

DEPARTMENT HANDBOOK 2023-2024

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DEPARTMENT INFORMATION

MISSION STATEMENT

We strive to serve the Harrison High School community by expanding students' interests and skill in all areas of Theatre. We endeavor to explore cultures and voices from all over the world to create curricula and productions that expose students to both the art and craft of theatre. Through an exploration of performance, design, research, and technical opportunities aimed at excellence we hope to create lifelong theatregoers and participants, empathetic and responsible ensemble members, and confident individuals able to express themselves in meaningful ways.

THEATRE CORE VALUES

All members of Harrison Theatre are expected to embrace and exhibit the Theatre Core Values. Everything you need to know about how to behave and what is expected of you in classes and rehearsals can be summed up within these seven Core Values:

Trust:	We recognize that genuine trust is a necessary component of artistic expression and collaboration within an ensemble.
Honesty:	We intend to be honest, authentic, and sincere in all interactions to build a stronger ensemble.
Ensemble:	We endeavor to be a strong and supportive ensemble to create meaningful experiences in rehearsals and performances.
Attitude:	We pledge to bring a positive attitude each day, understanding a positive attitude is necessary to maintain a productive learning environment.
Talent:	We commit to bringing the best of our individual talents to each project, knowing that each of us has something important to contribute to this unique ensemble.
Respect:	We will demonstrate respect for each other, our spaces, and the artistic process. We understand that it is only through respect that we strengthen our ensemble and create a positive experience for all.
Excellence:	We understand that excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution. We strive for excellence in everything we do.

STAFF

Shannon Lindsay - Theatre Director: Shannon.Lindsay@cobbk12.org

Shannon Lindsay has been the Director of Theatre at Harrison High School since 2019. Mrs. Lindsay holds a Masters degree in Theatre Education from the University of Northern Colorado and a Bachelor of Fine Arts in Theatre from Niagara University. Prior to coming to Harrison, Mrs. Lindsay taught Theatre Arts at High Meadows School in Roswell, GA, served as Artistic Director for Curtain Call Youth Players, and owned and operated Shannonigans Theatre Workshop in Marietta, GA. Prior to moving to Georgia, Mrs. Lindsay worked for several community and professional theatre companies in the Boston area as an actor, technician, staff member, and director. She currently lives in Marietta with her husband, 4 sons, and 2 guinea pigs.

THE HARRISON THEATRE GUILD

The Harrison Theatre Guild is a voluntary association of individuals whose children participate in the Harrison High School Theatre Program, and their children. The Guild is an official 501(c)(3) organization. The Guild's purpose is to support the Harrison High School Theatre Department's existing activities, its students, and its Director, by providing vital resources to the Harrison High School Theatre Program not supplied by the Cobb County School System through fundraising, and volunteerism. The Board of Directors of the Guild currently include the positions of President, Vice President/Treasurer, Secretary, Volunteer Coordinator, Hospitality Chairperson, and Spirit Wear Chairperson. Parent volunteers and Board members are a necessity to run a cohesive department. If you are interested in volunteering or becoming a Board member, please contact Mrs. Lindsay at Shannon.lindsay@cobbk12.org.

The 2023-2024 Guild Board of Directors:

President: Marci Burger

Vice President/Treasurer: Matt Henson

Secretary: Sherryl Kluger

Volunteer Coordinator: Melissa Hausdorf

Hospitality Chair: Melissa ward

Spirit Wear Coordinator: Stephanie Conboy

COMMUNICATION

<u>Harrison Theatre Website</u>: <u>www.harrisontheatre.com</u>

Instagram, Facebook, Twitter, TikTok, YouTube, Pinterest: @HoyaTheatre

<u>Tickets</u>: We are thrilled to be using On the Stage as our new ticketing platform! All tickets can be purchased by visiting: https://www.onthestage.tickets/hoyatheatre

<u>Cheddar Up</u>: This is the site used by the Theatre Guild to collect payments and information for communication. Within Cheddar Up you will find Class Contact and Syllabus Acknowledgment forms, Volunteer Sign Ups, Spirit Wear Shops, Advertising Forms, Corporate Sponsorship forms, and more. To access all active Cheddar Up collections, go to: https://hoyatheatre.mycheddarup.com

Show Up On Stage Theatre Management

- We will be using the Show Up app to manage communication and scheduling for our theatre program. We are excited to be piloting this new app as beta testers.
- Show Up is designed to make your life easier as a theatre parent. Your account will be linked to your student's account, ensuring you and your child are on the same page. The in-app calendar will be personalized to you and group chats will allow me to send targeted messages so that nobody has to sift through info that doesn't apply to them.
- As beta testers, we know that Show Up won't be perfect at first. Bugs are normal at this stage and the developers will be phasing in features a little at a time so that we can help them check their work as they go. There are lots of helpful features on their way. As a pilot school, our feedback will help to shape Show Up into everything we need it to be.

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• The following resources will help you and your student set up accounts on the app:

Setup Guide for Students:

www.showuponstage.com/articles/student-sign-up

Setup Guide for Parents:

www.showuponstage.com/articles/parent-sign-up

App Download Links:

Apple App Store: https://apps.apple.com/us/app/show-up-theatre-management/id6444366563

Google Play Store: https://play.google.com/store/apps/details?id=com.showup36400

Support

For assistance, visit Show Up's support page: www.showuponstage.com/support

Feedback

Follow this link to share feedback with Show Up. You are invited to let them know any ideas you have for the app as well as to report any bugs you encounter.

https://forms.gle/JnnX8tQAi1oJXUVw8

NOTE: In this early stage of beta testing, only one parent account can be linked to a student account and only one student account can be linked to a parent account. This limitation is only temporary. In a few weeks, we will receive instructions on how to link multiple parents to one student and multiple students to one parent.

CLASSES & PROGRAMS

FUNDAMENTALS OF THEATRE

Open to all students, regardless of experience level, this semester long course serves as an introduction to Theatre Arts. Students will explore basic acting and performance skills, actor preparation techniques, design and technical theatre, dramaturgy, and theatre etiquette. Actors and Technicians will combine these skills in a culminating Devised Theatre performance.

