

Merrimack Valley A Cappella



MVA Is Unstoppable!

Sweet Adelines International

“The Ringing 20s”

46th Annual Region 1 Competition

Springfield, MA

May 18-21, 2023

2023 “Springfield Performance” INFORMATION PACKET

Dear MVA-

Taking the stage together this year is the culmination of three years of hard work. Think about it - 3 years ago, we were all on mute! Today we blend our voices, live, for all to hear.

We couldn't be more proud of MVA and all we have accomplished together. You are the core of this chorus. You have stayed together in harmony through all the challenges, and emerged even stronger. This sense of community and striving for excellence defines who we are and who we want to become. It is what has drawn some wonderful new members, and will continue to attract new voices who will want to be part of our journey together.

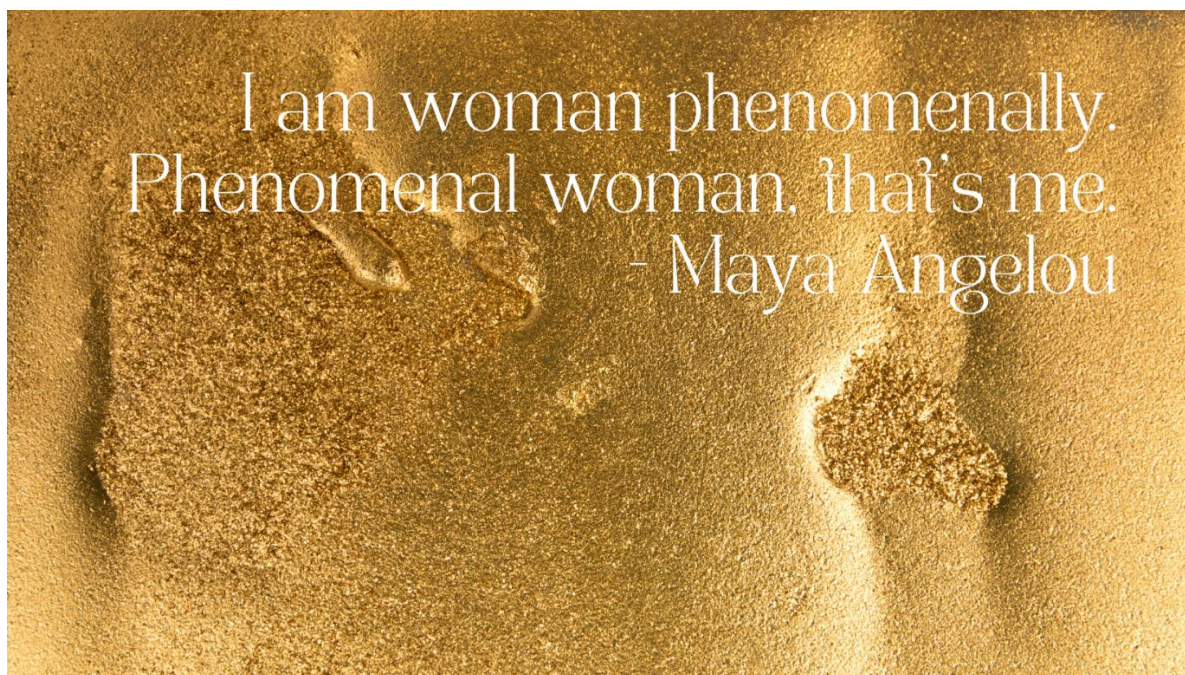
We emerged from Zoom, and worked together on renewing and restoring our vocal health. We took the leap of faith to create and present an Open Division package, to the delight of our families and the judges. We put on a fall show and packed the house. We spent the spring developing our vocal and visual communication skills - becoming better singers and storytellers.

And now, using all the skills we have worked on together, we are ready to take the stage. Now is the time to let go of the technical and allow the music to soar freely - to embody the character and share our compelling story.

It is our joy and privilege to lead this group of dedicated, talented singers. Thank you for putting your trust in us as we all grow and learn together.

