

EASTER HOLIDAYS

Just a reminder that Elite Vocal Academy will be open during the Easter School Holidays. To those of you continuing through the holidays with us, Elite Vocal Academy will be closed on Good Friday (April 14) and Easter Monday (April 17) due to the Public Holiday.

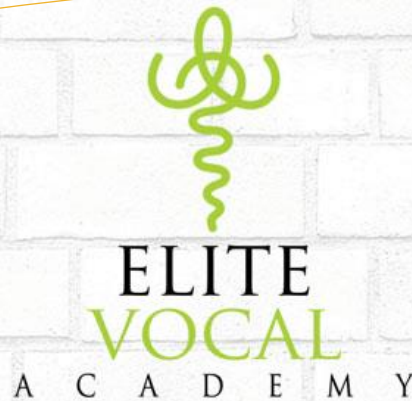
HYDRATION

Did you know it takes up 2 hours before water hydration reaches you vocal folds? So, when you're feeling dry, a quick water fix is not going to solve the problem. Hydration is a life-long dedication. If you are dehydrated it can dry out your Vocal Folds. So drink up!!

DID YOU KNOW?

Women's Vocal Folds vibrate at a faster rate than Men's.

We have built this space to promote our students achievements & advertise upcoming opportunities & Vocal Health tips. If you have any opportunities or stories you'd like to share, we would love to hear from you so we can add them to future Newsletters.



Welcome Students, Parents and Friends

A STEP IN THE RIGHT DIRECTION

We'd like to start this month's newsletter by congratulating all the students who auditioned for School Spectacular and Youth in Performing Arts (Y.I.P.A). You have taken the first step and we are all very proud of you no matter the outcome. Take every opportunity that comes your way and most importantly have fun with it.

STUDENT HIGHLIGHT

We'd like to take this opportunity to advertise student performances in recent and upcoming shows.

- Performing the role of Mercedes in the Central Coast Opera's production of **Carmen** is the beautiful Siena Palmer. The Opera will take place from May 13-20 at Laycock Street Theatre 43233233. Come and be inspired.
- Elyse Hayhurst will be gracing the new and improved stage at The Arthouse Wyong as 'Molly' on April 15-21 in 1 of 2 of the Jopuka Productions of **13 The Musical**. Mia Cross joins her in the Ensemble. To make a booking call 43351485.

this issue

Student Highlight

Nadine's Workshop

Easter Holiday Lesson Reminder

We are seeing more & more amazing Musicals for our young performers to get involved in which is fantastic! Later this year we have Lauren Holmes performing in **Bring it On**, Jessica Pearson landed the role of 'Frenchie' in the South Eastern Production of **Grease** and Sriani Surya takes the lead in **Camp Rock!** Also, a big shout out to Denise Simpson who has just finished her run in the recent epic performance of Andrew Lloyd Webber's **Evita** at Laycock Street Theatre.

A FOCUS ON THE VOICE

We recently attended the 2017 Back to Basics Workshop held by ANATS (Australian National Association of Teachers of Singing) in Sydney. One of the lead speakers was our very own Nadine Manion. Her experience in the field as both patient, student & teacher brought great insight to the most important part of Professional Singing. Vocal Health.

So often on the journey to finding ones' voice, the Anatomy of voice production is overlooked. Many of us just want to learn how to sing our favourite song, focusing only on how we sound on the outside, that we forget to look inside for the answers.

Nadine unmasked many of the myths surrounding what we THINK we know about Vocal health. From Vocal Anatomy to what foods to avoid and how steaming can change your life, Nadine covered it all. Fantastic Workshop!