ADVANCED DRAMA

This advanced course is designed to develop students in the various elements of the theatre. Students will explore the role that acting, directing, dramaturgy, and technical elements have in the creation of a theatre production. Advanced techniques of movement, vocal support, character development, and performance will be emphasized, as well as design, tech, and Stage Management. Students will have several opportunities to perform both in class and for the public. After-school rehearsals will be required as part of this course. A detailed rehearsal schedule will be made available at the beginning of class. Since this is a production-based class and will culminate in performances for the public, there is a **production fee of \$100** to cover the costs of royalties, scripts, sets, props, costumes, makeup, marketing, show shirts, snacks, etc. **This course requires Fundamentals of Theatre or Director's approval.**

TECHNICAL THEATRE

Open to all students, regardless of experience level, this semester long course serves as an introduction to the technical side of putting on a production. Students will explore history, design, and execution in technical areas such as costumes, makeup, lights, sound, sets, and props. After learning the basics of each area, students will work in teams to design and build the technical elements for both the Fall and Spring Harrison Theatre productions.

This course requires Fundamentals of Theatre or Director's approval.

MUSICAL THEATRE

This course will examine all aspects of Musical Theatre. Performers will study voice, dance, and acting as part of a full-length musical production. Technicians will study script analysis, design, and production of all technical elements of the play. After-school rehearsals will be required as part of this course. A detailed rehearsal schedule will be made available at the beginning of class. Following the performance of our full-length musical, students will study Musical Theatre History and participate in a several weeks long research project. Since this is a production-based class and will culminate in performances for the public, there is a production fee of \$200 to cover the costs of additional staff, royalties, scripts, musical accompaniment,

sets, props, costumes, makeup, marketing, show shirts, snacks, etc. <u>Admittance to this class is by audition</u> or interview only.

HOYA BLOCK - SCENE STUDY

This Hoya Block is open to all current Theatre students and/or members of the International Thespian Society. This class will give students the opportunity to receive additional assistance as they prepare for Harrison Theatre, community theatre, and college auditions, Governor's Honors Program, Literary Competition, and ThesCon Individual Events and scholarship auditions. Students will have the opportunity to explore and prepare scenes and monologues, perform and receive critiques, refine their theatrical resumes and portfolios, and receive other assistance as they move through the audition process.

ONE ACT PLAY

Governed by Georgia High School Association, this is one of the two Region and Statewide competitive events for Theatre. Per GHSA guidelines, all rehearsals must take place outside of school hours. Any Harrison High School student who is academically eligible to participate may audition to be in the cast or apply to be on the crew. Auditions and interviews are usually held in the beginning of August. Rehearsals are typically Tuesday and Thursday after school until October and then daily. Region competition is usually at the end of October. Region champions go on to State competition in November. There is a \$100 production fee to cover the costs of royalties, scripts, sets, props, costumes, makeup, marketing, show shirts, snacks, etc.

SPOTLIGHT TROUPE

This is an elite, audition-based troupe of a maximum of 13 students who wish to extend and expand on their training and performance opportunities. Spotlight members will perform at various smaller ensemble events such as Winter Extravaganza and the 10 Minute Play Festival as well as other community events. Spotlight members are encouraged and expected to participate in events at ThesCon including Thespys and College/Scholarship auditions. Members of the Spotlight Troupe will be chosen to represent Harrison HS in the GHSA sponsored Literary Competition in the categories of Oral Interpretation Dramatic, Oral Interpretation Humorous, and Duo Scene. Spotlight Troupe members are expected to join Hoya Block rehearsals and workshops.

DRAMA CLUB

A great intro to Harrison Theatre! Meet new people, explore improvisation and theatre games in a warm and welcoming environment! Drama Club is open to any Harrison HS student in grades 9-12. Meetings are on the 3rd Wednesday of the month 3:30-4:30 pm in the Harrison Theatre Black Box. ITS Members are required to attend Drama Club meetings as well.

INTERNATIONAL THESPIAN SOCIETY (ITS)

A Nationally recognized Honor Society for Theatre focused on Community Service, Advocacy, and Leadership in the arts at Harrison and in the community at large. Students who have earned 10 or more points (equivalent to 100 hours of excellent work or service) with Harrison Theatre are eligible for induction and participation. Meetings are the first Wednesday of the month and after Drama Club on the third Wednesday of the month.

TECHNICAL THEATRE ASSOCIATION (TTA)

The US Institute for Technical Theatre (Our Sponsor Organization) connects performing arts design and technology communities to ensure a vibrant dialog among practitioners, educators, and students. At Harrison, this club will introduce, enhance, and advance students' passion and skill for all areas of technical theatre. Meetings include Master Classes & hands on workshops taught by industry professionals and guest artists. Membership & Induction opportunities will be available. Meetings are on the 2nd Monday of the month, 3:30-5:30 pm, and are open to all Harrison HS student.

FINANCIAL INFORMATION

<u>NOTE</u>: HARRISON THEATRE HAS MOVED TO ONLINE PAYMENTS ONLY. CASH AND CHECK PAYMENTS ARE NO LONGER BEING ACCEPTED.

PRODUCTION FEES

The mainstage programs which culminate in performances for the public require a production fee. All participants are expected to pay these fees regardless of your role in the production, including crew members. These fees go toward the costs of royalties, scripts, building materials for sets and props, costumes and sewing materials, makeup, marketing items such as posters, flyers, and programs, show shirts, snacks for rehearsals and much more. Fees are based on the size of the production and can also include things like additional staff, competition fees, travel expenses, etc. Production fees are as follows:

Advanced Drama: \$150

Musical Theatre: \$200

One Act Play: \$150

ITS DUES

The initial fee for induction into ITS is \$35 paid to the Educational Theatre Association. This fee is required in order to be officially on the roster. Inducted members pay \$35 annually. This money covers various administrative fees, including maintaining the Troupe Charter, awards & graduation regalia, select spirit wear and other costs associated with the Troupe.

SCHOLARSHIPS

We understand that production fees and due may pose a hardship for some families. We would never want a student to be unable to participate due to financial hardship. To that end, The Harrison Theatre Guild has established a limited scholarship fund. Applications will be reviewed by the Guild and awarded based on need. Scholarship applications are available on the main Cheddar Up page. If you would like to donate to our scholarship fund you will be able to do so from the main page as well.