With a song in our hearts-
Carol and Sally

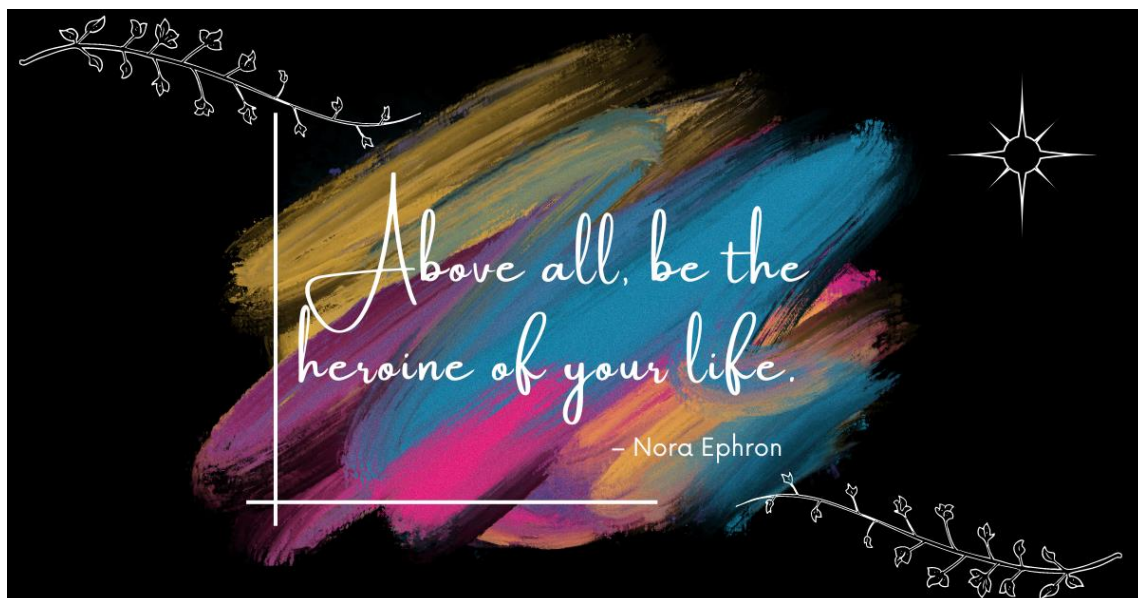




Contest Schedule – May 20, 2023

| | | |
|-------------|--|---|
| Before 9:00 | Sheraton | Look at the schedule and plan ahead. Have a good breakfast and plan for your lunch. Have some protein and quality calories. You are an athlete, and your instrument needs energy. Plan ahead for a full day! |
| 9:00-11:00 | Charles Room, Sheraton | Be IN the “Charles” room at 9:00, get into riser positions (flat floor) right away. We will do physical and vocal warm-ups, highlight points to remember, and sing through parts of each song. Get ready to tell your story. Practice lining up for the walk on, pitch, break, picture pose. A few announcements/presentations. |
| 11:00-12:00 | Own Rooms | Back to our rooms to finish preparations. Lunch/snack as you need. Be good to your voice – drink water, bubble and hum gently, minimize talking. Pack your ziplock baggie with anything you want to bring to Symphony Hall – program book (if you printed it), room key, small snacks, a little cash, silenced cell phone, lipstick, tissues, etc. This is the only thing you can carry with you through the pattern. |
| | Sheraton Hospitality Room | <u>MANDATORY MAKE UP CHECK in the Hospitality Room.</u> Bring your makeup with you for any adjustments. <i>Stagger arrival to avoid traffic jam – we all need to be done by 12!</i> |
| 12:15 | Gather in the corridor/at the elevator | Make sure you have your zip lock baggie. Gather at the elevator. We will warm up gently together, review our story. Focus. Group ‘captains’ count noses! We will need to go down the elevators in shifts. |
| 12:26 | Sheraton Lobby | Gather near the doors, in riser positions. We may sing one song (in character!) for assisting chorus folks, STTA if we have time, Gee if we need a shorter song. |

