out from a large, dark, intricately carved wooden frame. She has a slight smile and is looking towards the left. The background shows a red curtain and a wall with some hanging items.

THE YEAR 2020

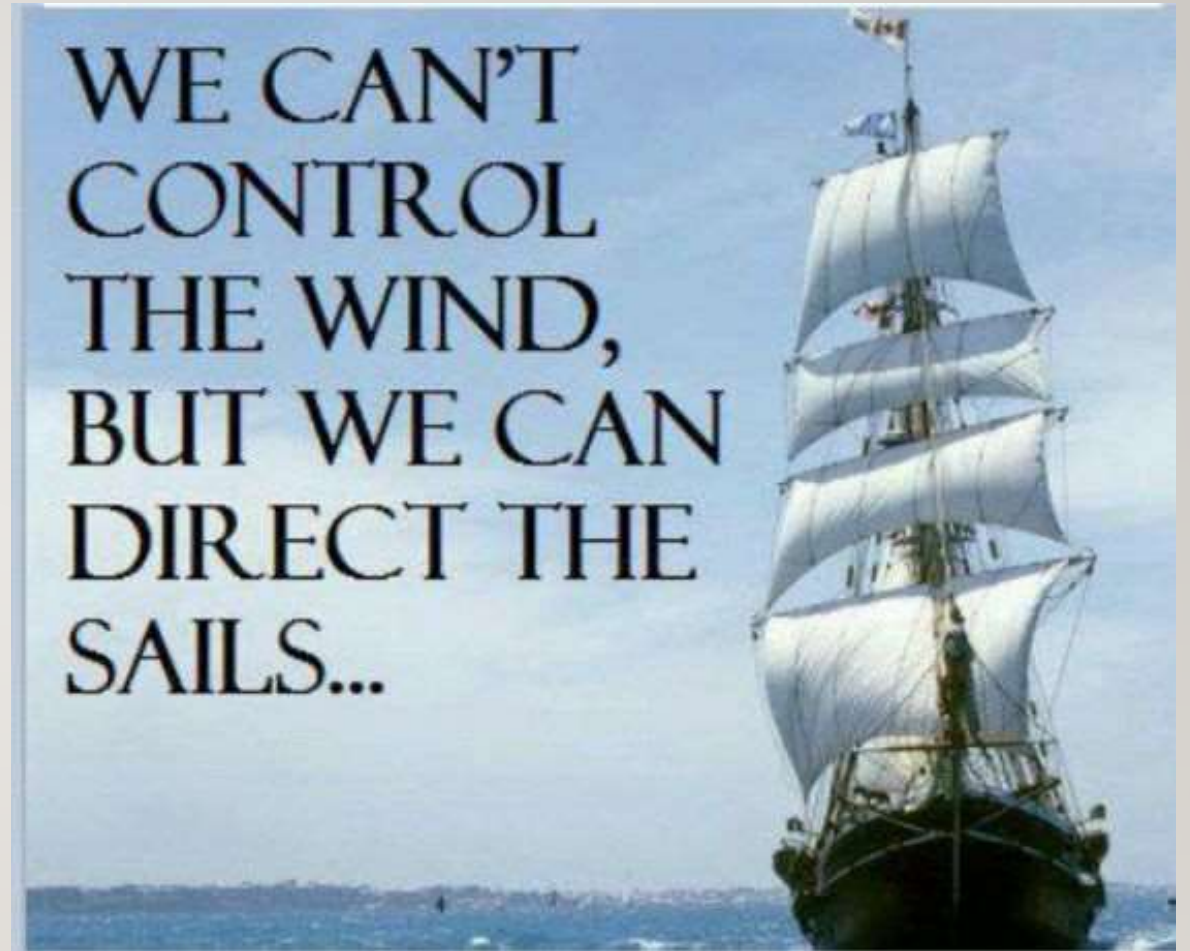
SARONA AND HER NEW BEST FRIEND  
ZOOM



I AM NOT AFRAID OF STORMS  
FOR I AM LEARNING HOW TO SAIL MY SHIP...

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- Our individual situations are all unique, but we are all facing the same storm right now!
- Our only job is to steer our ships safely and calmly through this storm!
- we do not know what the year will bring, but we must prepare as best we can with what we have!
- The key is...flexibility and improvisation!