PROGRAM ADS

You have the opportunity to purchase a personal ad for your student, a friend, or a small business. It's a great way to show support for your young actor or techie! We will print a select number of programs for our shows, including one for each cast and crew members, as well as a Virtual Program option. We will have QR codes posted outside the Theatre for audience members to scan and view on their phone. Program Ads are purchased per show. For example, if you want a $\frac{1}{4}$ page ad to run in One Act and Musical you need to purchase 2 $\frac{1}{4}$ page ads. We have a wide variety of ads to choose from:

• Full Page - 5x8: \$100

• ½ Page - 5x4: \$50

• 1/4 Page - vertical: \$25

• Shout Out - Single line: \$10

CORPORATE SPONSORSHIPS

Harrison Theatre is looking for businesses to partner with us for the entire season. This would be an opportunity for consistent exposure to the patrons of Harrison Theatre while supporting the theatre department. This level of sponsorship would guarantee exclusive business exposure based on first commitment from each industry.

Each sponsor will provide a print ad* which will run:

- In the theatre via slide show prior to every performance (9 events, 16 performances, 320 15-second impressions)
- In the lobby via slide show prior to each show, intermission and after the show. This will be the same slide show as the theatre, running 30 minutes prior to show, 10 minute intermission and after performance with varying time and an additional minimum of 320 15-second impressions.
- On Harrison Theatre's Instagram and Facebook pages prior to each event for a total of 9 posts during the season
- The ad will also be printed as a poster to be displayed in the lobby for each performance

Each year we will designate a large project for our corporate sponsorships to support. To purchase a corporate sponsorship, please complete the form on Cheddar up.

EXPECTATIONS & GUIDELINES

SCHOOL EXPECTATIONS

All students are expected to abide by the Harrison High School Student Handbook. Please make sure you are familiar with the expectations in the handbook, particularly the Attendance, Student Behavior, and Parking sections.

CLASS EXPECTATIONS

- Students are expected to embrace and exhibit the **Theatre Core Values**. Students are representatives of the Harrison Theatre Department both in the school and in the community at large. Behaviors that demonstrate a lack of respect, make other students feel unsafe, inhibit the rights of other students to have a positive artistic experience, on in any way reflect poorly on the department will result in disciplinary action.
- Students are expected to attend and be fully prepared with all materials and proper attire for every rehearsal and performance.
- All clothing and footwear should be appropriate for movement. Long hair should be pulled back off your face.
- Food and Drinks in the Black Box must <u>NOT</u> be consumed in the seating area. There will be NO <u>FOOD</u> or <u>DRINKS</u> in the Performing Arts Center. Water breaks will be taken outside the performance spaces.
 Refillable water bottles should be brought every day.
- Gum is not allowed in ANY performance or technical spaces.
- Students are expected to meet all deadlines according to the timelines given
- Students are expected to rehearse or complete work outside of class in order to make the show successful
- Actors will be expected to provide their own footwear and Stage Makeup.
- Tech crew members are expected to wear all black, including footwear. Harrison Theatre will
 provide one long sleeve Tech Crew shirt.
- Any materials and/or equipment used during class including but not limited to classroom chairs, set
 pieces, props, costumes, and school supplies MUST be returned to their proper location at the end of
 each class and/or rehearsal.
- All classroom materials, including student written material, will be appropriate and refrain from
 using offensive or suggestive language. It is expected that you respect your audience as well as your
 fellow actors and technicians.

ASSESSMENTS

Students will receive a daily grade which includes active participation, quizzes, journal and writing assignments, rehearsals, homework, and preparation. Classes will be using an electronic Class Notebook. It is the students' responsibility to keep up with all journal entries, class notes, worksheets, etc. in their Class Notebook. Notebooks will be reviewed and graded at least once every six weeks.

Just a reminder, I do not GIVE grades, YOU EARN THEM! I will make EVERY effort to support you and will accept late work within a reasonable amount of time with no penalty. DO NOT TAKE ADVANTAGE OF MY GRACE AND KINDNESS OR IT WILL NOT BE EXTENDED AGAIN.

Performances and class projects	40%
*Daily grades	30%
Tests (open notes)	20%
Final Project/Reflection	10%

^{*}Rubric is included here and will be posted in CTLS and in the Black Box for student reference

MATERIALS

- Access to a laptop or tablet for online Journals, in-class research, notes, etc.
- Script
- Pencils
- Re-fillable Water Bottle
- *Optional items: Highlighter, Colored pencils, post-it notes

ABSENCES, PARTICIPATION & MISSED WORK

- Active participation and sharing of your individual talents (even those you don't know you have yet!) creates a positive attitude and builds a respectful, trusting ensemble. You are expected to take risks, participate each day, and consistently strive for excellence.
- Attendance and participation are signs of respect for yourself and your ensemble. Students should be sitting in their seats, ready to work, when the bell rings. Except in the case of illness or emergency, all absences should be communicated ahead of time. Excessive absences may result in removal from a scene or, in extreme cases, from the production itself.
- It is <u>your</u> responsibility to make up any work you have missed, including journal questions and guided notes as well as any assignments to be handed in. **Any missing assignments will receive a zero in the gradebook upon the due date.** Late work will be accepted up until the end of the six-week grading period. **Missing assignments at the end of the grading period will remain a <u>zero</u>. Students who are absent on days performances or presentations are due will be expected to present the assignment upon their return to school.**
- If a student in a production-based class does not participate in the production they will be expected to submit an alternative research assignment which will be due by the final performance unless other arrangements are made with the director.

HARRISON THEATRE PARTICIPATION & POSITIVE CONTRIBUTION RUBRIC

 My attention never waivers from the rehearsal or class activity I exhibit exceptional behavior, providing a model for others I show continuous effort and commitment to mastering my role and/or the class objectives I take a leadership role in warmups, discussions, rehearsals, and other collaborations I am always in place and listening to directions, notes or cues 	15	100%
 I am attentive, needing few or no reminders to listen, refrain from talking, and actively participate in rehearsals or class activities I work consistently to achieve the objectives of my role and/or the class objectives I actively participate in warmups, discussions, rehearsals, and other collaborations I am usually on task and ready for my cues or focused on my job 	4	90%
 I need repeated reminders to pay attention, stop talking, participate in rehearsal, and meet class expectations I often disrupt the rehearsal. Others must wait for me to be quiet and ready I often miss deadlines and am inconsistent in achieving the objectives of my role and/or the class objectives I often participate in warmups, discussions, rehearsals, or other collaborations but it may be inconsistent I am often late on tasks and deadlines or not focused on my job 	3	80%
 I am off task most of the time I consistently disrupt the rehearsal and my behavior has a negative impact on the learning of others I rarely work to achieve the objectives of my role and/or the class objectives I rarely participate in warmups, discussions, rehearsals, or other collaborations I make little effort to complete tasks, learn lines, or contribute to my department 	2	70%
 I am a detriment to the learning of others I make no attempt to understand or work to achieve the objectives of my role and/or the class objectives I do not participate in warmups, discussions, rehearsals, or other collaborations Timely reminders and refocusing attempts have made no positive impact on my behavior The teacher/director must STOP class or rehearsal to deal one-on-one with my behavior 	1	60%

CELL PHONE POLICY

Every student, upon entering class, will place their cell phones into their assigned slot in the Cell phone storage box. On the rare occasion that a cell phone is needed in class, students will be directed to retrieve them. During Rehearsals and Performances Cell Phones will be locked away and kept with the Stage Manager. In case of Emergency, caretakers can call Mrs. Lindsay directly at 678-594-8104, ext. 056 or on her cell phone at 678-918-0028.