- 12:36 Leave Sheraton and walk over to Symphony Hall. Assisting chorus folks will direct us in and through the maze of Symphony Hall.
- 12:46 Warm-up Room Here we are in the Warm-Up Room at Symphony Hall! We have exactly 10 minutes here – starting when the first person enters the room – let’s make them count. Freshen makeup/hair briefly. Quickly line up in riser formation. We will take pitches and sing small parts of each song. Last thing will be Awesome pitch! Exit in groups for walk on. WE ARE READY! You finally get to share your story.
- Be Confident!
- 1:03 Here we are in the Assembly Room (a large, dusty, open space in the basement)! We need to keep our voices down (but DON’T whisper). Acappella Sounds is on stage. Use this time to visualize yourself on stage, you are confident, you are ready!! Focus! We are prepared!! Be excited to share your story with your best friend!
- 1:10 We have climbed the stairs to the stage and are waiting in the wings in our groups. We can see the medals laid out on the tables and Julie Jeffery will be there to greet us. Breathe and feel the excitement of being ready to share our story. Sally and Carol will be there for high fives as you take the stage!
- 1:17 We are on stage. Take AWESOME pitch in the dark. Start with confidence, take command of the stage. We are ready. We have worked hard for this moment. Now is the time to trust yourself and each other – hold nothing back as we tell our story and move our audience.
- 1:24 **APPLAUSE!!** **GREAT** job everyone! It was AWESOME! We left it all out on that stage and told our story. It is now time for intermission. Collect your baggie from the row bag. After the break, go watch the rest of the contest – try to sit together. Please remember to be gracious and considerate of all other performers during and after the rest of the contest. You never know who may hear any offhand comments.



Costumes and Makeup

REMEMBER:

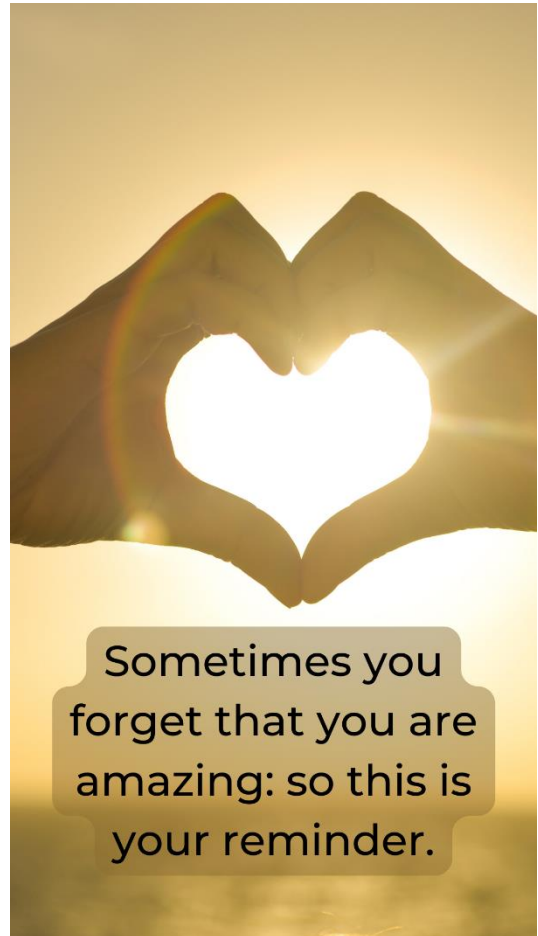
No scented hair products, deodorant, perfume or body products.

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

- Purple top
- Black costume pants
- Sheer (not opaque) black stockings/knee-highs
- Contest earrings
- Undergarment support (such as Spanx) to smooth the overall appearance
- Black shoes, without embellishment on the front (please no sneakers or shoes that are too casual)
- "Diamond" bracelet



Makeup

Makeup you will need: (e.l.f Products)

- e.l.f. Flawless Finish Foundation in **Honey** or **Maple**
- e.l.f. Aqua Beauty Blush and Bronzer in **Bronzed Pink Beige** or **Powder Blush Palette: Four blush shades**
- e.l.f. Bite-Size Eyeshadows in **Rose Water**
- e.l.f. Matte Lip Color pencil in **Wine**
- e.l.f. O Face Satin Lipstick **No Regrets**

NOTE: If you have the Maybelline True Red that we've worn in the past, that is a very close match and can be used if you like.

