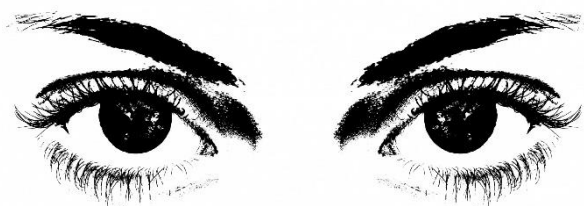


Merrimack Valley A Cappella

2025 Contest Information Packet



In Your Eyes

Sweet Adelines International

"Let's Glow Crazy"

48th Annual Region 1 Competition

Springfield, MA

May 8-11, 2025

Dear MVA,

Just think! MVA (formerly MVC) started its journey 50 years ago. We are now the ones to hold the torch and forge forward. As we prepare for the next stop on our musical adventure – Competition at Symphony Hall in Springfield, MA – it seems appropriate to take stock of all we’ve accomplished this year!



Our Climb..... includes so many wonderfully successful challenges. There was all the time and effort that went into planning, scheduling, rehearsing for Harmony Classic – and the joys of taking that stage!

We took on new musical challenges. You adjusted to and learned a “few” changes to No Strings. Then In Your Eyes, which many had originally thought to be beyond our capabilities, proved to be anything but! Your perseverance, with section leaders’ guidance, led to a performance at Cabaret that proved we were up to the challenge!

Our climb isn’t just about learning and singing notes and words. It’s about the people! Assimilating new members into our chorus culture while learning our craft takes time and warm hearts. With all that it takes for all of us to run the chorus, we might be short on time, but we’re never short on warm hearts!



Everything is in its place.....

A highly successful Cabaret and Silent Auction! Everyone has Mastered the contest songs! All singers are fully committed to authentic storytelling through voice and body! What more could we ask for?!

We have found the **answers to our questions...**

and that is...



TRUST in ourselves and in each other....

So....



in MVA!! Thank you, to each and every one of you, for all you do and for your dedication to this amazing chorus. Let’s show Region 1 how far we’ve come, and that we have our sights on the future. Here’s to the next 50 years - what will they bring??

With all of our love and admiration,

Sally and Carol



Contest Schedule – May 10, 2025

Before 8:30	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!
8:30-10:30	Highland Room, Sheraton	Be IN the “Highland” room at 8:30, 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. In case of rain, have a poncho or trash bag to cover up for the short walk across the street...
	Sheraton Hospitality Room	<u>MANDATORY MAKE UP CHECK in the Hospitality Room (room TBA).</u> Bring all your makeup and tools with you for any adjustments. <i>Stagger arrival to avoid traffic jam – we all need to be done by 12:30!</i>
1:05	Gather in the corridor/at the elevator	Make sure you have your zip lock baggie. Gather at the elevator (floor TBA). We will warm up gently together, review our story. Focus. Group ‘captains’ count noses! We will need to go down the elevators in shifts.
1:25	Sheraton Lobby	Gather near the doors, in riser positions. We may sing one song (in character!) for assisting chorus folks. Don’t Stop (be prepared to jump to the tag if we’re short on time!)

1:35		Leave Sheraton and walk over to Symphony Hall. Assisting chorus folks will direct us in and through the maze of Symphony Hall.
1:45	Warm-up Room	<p>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.</p> <p>Be Confident!</p>
2:00		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 Heidi Zacchera 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!
2:05		We are on stage. Take AWESOME pitch in the dark. Start with confidence, take command of the stage. GLOAT! 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.
2:12	<u>APPLAUSE!!</u>	<p>GREAT job everyone! It was AWESOME! We left it all out on that stage and told our story. 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 – say nothing you wouldn’t want to hear yourself!</p>

Music is an outburst
of the soul.