NOTE: During Rehearsals and Performances Cell Phones will be locked away and kept with the Stage Manager. In case of Emergency, caretakers can call Mrs. Lindsay directly at 678-918-0028.

SOCIAL MEDIA AND PERSONAL COMMUNICATION

While social media and personal communications (including group texting) is an important part of culture at large, it can also have a disruptive impact on individuals and in our program. Participating in theatre is a privilege, one which no person deserves more than another. In order to maintain an environment of respect and authenticity, students can expect involvement privileges to be revoked if social media and or group texting is used in a way that is disruptive or detrimental to students in our department or reflects poorly on the department in the community.

Such use includes but is not limited to:

- Defamatory, sexually explicit, profane, lewd, or indecent language
- Derogatory language regarding school personnel or other students involved in theatre activities
- Indecent images or altered pictures
- Discussion of theatre matters related to our program that is not constructive
- Excessive gossip and/or bullying behavior

PRODUCTION EXPECTATIONS

- Ensemble members are expected to embrace and exhibit the Theatre Core Values. Students are
 representatives of the Harrison Theatre Department both in the school and in the community at
 large. Behaviors that demonstrate a lack of respect, make other students feel unsafe, inhibit the
 rights of other students to have a positive artistic experience, on in any way reflect poorly on the
 department will result in disciplinary action.
- Ensemble members are expected to abide by all rules, regulations and guidelines contained in the Harrison High School Student Handbook. Failure to do so may result in loss of role or removal from the production.
- Ensemble members are expected to abide by all call times and be both physically and mentally present and prepared to work at the start of rehearsal. Expected tardiness must be communicated to Mrs. Lindsay and your Stage Manager as soon as possible. All ensemble members will sign in with their Stage Manager upon arriving at rehearsal. Stage Managers will begin rehearsal when scheduled and will be instructed not to wait for tardy ensemble members.
- Ensemble members are expected to attend all after school rehearsals, workdays, and performances unless explicitly excused by Mrs. Lindsay. Illness is obviously an excused absence, but please communicate with Mrs. Lindsay in a timely manner through email, Remind, or text. We will make every effort to work around conflicts but they MUST be communicated ahead of time. Excessive unexcused absences may result in the loss of role or removal from the productions.
- Ensemble members are expected to stay on campus for the duration of the rehearsal. Students are NOT allowed to leave campus before or during rehearsal unless there is a conflict that has been approved by Mrs. Lindsay.
- Actors are expected to have their script with them at each rehearsal and to take their scripts home
 in order to study their lines, blocking, and character work. Scripts left at rehearsal will be collected
 by the Stage Manager who will determine a reasonable consequence (for example, running a lap,
 writing out a passage, etc.)
- Department Heads and Technicians are expected to maintain all scripts, paperwork, designs, purchase lists, etc. in their department binder or Class Notebook.

- Cast members will be expected to provide their own footwear and Stage Makeup.
- Tech crew members are expected to wear all black, <u>including footwear</u>. Harrison Theatre will provide <u>one</u> long sleeve Tech Crew shirt.
- With many students working together in limited space, and costumes that must maintain appearance and cleanliness through multiple performances, it important that students maintain hygienic habits such as showering, use of deodorant, clean socks, etc. during production week.
- In professional Theatre settings the Stage Manager, Assistant Stage Manager, and Department Heads are given a great deal of responsibility. This is also true at Harrison Theatre. These crew members have high accountability for running theatre productions during performance, and therefore are granted a level of authority over the rest of the crew and the entire cast. Requests from SMs, ASMs, and Department Heads are to be followed with the same respect and attention as you would give to the director.
- During production week, cast members will be required to hang up all costume pieces, place all accessories, hair, and makeup items in their assigned bins, and make sure the dressing rooms are picked up. Crew members will have a variety of post-show tasks to complete. All cast and crew members must follow proper sign-out procedures which will be communicated in rehearsal.

DRESSING ROOM RULES

- Absolutely No food in dressing rooms!
- Dressing rooms are for changing only!
- Do not hang out in dressing rooms
- Do not turn on makeup mirrors unless you are getting ready for a show.
- Only those assigned to dressing rooms should be in them during a show.
- Knock before entering as people could be changing!
- Do not sit on counters ever!!
- Hang up/clean up all of your stuff every day!
- Absolutely Do not touch anything that is not yours!
- Dressing rooms are not work rooms!

PERFORMING ARTS CENTER EXPECTATIONS

- The PAC should be locked at all times unless a class is using it. We don't want people who should be other places hanging out in there.
- Absolutely no food or gum in the PAC! No drinks at all besides water and water needs to be in a CLOSED container.
- Do not put feet on the seats in the audience
- Use the stairs on the sides to get on and off stage do not jump or climb over the front
- Be extremely careful of the Cyc (the white curtain in the back). It is incredibly fragile, costs thousands of dollars, and cannot be cleaned or repaired. Do NOT touch it and remind others not to.
- There are extremely expensive and sensitive instruments in this space. Do not touch them under any circumstances unless directed to by a teacher.
- Do not move the Grand Piano without permission and at least 4 people
- Do not EVER place items on top of the tympani in the storage closets backstage
- The tech booth (both sound and lights) should remain closed when not in use and should only be used by people who have been trained
- Please leave the sound console powered on. We have difficulty with it booting up and have found it
 works most consistently when it stays on. We will power it down over long breaks and things but
 otherwise it's fine to leave it on.
- Please return items to where they belong. If you take something out, put it back in its place. If something is in the wrong place and you know where it goes, put it there. If you don't know where something goes, ASK.