Optional

- Eyeshadow primer - Examples: Urban Decay Eyeshadow Primer Potion and Too Faced Shadow Insurance. (see video tutorial below for application)
- Strongly recommended if you can tolerate it: False eyelashes if you don't wear glasses on stage
- *Otherwise, Black* mascara. Consider an eyelash primer to add volume, and to help your mascara stick. Also consider a fiber mascara to extend your lashes.
- **Black** eyeliner (watch <https://www.youtube.com/watch?v=BpOzOyEldOI> for tips)

Communal Makeup YOU DO NOT NEED TO BUY (They will be available in the hospitality room and can be safely shared.)

- Setting spray
- Shimmer Jelly in Dew

A few notes about the products:

- The foundation is a richer color than we have worn in the past and may appear too dark when first applied. However, if applied correctly and blended properly it will look quite good on stage. Note, you must use a wet make-up sponge to apply the foundation.
- You have a couple options in the blush packet. Please use either of the two darker colors based on your skin tone and blend, blend, blend with your brushes

Tools you will need:

- Foam makeup pads or foundation brush
- Foundation or contouring brush
- Blush brush
- Shadow brush
- Crease/eyeshadow blending brush
- Make-up remover (lots of it. The hotel will likely leave a few in our room, but you'll need a lot to get it all off.

For general makeup tips, visit [https://www.wikihow.com/Apply-Basic-Stage-Makeup-\(for-Women\)](https://www.wikihow.com/Apply-Basic-Stage-Makeup-(for-Women))

- This is a very basic, but useful guide to applying stage makeup. Please NOTE: Your foundation will need to cover visible skin (meaning your neck, including the V opening of your top. Please be sure to place tissues around your top to avoid staining when applying)
- Use brushes to apply and blend.
- If you don't feel like a clown or "painted woman," you may not have enough makeup on. Stage makeup is intense! You will look washed-out under the lights if you don't have enough on.
- Practice, practice, practice, especially if you do not usually use makeup or are not used to brushes.

