Training (Tues) September - December 2020 Syllabus

**Week 1 - First Rehearsal of the Season**

Tuesday, 9/15

FULL GROUP ZOOM (45 mins)
1) Welcome, expectations, season plan (5 mins)
2) Warmup (5 mins)
3) Intro to rep 1 (5 mins)
4) Breakout groups into cohorts, sharing COVID experiences, hopes for the year. (10 mins)
5) Intro to rep You've Got a Friend in Me and I Ask for One Day (15 mins)
6) Hello to our new Executive Director! (5 mins)

**Week 2**

Tuesday, 9/22

1) Cohort Group (30 mins)
   1) Warm Up (3 mins)
   2) Ear Training Ex 1 (2 mins)
   3) You've got a friend in me, I Ask for One Day and You Are Not Alone (15 mins)
   4) Fill out and discuss identity iceburgs (10 mins)

**Week 3**

Tuesday, 9/29

1) Cohort Group (30 mins)
   1) Warm up (3 mins)
   2) Ear training and singing (7 mins)
   3) You've got a friend in me, I Ask For One Day, and I ask for One Day, and You Are Not Alone (15 mins)
   4) Intro. to composition project with Omar Sharyar (5 mins)

**Week 4**

Tuesday, 10/6

Opus Nuovo with Omar Shahryar, Session 1

**Week 5 - No rehearsal on Monday 10/12 for Indigenous People's Day**

Tuesday, 10/13

1) Cohort Group (30 mins)
   1) Warm up (3 mins)
   2) Ear training and singing (2 mins)
   3) You Are Not Alone, You've Got a Friend In Me (15 mins)
   4) Small group lessons for virtual choir, creating a singing avatar (10 mins)

**Week 6**

Tuesday, 10/20

Opus Nuovo with Omar Shahryar, Session 2

Friday, 10/23

**Week 7**

Tuesday, 10/27

**Week 8**

Tuesday, 10/30

Opus Nuovo with Omar Shahryar, Session 3
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<th>Week</th>
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<th>Activity</th>
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<td>1</td>
<td>10/30</td>
<td>BCC Unwind, Session 3</td>
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<td>2</td>
<td>11/3</td>
<td>Massed Zoom Opus Nuovo - with Omar Shahryar, Session 3</td>
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<td>3</td>
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<td>Love’s in Need of Love - Recording Due</td>
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<td>MASSED ZOOM, Listen In - with Malavika Shetty</td>
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<td>Love’s in Need of Love - Recording Due</td>
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<td>Massed Zoom Opus Nuovo - with Omar Shahryar, Session 4</td>
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<td>12/4</td>
<td>We Shall Not Be Moved - Recording Due</td>
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<td>9</td>
<td>12/8</td>
<td>Let Me Fly (15 mins)</td>
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<td>10</td>
<td>12/15</td>
<td>Reflection on composition project (5 mins)</td>
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<td>11</td>
<td>12/18</td>
<td>Let Me Fly - Recording Due</td>
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<td>12</td>
<td>12/22</td>
<td>Reading The Name Jar and Discussion (20 mins)</td>
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<td>13</td>
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<td>14</td>
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<td>15</td>
<td>1/12</td>
<td>Week 15 - No Rehearsals - Winter Break</td>
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**Activities:**

1. **Cohort Group (30 mins)**
   - 1) Warm up (3 mins)
   - 2) Ear training and singing (2 mins)
   - 3) *I Ask for One Day, Love's In Need of Love* (15 mins)
   - 4) Solo and avatar performances in preparation for virtual choir (10 mins)

**Week 8**
- Tuesday, 11/3
- *I Ask for One Day, Love’s In Need of Love,* We Shall Not Be Moved (15 mins)
- Introduction to migrant stories (5 mins)

**Week 9**
- Tuesday, 11/10
- *Let Me Fly* (15 mins)
- Reflection on composition project (5 mins)

**Week 10**
- Tuesday, 11/17
- MASSED ZOOM, Listen In - with Malavika Shetty

**Week 11**
- Tuesday, 11/20
- Love’s in Need of Love - Recording Due
- No rehearsal - Thanksgiving

**Week 12**
- Tuesday, 12/1
- Massed Zoom Opus Nuovo - with Omar Shahryar, Session 4

**Week 13**
- Tuesday, 12/8
- Let Me Fly (15 mins)
- Reflection on composition project (5 mins)

**Week 14**
- Tuesday, 12/15
- *Let Me Fly* - Recording Due

**Week 15**
- No rehearsals - Winter Break