- Please keep all entrances and exits backstage and access to closets clear. For example, when theatre has set pieces backstage, they need to be moved or stored so that band, orchestra, and choir has access to their storage closets and to the hallways
- Please do not touch ANYTHING that is being stored in the wings or backstage.
- Dressing rooms should be locked at all times unless being used for a performance.
- Do not sit on the counters in the dressing rooms
- Makeup lights in the dressing rooms should not be used except during a dress rehearsal or performance and MUST be turned out at the end of each night.
- Clean up after yourselves! There should not be papers, water bottles, scripts or general trash backstage, on stage, or in the audience
- In case of a lockdown or severe weather, leave the PAC building and go as quickly as possible into the Black Box. The doors leading from the main building to the PAC will be locked.
- In case of a fire, exit the PAC through the closest exit and proceed to the practice field behind the building where you will meet your class and teacher.

DISCLAIMERS

- Occasionally students will watch clips of performances and movies for educational purposes in conjunction with certain units and lessons. Nothing above a PG-13 rating will be shown and all material will be in compliance with the Cobb County School District Administrative Rule IKB-R on Controversial Issues.
- Students will be reading scripts, searching for monologues and scenes, etc. in all classes. Content will be examined and discussed before work begins and no student will be expected to perform any piece with which they are not completely comfortable. All material will be in compliance with the Cobb County School District Administrative Rule IKB-R on Controversial Issues and caregivers may request access to any classroom material.
- Theatre is an interactive and physical art form. Students will be asked to participate in various physical activities in classes and rehearsals. While vigorous physical work that stretches comfortable boundaries is encouraged, please be mindful of 'bad pain' you may experience. Please share any relevant medical information such as previous injuries, operations, conditions, etc.
- The nature of theatre classes requires a hands-on approach to assessing and working with the
 breath, body, and voice. While some physical contact is to be expected, students will always be
 asked for their consent and will have the opportunity to opt out of any exercises in which contact
 may be necessary.
- Student likeness may be used in various promotional videos and photographs which may appear in print, on Harrison Theatre's social media accounts, and/or the Harrison Theatre website.

INTERNATIONAL THESPIAN SOCIETY

WHAT IS ITS?

A Nationally recognized Honor Society for Theatre focused on Community Service, Advocacy, and Leadership in the arts at Harrison and in the community at large. Members are eligible to participate in Georgia Thespian Conference (ThesCon), the International Thespian Festival, college scholarships & audition opportunities, a subscription to *Dramatics* Magazine, student leadership opportunities at the Troupe, State, & National levels, and Graduation Regalia for achievement and commitment to the Harrison Theatre Program. To be inducted into ITS, a student must earn 10 points (representing 100 hours of work in the theatre). To maintain membership in the troupe, students must earn a minimum of 10 points each year. Inductions are held twice a year (January and May). The fee for new inductees seeking membership for the first time is \$35. Existing members pay dues of \$35 per year. Meetings are the first Wednesday of the month and after Drama Club on the third Wednesday of the month.

ITS BOARD

- **President** oversees other officers, creates agendas and runs ITS meetings, decision maker, communicator between ITS and drama club, director's right hand
- **Vice President** Communicates with the Troupe via Remind, tracks attendance and points, runs meetings when President is not available; assists other officers as needed
- Secretary- takes attendance at meetings, organizes monthly community service events
- **Historian** recording and documenting all troupe events, meetings, etc.; creates the end of year slide show; creates and submits the Honor Troupe application
- Liaison- maintains communication between Troupe and Guild, creates contacts and reaches out to other Troupes

ATTENDANCE POLICY

To maintain membership in Troupe #4996, students must follow all attendance policies. Members are allowed 2 unexcused absences per semester. Excessive absences may result in loss of rank and/or removal from the Troupe. If any student is unable to attend a meeting, they must contact the Troupe Director as soon as possible.

Excused absences:

- Athletic Competition- This does not include practice. Students must ask their coach for permission to be late to practice on ITS meeting days.
- Absence from school due to illness
- Work conflict
- Death in the family
- Other serious conflict

TROUPE #4996 INTEGRITY POLICY

As a nationally recognized honor society we hold ourselves to the highest of ethical and behavioral standards and as a department we live by the Theatre Arts Core Values of Trust, Honesty, Ensemble, Attitude, Talent, Respect, and Excellence. Therefore, no student with any discipline record at Harrison High School (or a previous High School) will be eligible for induction into ITS, including In School Suspension and Out of School Suspension.

Any inducted student who receives Saturday School will be placed on Probationary Status for the duration of that Semester. A second instance of Saturday School will result in the loss of a rank title (e.g., 2-Star Thespian would go down to a Thespian; Honor Thespian would go down to 5-Star Thespian; National Honor Thespian would go down to Honor Thespian, etc.). A third infraction will result in removal from Troupe #4996. Students who have been placed on probationary status are disqualified from running for Leadership

Team in perpetuity. Students who have been placed on probationary status are ineligible for ThesCon during the year of the infraction.

Per Harrison High School's Student Handbook:

CODE OF CONDUCT POLICY FOR EXTRACURRICULAR PARTICIPATION

Participation in interscholastic/extracurricular activities in CCSD schools is a privilege, not a right. Students participating in these activities are considered to be school leaders. They are role models who represent their school and more importantly, depict its character. With leadership comes additional responsibility and student participants must adhere to higher standards of conduct. When students violate these standards of conduct, the school/District may withdraw the privilege to participate in interscholastic/extracurricular activities. Students participating in interscholastic/extracurricular activities are held to the standards and provisions of Cobb County Board of Education Policy IDF-R.

as this applies to membership in ITS, any inducted student who receives ISS will be placed on probation and will drop 1 rank. Any eligible student with a record of ISS will be able to be inducted, at the Director's discretion, by submitting an appeal to the director. If the appeal is granted, 1 rank will be withheld in perpetuity. Any inducted student who receives OSS will immediately be removed from Troupe #4996. No student with OSS on their record will be eligible for induction.

THESCON

Georgia Thespians sponsors an annual Thespian Conference in February, more affectionately known as ThesCon. This is a 3-day event in Columbus, GA for high school theatre students. It includes a full schedule of workshops, high school productions, college and scholarship auditions, opportunities for performance and technical competition and evaluation, and much more. In order to attend with Harrison's Troupe #4996 you must be a current ITS member or an eligible inductee. Registration and event fees for ThesCon are set by GA Thespians. Additional fees for travel, hotel, etc. will be set and communicated by the Harrison Theatre Guild. Detailed information about ThesCon can be found on the GA Thespians website at https://gathespians.org/ and will also be shared at ITS meetings throughout the year.