Frederick Delius

 quote fancy

Costumes and Makeup

REMEMBER:

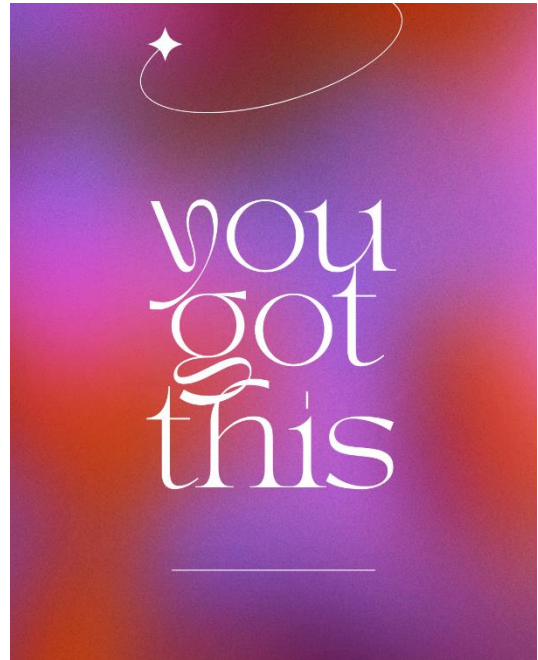
No scented hair products, deodorant, perfume or body products.

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 – crystal drops
- Undergarment support (such as Spanx) to smooth the overall appearance
- Black shoes, without embellishment on the front (please no sneakers, clogs, or shoes that are too casual) – character shoes for front row



Makeup

Makeup you will need:

- e.l.f. Flawless Finish Foundation in **Maple** (or **Honey** if you still have it)
- e.l.f. Aqua Beauty Blush and Bronzer, **Powder Blush Palette: Four blush shades** (or **Bronzed Pink Beige** if you still have it)
- e.l.f. Bite-Size Eyeshadows in **Rose Water**
- Revlon Colorstay **#670 Wine** Lip Liner (or e.l.f. *Matte Lip Color pencil in Wine* if you still have it)
- e.l.f. O Face Satin Lipstick **No Regrets** (or the Maybelline **True Red** that we've worn in the past if you still have it)
- 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 (waterproof) - watch <https://www.youtube.com/watch?v=BpOzOyEldOI> for tips
- Optional: Nail Polish: clear, natural polish or a French manicure

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

- Setting spray (Optional)
- e.l.f. 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>



Right Eye



Left Eye

Friday, May 9, 2025, Quartet Competition

2:00 p.m. – 6:00 p.m.

Paradigm (Mic Tester – 2:05 pm)*

Illuminate (evaluation only – 2:17 pm)*

VOCE (evaluation only)

Four in Treble

New Measures

Charmed

Shirley Tempos

Bari'd Treasure

Saffron

Maine Squeeze

Intermission (30 minutes)

High Spirits (Open Division)

Carried Away (4:51 pm)*

Honey Bunches of Notes

Phoenix Rising (5:15 pm)*

Past Curfew

Northern Sirens

Synchrony

The 4 Decades

Carried Away (4:35 pm)*

* a Merrimack Valley quartet

Break (15 minutes)

Saturday, May 10, 2025, Chorus Competition

1:00 p.m. – 4:30 p.m.

Valley Shore (evaluation only)

Champlain Valley

Millennium Magic (evaluation only)

Valley Chords (evaluation only)

Cranberry Shores

Merrimack Valley (2:05 pm)

Heart of the Valley

Intermission (30 minutes)

