



279 Main Street, Rockland ME 04841 | 207. 701. 7410 | www.midcoastmusicacademy.com

— **GROOVE NATION** —
Join a band, jam out, get in the groove!

A RASA after-school program in collaboration with Midcoast Music Academy

THIS PROGRAM IS SUPPORTED IN PART BY RSU13 ADULT & COMMUNITY EDUCATION

Spring 2018 Session

OVERVIEW

In this percussion group, students will get down with the groove! We'll cover essential rhythmic concepts and break into sections including but not limited to snare drums, bucket drums, hand drums, and found percussion objects to create a high-energy performance that tells a story. Similar to a Stomp-style performance, students will collaborate to create a dynamic performance that incorporates elements of choreography, rhythm, improvisation, and storytelling. Additionally, we'll learn what it takes to play in a band: **how to improvise and jam, how to communicate on stage with your bandmates, and how to record and market your music.** We'll also discuss how to *cultivate your stage presence to wow your audience* as we'll be recording and performing at the Strand Theatre at the MCMA spring recital! The ensemble will be led by Abigail Nash, a multi-instrumentalist known for her ability to direct mesmerizing performances and lead students to a collective collaboration. The class will also be assisted by Tom Ulichny, director of MCMA, and by multi-instrumentalist Joe Cough. *Be ready to work hard and **groove harder** as we prepare to take the big stage at the Strand Theatre at the end of the semester!*

DAYS: Fridays from March 2 through June 8.

TIME: 2:30-4:30 P.M.

LOCATION: Midcoast Music Academy, located next to Park Street Grille in downtown Rockland

REQUIREMENTS:

While this percussion intensive is open to musicians of all skill levels, basic skills are necessary to ensure we will be able to start jamming right away! Students will be expected to be able to:

- Read and write basic music rhythm notation
- Keep a steady beat
- Be a team player
- Able to collaborate with others
- Memorize and execute a routine while actively drumming

Space is limited to 14 students and available on a first come, first served basis.

To enroll: Submit this registration form to the school's front office. Priority enrollment is by Friday, February 23.



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THE WAY IT WORKS:

- Groove Nation is open to all **OHS students**
- **Pick-up is at 4:30 sharp** at Midcoast Music Academy’s main entrance. More than two tardy pick-ups will result in forfeiture of your child’s slot. There is no bus home.
- Attendance and participation are a **MUST! In order to be a good bandmate, students must commit to be attending EVERY session** of the club. Two unexcused absences will result in forfeiture of your child’s slot.
- **Snacks and drinks will be provided** for students in this club. Please let us know if your child has a food allergy.
- Before submitting your registration, **make sure that you are on board with the following:**
 - **RESPECT:** Show respect to all adults, your peers, and yourself. Turn off all electronics (including cell phones) during clubs.
 - **GIVE IT YOUR ALL:** Have a good attitude, play fair, try new things, and have fun!
 - **BE SAFE:** Make safe choices in all activities. This means, but isn’t limited to: wearing appropriate clothing, not bringing weapons of any kind, and not bringing or being under the influence of any illegal substances or tobacco products.
 - **COMMIT:** We are counting on you to make this group groove! Be sure to let us know in advance if you are unable to attend a session.
- **Please submit your registration by Friday, February 23.** Space is limited, so register early! You will receive confirmation of your registration.

CLUB REGISTRATION:

Student’s Full Name				
Student DOB		Student Age		Student Grade
Guardian 1 Name				
Guardian 1 Phone			This phone is: <input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work	
Guardian 1 Phone #2			This phone is: <input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work	
Guardian 1 Email				
Guardian 2 Name				



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Guardian 2 Phone		This phone is: <input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work
Guardian 2 Phone #2		This phone is: <input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work
Guardian 2 Email		
Self Transportation	I give my consent for my son or daughter to walk or cycle home independently after programs.	<input type="checkbox"/> YES

MEDICAL INFORMATION:

Please list <i>all</i> medical conditions, allergies, and medications your child is currently taking:			
Doctor's Name		Doctor's Phone	
Emergency Contact Person <i>(in the event that a parent or guardian cannot be reached)</i>		Contact's Phone	
Relationship to Student			

CONSENT AND RELEASE:

I permit my son or daughter, _____, to participate in the MCMA Groove Nation Program.

In the event that I cannot be reached, I give my consent for MCMA to seek necessary emergency medical treatment for my child, and for my child to receive such emergency medical treatment, which may be deemed necessary or advisable in the event of injury, accident or illness. I accept financial responsibility for all such medical treatment that may be provided.

I understand that s/he may be involved in volunteer and community service projects, enrichment activities, workshops, field trips, and/or outdoor activities.

MCMA and RSU 13 Adult and Community Education has my consent to use my son or daughter's name, quotes, artwork, photograph, and/or other written material in its publicity.

I release MCMA and RSU 13 Adult and Community Education staff volunteers from responsibility or expense for any injuries incurred by my son or daughter while participating in MCMA activities.

By signing below, I acknowledge that I have read, understand, and agree to all guidelines and conditions set forth above.

Guardian Signature		Date	
Student Signature		Date	



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