Members are eligible to participate in the following events at ThesCon for additional fees:

- Performance Thespys
 - o Acting Monologue
 - o Acting Duo
 - Acting Group
 - Musical Theatre Solo
 - Musical Theatre Duet
 - Group Musical
- Technical Thespys
 - Costume Construction
 - Costume Design
 - Lighting Design
 - Scenic Design

- Sound Design
- Stage Management
- Theatre Marketing
- Playwrighting
- Musical Works
- Improv!
- Ouiz Bowl
- Film Festival
- Tech Challenge
- Freestyle Festival
- Design Challenge
- Scholarships & College Auditions

ITS Recommended Points Awards

Category	Position/work done	One Act	Full Length	Category	Position/work done	One Act	Full Length
Acting	Major role	4	8	Directing	Director	4	4 8
	Minor role	3	5		Assistant director	;	3 6
	Walk-on	1	2		Vocal director		3 6
	Chorus	1	3		Video producer/director		3 4
	Dancer	1	3		Assistant vocal director		2 5
	Understudy	1	2		Orchestra or band director		3 6
					Assistant orchestra or band director		2 5
Production	Stage manager	4	8		Choreographer	4	4 7
	Stage crew	2	4		Assistant choreographer		3 5
	Lighting technician	3	6				
	Lighting crew	2	3	Writing	Original play (produced)	!	5 8
	Set designer	4	5		Original radio script (produced)	4	4 6
	Set construction crew	3	5		Original TV script (produced)	4	4 6
	Costumer	3	6		Original play (unproduced)		1 2
	Costume crew	2	5		Original radio script (unproduced)		5 1.5
	Properties manager	3	5		Original TV script (unproduced)		5 1.5
	Properties crew	2	3				
	Sound technician	3	5	Miscellaneous	Oral interpretation		2
	Sound crew	2	3		Duet acting scenes		2
	Video editor	1.5	2		Participation in theatre festival or contest		3
	Video crew	1.5	3		Attending theatre festival		1/day
	Makeup manager	3	5		Assembly program		1
	Rehearsal prompter	2	4				
	Pianist	3	6	Advocacy	Participation in advocacy event		1/day
	Musicians	2	3		Local advocacy work		.1/hour
Business	Business manager	4	6	Officers	President		6
	Business crew	2	4		Vice president, treasurer, or web editor		4
	Publicity manager	3	5		Secretary/clerk		5
	Publicity crew	2	3		International Thespian Officer (ITO)		10
	Ticket manager	2	4		State Thespian Officer (STO)		8
	Ticket crew	1	3				
	House manager	2	4	Audience	Troupe directors may award points at the hourly		
	House crew	1	2		rate for attending productions, or they may award .5		
	Ushers	1	2		point for attending and writing a critique or report		
	Programs	1	3		reflecting the educational value of the experience.		
	Program crew	1	2				

	Harrison Points Guidance			
MOST things go by hours - round up				
Donations	0.2	per donation		
Ticket Sales	.2 per day of lunch			
	1 pt for all 5 days			
Workdays	.1 pt per hour of attendance			
Community Service	.1 pt per hour of volunteering			
Review of a show	1			
MS Production (or CC Production)	1	5 max		
Drama Camp Staff	5pt	for the week		
	One Act	Full Length		
House Manager	1 pt. per sh	ow		
Ushers	.6 per sho	.6 per show		
Stage Managers	4 pt	8 pts		
ASMs	3pt	6 pts		
Department Heads	3 pt	6pt		
Crews	2pts	3pts		

HONORS AND AWARDS

HARRISON THEATRE LEADERSHIP TEAM

The Harrison Theatre Leadership Team (HTLT) is composed of 4 groups: The ITS Board, Drama Club Presidents, and Technical Theatre Association (TTA).

The ITS Board is composed of 6 members: President, Vice President, Secretary, Historian, Liaison and Media/Marketing Director. Any eligible ITS member in good standing can run for office. Each candidate will state their intention to run as well as their preferences for positions. They will prepare a speech based on a set of questions given to them ahead of time. They will also be asked a spontaneous question that is more of a fun, lighthearted question meant to show off the candidate's personality. Candidates will present at a designated ITS meeting. ITS Members will vote. The candidate with the most votes will receive their first choice of position and so on until all positions are filled.

The Drama Club Officers are Co-Presidents and have co-equal status in all Drama Club activities. Candidates will choose from a list of standard Drama Club games and activities and then run that game with seniors participating and the rest of the Drama Club acting as audience. Drama Club members will vote and the people with the 3 highest vote counts will be Co-Presidents.

The TTA Board is composed of 4 members: Chair, Vice Chair, Treasurer, Secretary. Leadership Candidates must have participated in technical roles for the whole of the production process in 3 different Harrison Theatre productions in their overall high school career. They must have served as a department head, assistant stage manager, production manager/dramaturg, or stage manager in at least one show, completed a production in the current season, and shall be a member of TTA for at least 1 year. If no candidates meet this requirement, it shall be waived. Candidates shall declare an intention to run for one of the leadership positions during the March meeting. Eligibility shall be checked by the appropriate board member. During the April meeting, candidates will give remarks to voting members before the elections. Elections shall take place during the April meeting or the second to last meeting of the year. Results shall be announced after the last meeting of the year.

The Media/Marketing Team will work together to promote all Harrison Theatre productions and events as well as maintaining a positive and professional social media presence under the direction and oversight of the Media/Marketing Director. The Director will create an overall Media/Marketing plan, coordinate all activities of the team, and maintain deadlines. The Director will be a member of the Harrison Theatre Leadership Team and will handle all posting on social media. The Media/Marketing team will include 3 additional members with various areas of responsibility:

- 1. Graphic Designer this person will create poster and t-shirt designs for productions, and various spirit wear items for Harrison Theatre, Drama Club, and ITS.
- 2. Public Relations this person will create all outward facing promotions including but not limited to headshot boards, programs, lobby displays, study guides (when appropriate), announcements, marquee ads, and press releases.
- 3. Photographer this person will take photos and videos at rehearsals, performances, and Harrison Theatre events to be used as promotions for shows. They will assist with the ITS Honor Troupe Application and the end of the year slide show.