*We are what our attitude  
is, and our Choirs are who  
we are!*

*So the only way to get  
them excited about anything  
is if you are excited!*

*Sarona*

CREATE A fOMO  
"FEAR OF MISSING OUT"



JUST IMAGINE YOU CAN HAVE A  
BETTER CHOIR AFTER COVID!

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*“Every adversity, setback,  
or heartache in life carries  
with it the seed of an equal  
or greater benefit.”*

*Napoleon Hill*

USE THIS UNIQUE OPPORTUNITY TO HELP YOUR SINGERS BECOME:  
BETTER MUSICIANS (skills)  
MORE CONFIDENT  
MORE INDEPENDANT





“

Autumn shows us how  
beautiful it is to let  
things go.

*Unknown*

”

AS WE plan for the fall..

WHAT TO DO?  
WHEN TO DO IT?  
HOW ARE WE DOING IT?  
WHO ARE WE DOING IT FOR?

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Shift our focus FROM...

- recruiting to retaining!
- What we cannot do to what we can do!
- Performance / concerts to meaningful music experience and learning opportunities!

Our main purpose right now is to keep our respective music communities and choir families together, and the single most important aspect of our choirs are our

people!

# DO NOT GET OVERWHELMED

DO NOT OVERWHELM YOURSELF OR YOUR SINGERS

DO NOT GET LOST IN PROJECTS

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Move away from planning whole seasons and focus on modular learning

Take 2 songs over 4 weeks and incorporate one or two of the following:

- Basic Theory
- Ear training
- Address vocal challenges
- Sight singing
- Vocal technique
- Movement



## THINGS TO INCORPORATE IN ADDITION TO SINGING WHEN REHEARSING ON ZOOM

Many singers struggle to listen to their own voices for an extended period of time – alternate singing with the following:

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- Spoken chorus
  - ☐ Speaking your text is excellent for
    - Phrasing & inflection
    - Syllable Stress
    - Rhythm
    - Accentuation & Emphasis
- Body percussion
  - ☐ 50% of sight reading difficulties are related to rhythm
- Listening and following along without singing



# Inspirito ideas...

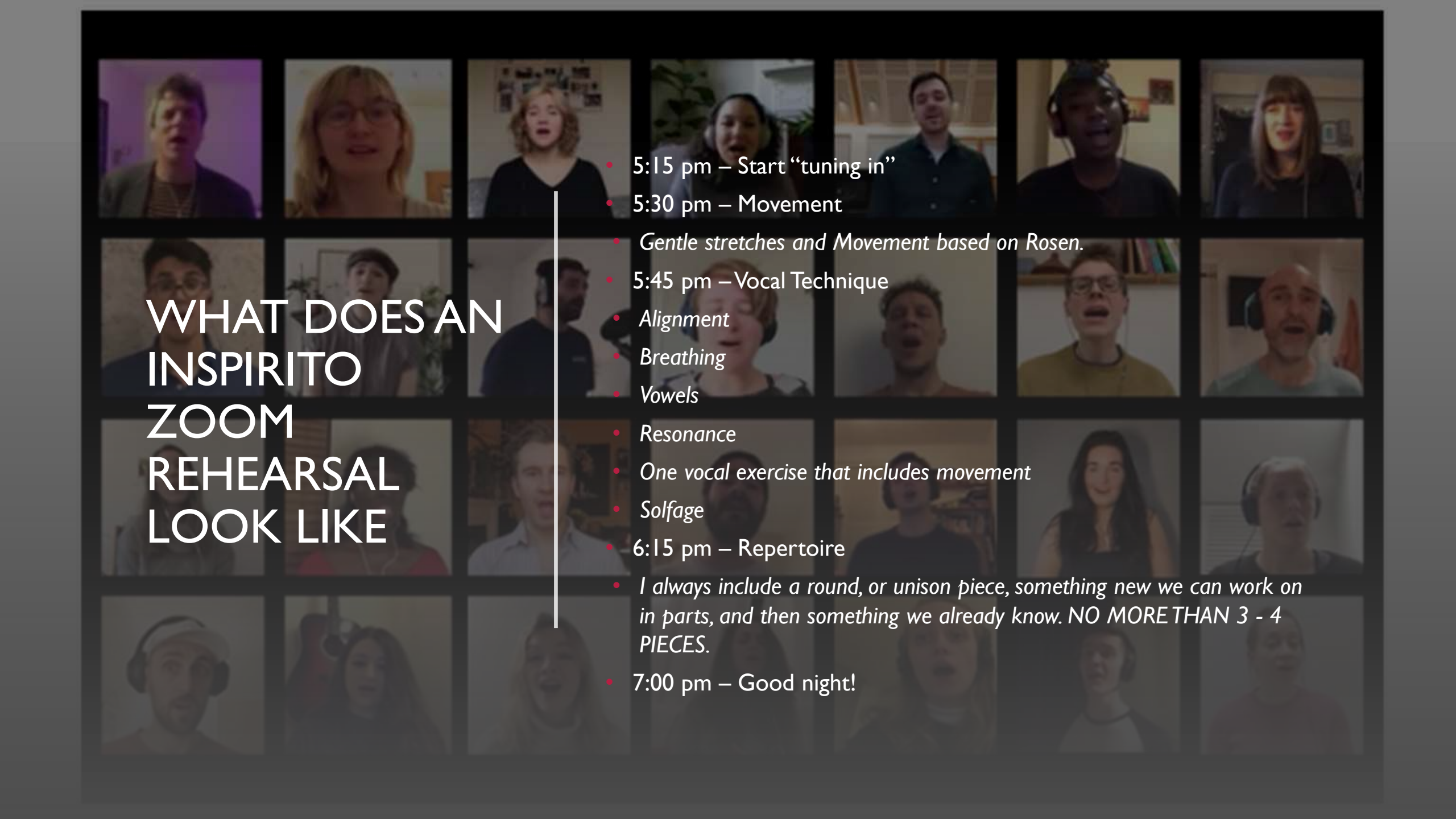
## **Plan SHORT “seasons” 3 – 5 songs over a period of 6 – 8 weeks**

