

Merrimack Valley A Cappella



Barbra-shop

Sweet Adelines International

"Under the Sea"

44th Annual Region 1 Competition

Springfield, MA

May 9-12, 2019

2019 CONTEST INFORMATION PACKET

Dearest Friends,

Are we ready??One small step at the festival, one giant leap for MVA!!....

Let's let go of the idea that we are being scored and just do our absolute best performance. We sing for such varied audiences throughout the year from our show, to the Lowell Mills, farmers markets, to the wonderful people in retirement homes. Every one of those audiences deserve our best. We perform to move them and give them a moment of joy. In the giving of joy, we receive it back many times over. Do that today. Throw it all out there, and then your hands will be empty and your arms will be open to embrace the wonder that comes back to you.

Tell your story. Be honest, be vulnerable, be loving, be hurt, be hopeful, be remarkable. You are remarkable. I believe that. You believe it, too.

TRUST!!! BELIEVE!!! TRUST!!!

xox

Eileen



Contest/Festival Schedule – May 11, 2019

Perfection is not attainable, but if we chase perfection we can catch excellence. ~ Vince Lombardi

Before 8 am	Sheraton	Look at the schedule and plan ahead. Have a good breakfast and plan for your lunch. Have some protein, don't just carb yourself out. You are an athlete, and your instrument needs energy. We're on stage at a perfect time – plan ahead!...
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Do not let what you cannot do interfere with what you can do. ~ John Wooden

8 AM sharp! – 10:00	Highland Room	Be IN the “Highland” room at 8:00 We will do physical and vocal warm-ups. Highlight points to remember, focus, emote! Practice lining up for the walk on, pitch, break, picture pose. <i>Be Shiny!!</i>
10:01 – 12:15	Sheraton Hospitality Room	Back to our rooms to finish preparations. Be good to your voice! <u>MANDATORY MAKE UP CHECK in the Hospitality Room!</u>

Remember your Room Keys, Programs and Baggies!

12:15	Gather in the corridor	Make sure you have your zip lock baggie, program book, room key, whatever else you want to bring. Gather at the elevator. Warm up gently, review your story – <u>Believe in yourself!</u>
12:23	Sheraton	Gather in the lobby of the Sheraton.

Life has no rehearsals, only performances. - Anonymous

12:40	Warm-up Room	Here we are in the Warm-Up Room at Symphony Hall! The timer is ticking away and we're focused and ready to go! We only have 10 minutes here, let's make them count. Line up in corn rows. WE ARE READY! <u>Trust in each other!</u>
12:50		Here we are in the Assembly Room (a glorified name for a large, dusty, open space)! We need to keep the noise down. Cranberry Shores is on stage. Use this time to visualize yourself on stage, you are confident, you are excited!! Focus!. We are ready! We are prepared!! Risk <u>everything</u> ! BELIEVE!! Be willing to be vulnerable to the audience!

Do or do not. There is no try. - Yoda

1:00		We are on stage. This is a blast!! SYMPHONY HALL WILL RING!. Jump in with both feet and give yourself totally to the team, to me, to the audience. There are no walls or boundaries. There is only ONE MVA. <i>Tell your story! Stay in the moment!!!</i>
1:10	<u>APPLAUSE!!</u>	<u>GREAT</u> job everyone! Did we do our best? I believe we left it all out on that stage! Come on judges!!! Let's go watch the rest of the contest. Please remember to be gracious and considerate of others regardless of our scores and our placement.

Costumes and Makeup

REMEMBER:

No scented hair products, deodorant, perfume or body products.

Bring a trash bag to cover up in case it's raining.

Don't forget your ziplock baggie for all your stuff, including your All Events tickets.



Clothing

- New turquoise tops
- All-in-one (swimsuits don't work)
- Black micro-knit stretch pants
- Opaque black knee-hi's
- Plain black shoes (no buckles or embellishments), small heel for the front row and either small heel or flat for the risers. NO sneakers or athletic type shoes!
- Rhinestone earrings with 3 circular shapes



Makeup

1. Apply a facial moisturizer to your entire face. This will help to keep the base makeup from being soaked into your skin.
2. Using a wet sponge, apply base foundation to entire face and to neck (don't forget the back). Be sure it covers below the line of your costume.
3. Apply blush using a brush with upward strokes from your cheekbones toward your temple. If you smile, it is easier to see the line that it should follow.
4. Apply Bronze Taupe eyeshadow using a brush on the inner half of the eyelid, halfway up to brow. (see picture)
5. Apply Endless Sea eyeshadow using a brush to outer half of eyelid, in the crease and about halfway up brow. (see picture)
6. Apply Iced Latte eyeshadow to inner corner of eye and under the brow. (see picture)
Blend carefully so as to not muddy the colors.
7. Apply eyeliner to upper lid along lash line and to lower lid under lashes.
8. Apply mascara to both upper and lower eyelashes OR false eyelashes to upper and mascara to lower lashes.
9. Apply red lip liner to outside of lips then color in lips with pencil. Apply lipstick.