DIPLOMA SEAL/DISTINGUISHED FINE ARTS SCHOLAR

The Fine Arts Diploma Seal was developed by the Georgia Department of Education to signal to employers and higher education institutions that a student is prepared to participate in Georgia's robust Creative Industries sector. The Harrison Fine Arts Department has been granted endorsement to award the Fine Arts Diploma Seal.

See the requirements below:

1. Students must complete 8 semesters of the fine arts pathway as an enrolled student. Audit students are not eligible for this honor. Transcripts will be verified.

Theatre: 3 of the 4 types of classes offered (Fundamentals of Theatre, Technical Theatre, Advanced Drama, and Musical Theatre), plus 2 additional classes, 1 of which needs to be a production-based class such as Advanced Drama or Musical Theatre.

- 2. Participate in 2 fine arts related extracurricular (outside of regular school hours) activities. This means activities associated with your specific subject area and requires extra commitment and effort. Examples of the types of activities include:
 - Community Event Performances
 - Drama Club
 - Governor's Honors Program
 - International Thespian Society
 - HT Leadership Team

- Participation in a play or musical
- Participation in One Act Play
- Participation in Literary Competition
- Spotlight Troupe
- Other (approved by Director)
- 3. 20 hours of community service related to the arts over the four-year period at Harrison. Concerts and rehearsals beyond the school day are considered community service hours. Students must account for the minimum of 20 hours verified by their teacher.
- 4. Present a 3-5 minute capstone project for a panel of Harrison Fine Arts teachers. The presentation should be summarized and demonstrated by using a PowerPoint (or equivalent) Presentation focusing on your experiences in the Fine Arts program at Harrison.
- 5. You must include statements and explanations about how the fine art program has impacted your life and predict how your involvement in the arts will impact your future self. Record yourself presenting and upload the video to YouTube as an unlisted video. Email your presentations to your Fine Arts Teacher.

If you have any questions, please contact your Fine Arts Teacher

GOVERNOR'S HONORS PROGRAM

The Georgia Governor's Honors Program (GHP) is a residential summer program for gifted and talented high school students who will be **rising juniors and seniors** during the program. The program offers instruction that is significantly different from the typical high school classroom. It is designed to provide students with academic, cultural, and social enrichment necessary to become the next generation of global critical thinkers, innovators, and leaders.

GHP is held in mid-summer (mid-June to mid-July) as a residential educational experience on a college or university campus. Students attend classes in the mornings and afternoons in specific areas of study, and they participate in a wide variety of social and instructional opportunities every evening. Meals and rooms are provided by the program. The only required and expected costs to the students are: travel expenses to and from the interviews; a few basic supplies for classes and dorm rooms; and spending money as desired during the program.

Requirements for Participation (per the GHP website)

- Be a current sophomore or junior enrolled in a Georgia public school district, private school, state charter or homeschooled.
- Declare an area of nomination in only one subject (Theatre Performance)
- Have demonstrated high aptitude and high interest in the area of nomination. Experience can be
 determined based off schoolwork, standardized test scores, or extracurricular activities outside of
 the typical classroom environment.
- Participate in the local selection process. The local selection process usually occurs between **August** to early **November**.
- If nominated a student will be required to complete the state online application.
- Commit to participation in the state level interviews/auditions (Semifinalist Event) as scheduled by the GHP office, if selected as a state semifinalist.
- Commit to participation in the summer program for the entire residential period if selected as a state finalist, including opening and closing days.

- Inability to meet the attendance requirement will result in disqualification for consideration, and, if selected for participation, can result in dismissal from the program. Exceptions to the attendance requirement will be rare, will be limited to true emergencies, and will require approval by the GHP Program Manager Ricky Parmer.
- Students shall participate in the GHP summer residential program one time only.

VARSITY LETTER

Since the One Act Play competition is overseen by the Georgia High School Association, participants may earn a Varsity Letter in Theatre. Cast and crew members who participate in a single One Act Play competition will receive a GHSA Participation Certificate. Students who participate in two One Act Plays in their high school career will receive a Varsity Letter. Participation in additional One Act Plays will earn Varsity Bars.

ITS AWARDS

This section is under review by Harrison HS Administration.

- <u>Honor Cords</u> Seniors who are current active members of ITS receive a set of royal blue and gold honor chords.
- <u>Thespian Scholar</u> Seniors who are current active ITS Members with a 3.5 unweighted GPA receive a medallion on a blue and gold ribbon from The Educational Theatre Association.
- <u>Honor Thespian</u> ITS members with a total of 60 points or more. Seniors who are Honor Thespians receive a white stole with the ITS logo.
- <u>National Honor Thespian</u> ITS members with a total of 120 points or more. Seniors who are National Honor Thespians receive a royal blue stole with the ITS logo.
- <u>International Honor Thespian</u> ITS members with a total of 180 points or more. Seniors who are International Honor Thespians receive a gold stole with the ITS logo.
- <u>Community Service Award</u> Thespians who participate in all Acts of Service in a given school year will be recognized with a certificate at the Harrison Theatre "Harri" Awards at the end of that year.
- <u>Community Service Medal</u> Seniors who have participated in 75% of all Troupe #4996 Community Service opportunities during their years of induction.
- <u>Commitment Award</u> Seniors who earn 7 Community Service points total in the time they were inducted will earn the Community Service Medal at the Harrison Theatre "Harri" Awards at the end of their Senior year.

SENIOR AWARDS

<u>Distinguished Fine Arts Graduates</u> - Seniors who have completed a Theatre Pathway which consists of 3 of the 4 types of classes offered (Fundamentals of Theatre, Technical Theatre, Advanced Drama, and Musical Theatre), plus 2 additional classes, 1 of which needs to be a production-based class such as Advanced Drama or Musical Theatre. They also participate in at least 2 Theatre related school sponsored activities and present a Capstone project to be reviewed by Mrs. Lindsay.

<u>Heart of Harrison Theatre</u> - \$500 scholarship. Chosen by director & ITS Officers - not a member of HT Leadership, this person demonstrates a commitment above and beyond expectations. "Your heart beats for Harrison Theatre"

DEPARTMENT AWARDS

<u>Impact Award</u> - Director chosen award to student or students who have made a special impact above and beyond Harrison Theatre's regular activities, particularly in the area of diversity, equity, inclusion and social justice.

Thespis Award for Acting - Director chosen awards for excellence in Acting.