Boston Skyline

Acappella Sounds

Northern Voices A Cappella

Royal River

Farmington Valley

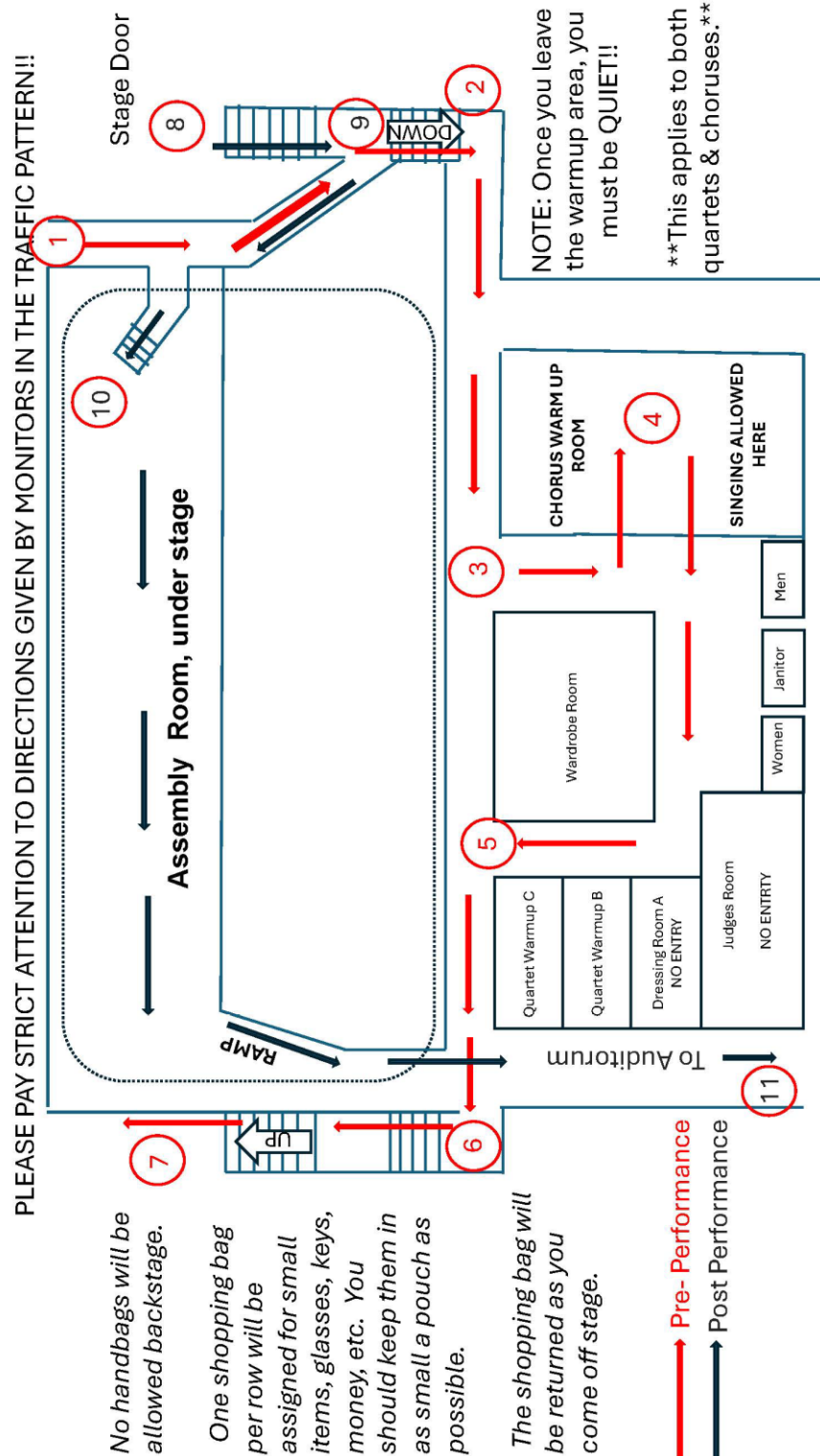
Break for Riser Change (15 minutes)

Post Road

Coastline Show

Break (15 minutes)

2025 Chorus Pattern
Please note that the numbers on the map do not correspond to stops on the Pattern Schedule.



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. Please note that the number of restaurants has been limited in Springfield for the past couple of years. Make sure to check on dining options ahead of time.
- 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 (12pm-10pm Friday, 8:30am-noon and 5pm-10pm 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, do not leave clothing or programs on the seats. No balloons or cameras of any kind.
- Saturday from 8:30-10:30 a.m., MVA is scheduled to rehearse in the Highland 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 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 together after the Show of Champions Saturday night. Keep your ears open for the location.

Packing List

- [illegible]

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.

