



FootNotes



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Director's Notes

How to Turn Stage Fright into Peak Performance

Edited by G. Gipp-from Performance Expert Marie Wallace

Relaxation is critical for performers. It removes excessive tension which negatively impacts the respiratory, digestive, muscular and circulatory systems and generally impairs performance by literally tying up the body in knots. The audience forms an impression within the first few seconds of the performance. The relaxed performer connects with the audience immediately.

Develop a personal relaxation ritual to reduce stage fright. In addition to proper hydration, Vitamin B and Potassium vitamins, adopt these **five positive energy tips**. Accept the fact that pressure is self imposed. **YOU** have the power to overcome doubt and fear by acquiring and implementing this repertoire.

Relaxation Exercises

Relaxation exercises are useful to ward off last minute anxiety attacks while you are in the ready room or even on stage waiting to 'go on'. Concentrate on exercises that involve the feet, legs and lower torso.

- Deep and slow breathing exercises
- Consciously relax each toe. When you have done all ten, continue to the feet and ankles until you work your way to your waist. A variation on this exercise is to tense each body part briefly and then relax it
- Stretches of all kinds
- Shake limbs (feet, legs, hands, arms) one at a time
- Shoulder and neck rolls
- Arm swings

Stance

Your stance tells the audience how you feel. Upward movements convey enthusiasm and energy.

continued next column —>

Calendar

Oct. 1-4: Fall Convention in Jacksonville

2010

Jan. 26 to 31: 2010 Midwinter Convention, Tampa Florida at the Tampa Bay Performing Arts Center, Carol Morsani Hall. Details to come later.

Mar. 6: Sarasota Chorus Spring Show, Riverview High School Performing Arts Center.

Continued —>

Downward movements suggest weariness and discouragement. You communicate via your posture before you ever sing the first note. Avoid shuffling the feet in nervous anticipation. Practice your stance in a mirror daily.

Imagery and Visualization

Imagery and visualization are processes that form pictures in our minds like creating a movie in your head. When you create a 'mind movie' with yourself excelling at an activity, you remove negative scripts and harness positive energy.

Sweet Smell of Success

Certain odors are known to relax the body. Some of these are chamomile, jasmine, lavender and pine. You can buy these natural aromatic oils in specialty shops. Many of these shops also sell small vials of combinations of aromas labeled 'Relaxation'. Put the aroma on a tissue and sniff it inconspicuously. Aromatherapy is often beneficial for falling asleep.

Attire

What you wear should make you feel secure, confident and assured. Tailor your outfit so that you 'look and feel good'. The garment should never restrict movement. **CHOOSE COMFORTABLE SHOES!!**

In preparation for performance, faithfully **DRINK** eight glasses of water and mentally run your sets **DAILY!!!**

Coacher and GGG

HAPPY BIRTHDAY

Member

9-14 Bob Brutsman
9-15 Charlie Alexander
9-17 Gary Raulerson
9-19 Dave Wallace
9-24 Dave Frantz
9-24 Paul Goetz
9-26 Bill Bockerman
9-26 Duane Smith

And Spouse

9-16 Phyllis Steinke, Dick Bechtel
9-21 Dorothy Chlad, Frank
9-21 Karen Griffith, Doug
9-27 Lois Hitchcock, Bob

HAPPY ANNIVERSARY

9-19 Harold & Kirsten Ulring
9-21 Mike & Sandra Feely
9-27 Clyde & Harriet Hall

9 performances, 7 dates

The following dates have been confirmed.
Please mark your calendars.

Sat. Nov. 7: 7:00 PM, Kirkwood Presbyterian,
Bradenton

Fri. Nov. 13: 7:00 PM, Pine Shores Presbyterian,
Sarasota

Sat. Nov. 28: 2:00 & 7:00 PM, Glenridge
Christmas Shows

Sun. Nov. 29: Longboat Chapel. (16-20 men)

Sat. Dec. 5: 8:00 PM, Bird Key, (12-14 men)

Sun. Dec. 20: 2:00 & 7:00 PM, Glenridge
Christmas Shows

Sun. Feb. 21: 5:00 PM Church of the Redeemer,
Sarasota

News & Views for the FootNotes

should be sent to the editor at—
<editorken@yahoo.com> by **Noon Monday.**

Sunshine News

A THOUGHT TO REMEMBER

"When the performance and the work (literary or musical) are perfectly integrated in meaning, style and intention, the result is a magnificent esthetic achievement and an unforgettable experience for the audience.

Ayn Rand, from 'The Romantic Manifesto'

No new news of anyone.

Cards, calls & prayers are always welcome.

Sunshine Chair— Ed Manville **941-346-8219**
or <hiedm3@comcast.net>

ATTENTION: ALL PROGRAM AD SALESPERSONS

Dick Bechtel reports that he has not yet heard from any member with news of selling an AD. We only have eight weeks left to wrap up our ad campaign, and he is getting nervous. There are a lot of envelopes yet to be picked up. And, seriously, if we're going to continue with our tradition of providing our show patrons with a "first class" program, we have to pay for the \$3,500.00 printing bill with AD sales. Not ADs, no Program. This is important. Very important. We'll need 50 ads at an average price of \$70.00 each to reach our goal. It would be nice to sell 70 ads, like we did in 2008.

SARASOTA CHORUS SPRING SHOW

Saturday March 6th, 2010 at the brand new River-view High School Performing Arts Center. The Center is at the corner of Proctor Road & Lords Ave. (south of Bee Ridge Rd & east of US 41, the trail). We will likely be the first Community group to perform at this venue. Times & prices will be TBA.

NOW, we need someone to step up & be our ticket chairman. **WE NEED YOU NOW!!!**