Ovation Awards for Technical Theatre - Director chosen awards for excellence in Technical Theatre.

The following awards will be nominated by the Director and voted on by all students involved in Harrison Theatre each year:

- Best on-stage solo
- Show Stopper
- Most Promising Freshman
- Best Actor in a Male Role
- Best Actor in a Female Role
- Best Supporting Actor in a Male Role
- Best Supporting Actor in a Female Role
- Best Design
- Best Run Crew Member
- Most Outstanding Performer
- Most Outstanding Technician

<u>Hoya Theatre Elected Legacy</u> - The Legacy Robe will be awarded to a Rising Senior who has demonstrated an outstanding level of dedication and commitment to Harrison Theatre, particularly as a Technician. This person will lead a special ceremony blessing the theatre with a good season at the beginning of their Senior Year. The Legacy Robe is inspired by the long-standing Broadway tradition. For more information about Broadway's Legacy Robe, please see: https://actorsequity.org/aboutequity/awards/Robe

HARRISON THEATRE NAMES & ACRONYMS

At Harrison Theatre, we have multiple traditions and we use lots of abbreviations and acronyms. Here are some important names & acronyms you will hear regularly:

HTLT = Harrison Theatre Leadership Team

ITS = International Thespian Society

ThesCon = Thespian Conference

EdCon = Georgia Thespian Educator's Conference

LeadCon = Leadership Conference

TTA = Technical Theatre Association

PAC = Performing Arts Center

TYA = Theatre for Young Audiences

One of our traditions is naming inanimate objects that we use often. Here are some of the objects we've named:

Names				
Овјест	Name			
Stuffed Dog Mascot	Hazel the Hoya			
PAC Light Board	Cecilia			
2 big Spotlights in the PAC	Star and Moon (we don't really know which is			
	which)			
Smaller portable Spotlight	Tiny Tim			
Black Box Light Board	Joanne			
PAC Sound Board	Benjamin VIII			
Large portable blue tooth speaker	Jerome			
Black Box Sound Board				
iPad				
Department MacBook				
Smaller Female Costume Mannequin	Rosalind			
Larger Female Costume Mannequin	Valentina			
Male Costume Mannequin	Gustavo			
Mrs. Lindsay's Sewing Machine	Janey			
Large Paint sink in the Bay (and Ghost)	Damien			
Small Paint sink/table in the Bay	Darcy			
Light up whale on Mrs. Lindsay's desk	Luna Beluga			
Printer/Copier in Mrs. Lindsay's office	Princess Penelope			
Older Piano in Black Box	Herman			
Newer Piano in Black Box	Vivian Leigh			
Grand Piano in PAC	Gwendolyn Genevieve			

POPULAR TONGUE TWISTERS & WARMUPS

Cinnamon, aluminum, linoleum

Rubber baby buggy bumper

Red Leather Yellow Leather, Lavender Leather

A proper cup of coffee in a copper coffee pot

You know New York, You need New York, You know you need unique New York You know unique New York needs you

A big blue bug bit a big black bear and the big black bear bled blue black blood

She stood upon the balustraded balcony, inexplicably mimicking him hiccupping, and amicably welcoming him in

Betty Botter bought some butter But she said "This butter's bitter. If I put it in my batter, It will make my batter bitter."

So, Betty Botter bought a bit of better butter.
She put the better butter in her batter

And it made her batter better.

optional

What a to do to try today
At a quarter or two till two.
A thing distinctly hard to say
But harder still to do.
The dragon will come at the beat of the drum
With a rat-a-tat-tat a-tat-tat a-tat-to
At a quarter or two till two today,
At a quarter or two till two.

General Railroad Crossing on West Ridge Road

Sally sells seashells by the seashore where the sun shines on the shop signs.

Princess Pamela picks peaches on Peach Orchard Point.

In Hartford, Hereford, and Hampshire, hurricanes hardly ever happen

Sinful Ceasar sipped his snifter, seized his knees and sneezed

This is a ship-shipping ship, shipping shipping ships

My Mommy made me mash my M n M's.

Topeka, Topeka, Topeka
Bodega, Bodega, Bodega
Topeka Bodega, Topeka Bodega, Topeka Bodega,
Bodega
Bodega, Bodega, Bodega
Topeka, Topeka, Topeka
Bodega Topeka, Bodega Topeka,
Topeka

Moses supposes his toeses are roses But Moses supposes erroneously Moses he knowses his toeses aren't roses As Moses supposes his toeses to be

Chester Cheetah Chewed a Chunk of Cheap Cheddar Cheese

A knapsack strap, the strap of a knapsack

To sit in solemn silence on a dull dark dock In a pestilential prison with a lifelong lock Awaiting the sensation of a short sharp shock From a cheap and chippy chopper On a big black block

A panda planned a visit but they told him not to come. He was going to Uganda, where of course he isn't from. Everybody knows the panda comes from China not Uganda, and a panda in Uganda would cause panda, panda, pandemonium.

HEAD TO TOE WARM UP

- Actor neutral
- Breathe in through nose out through mouth
- Turn head left and right x4
- Ear to shoulders x4
- Chin to chest, swing to right and left x4
- Arms circle back (8 count)
- Arms circle forward (8 count)
 - Then 4 count
 - Then back and forward x4
- Elbows circle back (8 count) "go away"
- Elbows circle forward (8 count) "come here"
 - Then 4 count
 - Then back and forward x4
- Wrists circle back (8 count) "go away"
- Wrists circle forward (8 count) "come here"
 - o Then 4 count
 - Then back and forward x4
- Shake it out
- Spread feet to shoulder width
- Hands on hips
 - Tiny circles inside your feet 8 count both directions
 - Huge circles outside your feet 8 count both directions
 - Figure 8 looping each hip side to side, reverse
 - o Figure 8 looping each hip front to back, reverse
- Grab your knee and shake out ankles
 - o Focus on a spot on the wall for balance, circle your knee out 4 count, then in 4 count
 - Other side
 - o Shake it out
- Place your toe inside an imaginary coffee can. Keeping your toes on the floor circle your ankle around the coffee can
 - Switch directions
 - Other foot
 - Shake it out
- Stretch all the way up to the sky
- Marionette collapse
- Bend knees
- Hands on floor
- Straighten knees
 - o Bend and straigten x4
- Slowly roll up and give a nice big stretch and YAWWWNN!





AUDITION DATES FOR THE YEAR