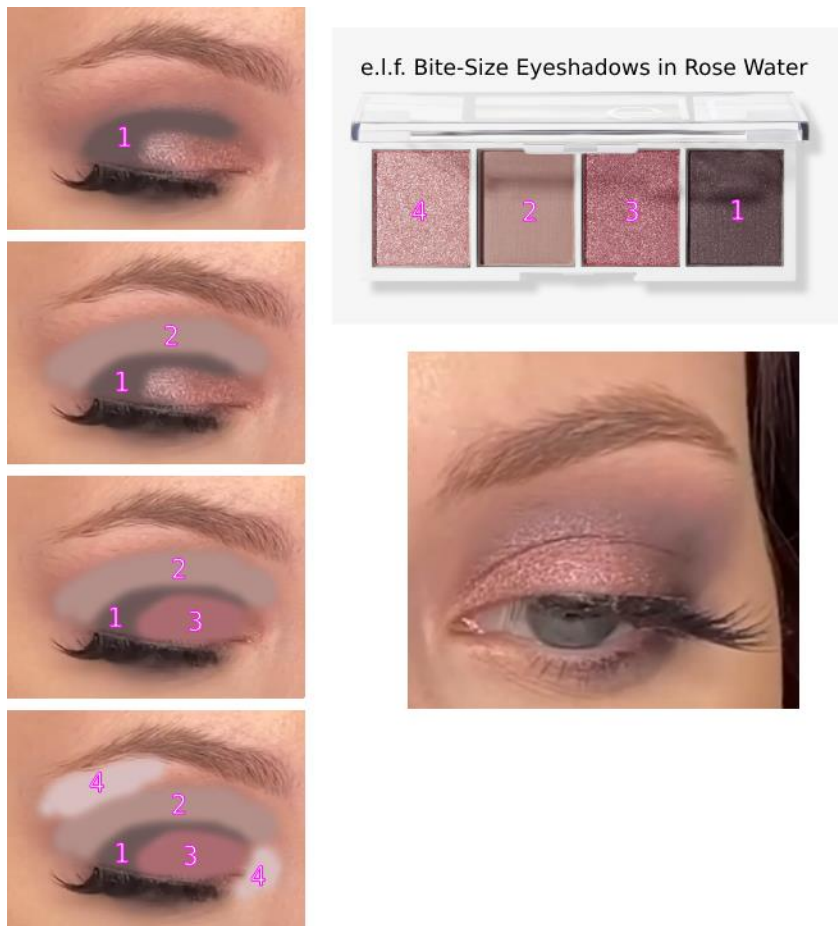


Application Instructions

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 color 1 using a brush to outer half of eyelid, in the crease and about halfway up brow. (see picture)
5. Apply color 2 above color 1 and blend up toward the brow. (see picture)
6. Apply color 3 by patting the color on the inner half of the eyelid. (see picture)
7. Apply color 4 to inner corner of eye and under the brow. (see picture) Blend carefully so as to not muddy the colors.
8. Apply eyeliner to upper lid along lash line and to lower lid under lashes.
9. Apply mascara to both upper and lower eyelashes OR false eyelashes to upper and mascara to lower lashes.
10. Apply red lip liner to outside of lips then color in lips with pencil. Apply lipstick.

For help with the eye makeup, you can watch this video. The instructions are from 0:15-5:19.

<https://www.youtube.com/watch?v=Q06341mSaPs&t=2s>



May 19, 2023, Quartet Competition

2:30 p.m. – 6:30 p.m.

VOCE (Mic Tester – 2:35pm)

Honey Bunches of Notes

Carried Away (2:57pm)*

Phoenix Rising

Saffron

The Derry Aires (3:30pm)*

* a Merrimack Valley quartet

Intermission (40 minutes)

Synchrony

Maine Squeeze

Twilight

Flashpoint!

Past Curfew

VOCE

Break (40 minutes)

May 20, 2023, Chorus Competition

12:00 p.m. – 3:30 p.m.

Valley Chords (Evaluation)

Millennium Magic (Evaluation)

Sound of New England

Heart of the Valley (Open Division)

Royal River

Acappella Sounds (Open Division)

Merrimack Valley (1:17pm)

Intermission (40 minutes)

Boston Skyline

Farmington Valley

Coastline Show

Cranberry Shores

Island Grove

Northern Voices A Cappella

Break (25 minutes)

Important Information

- We are staying in the Sheraton Hotel. Check-in is at 3pm.
- 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.
- Make sure to bring cash or card 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).
- 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 when you get it at rehearsal and have it with you at all times in Springfield. **Take it to competition or you won't get to see anybody else sing!**
- Programs are digital this year so either download or print one.
- There is no reserved seating in Symphony Hall. Please, no leaving clothing or programs on the seats. No balloons or cameras of any kind.
- Saturday from 9:00 a.m. – 11:00 a.m., MVA is scheduled to rehearse in the Charles Room at the Sheraton. **BE ON TIME!**
- You will get a gallon zip-lock baggie. LABEL IT with your name. This is your “purse” for contest day. See notes above for things to include. 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.
- MVA chorus picture will be taken on stage, after we sing.
- Be careful coming off stage as your eyes adjust to the dim light in the wings.
- We sing last before intermission but keep voices down in the lobby when others are performing. Please keep all comments positive, even when talking to each other. You never know who is nearby.
- After the chorus contest and announcements, we will meet on the front steps of Symphony Hall along with NVA and BSC to sing Don't Stop as “Harmony Express Chorus”!
- **We are having dinner together on Saturday night. There will be buffets set up outside the meeting rooms. We will collect our meals and meet in our designated room to eat together and celebrate. Dinner time is flexible depending on the competition so pay attention. You will have time to go back to your room and change clothes for dinner.**
- 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 will hang out in our hospitality room after the Show of Champions Saturday night.

Packing List

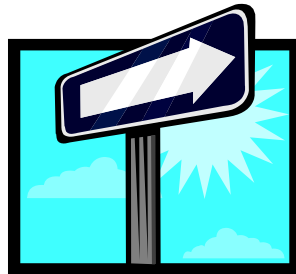
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Hotel Information

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.