- ❖ Choose a THEME that speaks to your singers during this time
- ❖ TEXT that is meaningful - positive and uplifting is great, but make sure to include songs that address how we all feel right now (anger, fear, lonely, lost etc.)
- ❖ Simple structure that can be taught on Zoom
- ❖ Different styles, genres, tempos etc. To allow for teaching/ learning and building musicianship skills!

REMEMBER THE GOAL IS NOT TO Perform THIS MUSIC, BUT TO LEARN NEW SONGS, BE EXPOSED TO NEW AND MEANINGFUL TEXT, KEEP OUR Brains HEALTHY AND ACTIVE, AND MOST OF ALL TO BE TOGETHER IN A SAFE WAY!

## **Other plans/ ideas/ projects**

- ❖ Coffee time 45 min once a week where we can just TALK
- ❖ Outdoor opportunities
- ❖ Virtual Choir – just for fun!
- ❖ Shorts Stories and Recipes – We are planning a book just for us to get to know each other better
- ❖ Sing Along! Unison, fun, well known songs – share text on screen and just SING!
- ❖ For those that want to get together or just talk we will have a shared list of phone numbers / e mail addresses



# WHAT DOES AN INSPIRITO ZOOM REHEARSAL LOOK LIKE

- 5:15 pm – Start “tuning in”
- 5:30 pm – Movement
  - *Gentle stretches and Movement based on Rosen.*
- 5:45 pm – Vocal Technique
  - *Alignment*
  - *Breathing*
  - *Vowels*
  - *Resonance*
  - *One vocal exercise that includes movement*
  - *Solfage*
- 6:15 pm – Repertoire
  - *I always include a round, or unison piece, something new we can work on in parts, and then something we already know. NO MORE THAN 3 - 4 PIECES.*
- 7:00 pm – Good night!

# WHY MOVEMENT?

***Making time to incorporate movement exercises during rehearsal can be a challenge, but a number of conductors are finding that it makes a real difference in the way their groups sing***

- Singing is a full-body activity
- Creates Mental Focus
- Tool to help singers reach their full potential
- Kid versus adults – with kids it is natural
- Rosen - Allow yourself to relax and release...that is the gateway to awareness
- Move the joints
- Expand chest and rib cage
- Lengthen the muscles
- Increase awareness
- To build complex sequences upon simpler ones

*"Feeling the action of different kinds of articulation kinesthetically helps singers to recognize the pattern and then to remember it." ~ Cheryl Chung*

<https://www.chorusamerica.org/singers/movement-rehearsal>



**BE AMAZING**

**BE SMART**

*Be Brilliant*

*Be Inspiring*

**BE EMPOWERING**

And  
enjoy  
the  
ride!