May 10, 2019, Quartet Competition

2:30 p.m. – 8:30 p.m.

The Derry Aires* (Mic Tester – 2:35pm)

Honey Bunches of Notes

Counter Balance

Accidental Charm* (3:08pm)

Intuition* (3:19pm)

Boomerang!

Flashpoint!

No Strings Attached

Intermission (30 minutes)

Quattro

Synchrony

VOCE

Vocal Mischief* (5:06pm)

Past Curfew

Fine Line

Musicality

Boston Accent (Open)

Intermission (30 minutes)

Fever Pitch

Phoenix Rising

Company

Serenade

Lashes

Bari'd Treasure

Saffron

The Derry Aires* (Open – 7:48pm)

* a Merrimack Valley quartet

May 11, 2019, Chorus Competition

12:00 p.m. – 4:30 p.m.

Post Road (Evaluation)

Mellennium Magic (Evaluation)

Sound of New England

Acappella Sounds

Cranberry Shores

Merrimack Valley

Farmington Valley

Intermission (30 minutes)

Valley Shore Acappella

Heart of the Valley

Profile

Royal River

Coastline Show

Boston Skyline

Berkshire Hills

Important Information

- There is **no** reserved seating in Symphony Hall. There is **no** draping of clothing or programs on the seats. Also, no balloons or cameras of any kind.
- We are staying in the Sheraton Hotel. Check-in is at 3pm.
- Your **All Events Badge** is your admission to both competitions and to the Show of Champions. You **must** have it with you at all times when entering the auditorium to watch the contest. Keep your **All Events Badge** in a safe place prior to leaving and once there keep it with you at all times. **Take it to competition or you won't get to see anybody else sing!**
- Bring a gallon zip-lock baggie to keep all-events badge, room key, and lipstick to touch up right before going onstage. LABEL IT with your name. You might want a few cough drops, a granola bar, and a travel pack of tissues. If it looks like a rainy weekend, pack a trash bag to hold over your perfectly coiffed hair and costume as we walk over to Symphony Hall. SILENCE your cell phone or leave it in your room.
- Remember to bring your program ticket or you'll have to buy another one.
- MVA is scheduled to rehearse in the Highland Room at the Sheraton from 8:00 a.m. – 10:00 a.m. on Saturday.
- **BE ON TIME - REMEMBER** you are the piece the chorus needs!
- MVA chorus picture will be taken on stage.
- Be careful coming off stage as your eyes adjust to the light change.
- Curb your enthusiasm – be quiet in the lobby.
- Make sure to bring cash/checks for vendors and raffles. Shop till you drop – the 2nd floor of the Sheraton will house the outside vendors (11am-10pm Friday, 8:30am-noon and 5pm-11pm Saturday).
- There are restaurants and room service available at both the Marriott and the Sheraton. However, the food is often very slow in the hotel restaurants. In addition to the hotels, there is the mall just off the Marriott hotel where you will find a food court upstairs and Dunkin Donuts on the first floor. Outside of the hotels, across from the Sheraton driveway, you will find "Cornerstone" café. They are open Monday through Friday. If you walk toward the stage door of Symphony Hall and turn left on the street, walk to Main Street. Across the street you will see Café Du Jour, which has breakfast options. There is also a Subway and other options on this portion of Main Street.
- We are having dinner together on Saturday night at Elegant Affairs (1380 Main St) in the Glass Room. Dinner time is flexible depending on the competition so pay attention but we're shooting for drinks at 5:30 and dinner at 6:00.
- The **Show of Champions** is scheduled for 8:00 p.m. in the Sheraton Ballroom 3rd floor.
- Bring snacks and good libations for the Afterglow – we hang out after the Show of Champions Saturday night.

Packing List

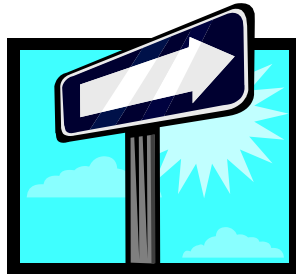
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Hotel Information

We are in the Sheraton Springfield Monarch Place Hotel, 1 Monarch Place, Springfield, MA 01144, 413-781-1010

Garage parking is available at the Springfield Marriott, the Sheraton Springfield, and in a civic parking garage across from the Sheraton. Please be aware of the height clearance in the parking garages and be careful if you're driving a larger vehicle.

Please DO NOT arrive early to check in at the hotel. Check in is not until 3:00 pm and rooms will not be available until then. If you do need to arrive early however, you can store your luggage in the luggage room in the lobbies of your hotel.



Directions to Springfield, MA

FROM EAST:

Take Massachusetts Turnpike to exit 6, I-291W toward Springfield/I-91/Chicopee Falls. Turn left onto I-291W. Take exit 2B and turn left onto Dwight Street. Continue on Dwight Street to Harrison Avenue. Turn right on Harrison, which turns into Boland Way after crossing Main Street.

