

THEATRE REHEARSALS ARE LIKE ATHLETIC PRACTICES.

1. You need to give **100%** in rehearsal to be able to execute on “game day.” If goof around in practice you lose on game day; if you work hard in practice, you have fun doing well on game day.
2. Rehearsals are **WORK TIME**. No cell phones, cameras, music players, etc.
3. I will also **DO MY BEST** to have you at rehearsal **ONLY** when I need you. **DO**, however, bring something to work on in case you need to wait for a little bit.
4. **PAY ATTENTION TO THE REHEARSAL CALENDAR.**
5. **You MUST call the director personally PRIOR to rehearsal time for any missed rehearsals. Choosing to just not come is not acceptable.**
6. Bring your **script, acting journal** and a **pencil** to **EVERY REHEARSAL**.
7. Theatre is a **GROUP** art form. We need everyone doing their best to be **OUR** best.
8. **MEMORIZE YOUR LINES EARLY.** Memorization means **WORD PERFECT**. Then the **REAL** part of acting can begin. Read them, write them, repeat them. Eat and sleep them until they are on your tongue.
9. Acting goes through several stages...learning **WHAT** the character says and does; determining **WHY** the character says and does what they say and do; exploring **HOW** the characters speaks and moves; **DECIDING** how the character speaks and moves; **DELVING WHOLEHEARTEDLY** into the character you have created.
10. Acting is described as either a **TECHNICAL** or **PSYCHOLOGICAL** process. Either you learn how to speak and move, etc in a specific way in order to create your character, or you try to get inside their head and **EXPERIENCE** what they **THINK**, and your body and voice will follow. We will explore **BOTH** methods. Some actors connect with one style more than the other. What they both have in common is they **START WITH A BREATH.**
11. Technical work will **GENERALLY** be done on Saturdays, starting at 9:00 a.m. – through “early afternoon” – usually around 3:00. These dates can be found on the calendar.
12. **EVERYONE** in the cast will be required to put in at **LEAST 4 HOURS** of production work. Building, painting, working with props, costumes, sound, lighting, the program, publicity, etc. At technical work days there will be sign in/out sheets. Failure to put in time could result in removal from the show, being removed from being considered for the next show, or other consequences.
13. **EVERYONE** needs to clear **TECH WEEK** through **STRIKE**. **EVERYONE** will be required to stay through the end of strike.
14. I understand that you are busy people with jobs, school, other interests, etc, etc, etc. Me, too. You committed to do this production. Me, too. I’m going to work hard. You, too? I expect that this will become a priority in your life in the end you will work hard to make this the best process and production it can be. Other activities that arise need to be met with “I have play rehearsal.”
15. If you miss more than **THREE** scheduled rehearsals, you will be “benched” (i.e., removed) from the production. This means after I have created the rehearsal schedule, you come to me and say, “Oh, I forgot I have _____ I can’t make it on _____.” Three strikes, you’re out.

THEATRE IS AN ART FORM
Like painting. Like sculpture. Like music.

A painter takes excellent care of their brushes, canvas and paints.
A sculptor is careful with their tools and treats the clay or stone or wood with great respect.

A musician will take great care of their instrument.

An actor depends upon the following things to create their art form:

- **Body.**
 - (This is more for the costume designer – DON'T CUY YOUR HAIR UNLESS YOU GET AN OK!)
 - Eat good food. Not junk.
 - Drink lots of water. Lots. Or juice. Not soda. **Not "energy" drinks.** ("Energy" drinks cause your body to fluctuate wildly in its natural energy cycle. Eat and sleep well, and you will have energy.)
 - Avoid excess sugar. (Same idea as "energy" drinks.)
 - Avoid excess caffeine. (Same idea as "energy" drinks.)
 - Do not abuse your body with drugs (this includes alcohol and cigarettes.) I know, there are lots of bad examples of successful actors who do abuse drugs. The key word there is "BAD."
 - Exercise regularly, even if it's only a little bit each day.
 - Stretch after exercising.
 - Observe variations in other people's physicality – walks, gestures, movement, etc.
 - Observe how different body types move.

- **Voice.**
 - Keep warm in the wintertime (especially neck and head – wear a scarf and hat.)
 - Avoid screaming (especially at athletic events.)
 - Milk and chocolate in particular gum up your vocal chords (in the short term.)
 - Herbal teas with honey is good for your voice, as is warm apple cider with apple cider vinegar.
 - Be conscious of vocal volumes and what makes them change.
 - Be conscious of articulation and our lack of it.
 - Observe variations between different voices.
 - Observe variations on a single voice in different settings.

- **Mind/Emotions/Spirit**
 - Avoid caffeine, alcohol, and drugs. They change you.
 - Be conscious of your mental, emotional and spiritual state.
 - Be conscious of memories that connect in some way to this play.
 - Be alert to how this production connects with things going on in the world – your personal world, your immediate world, and the national/international world.
 - **Be aware that theatre tends to heighten your emotional state. I suggest you be cautious of beginning (or ending) a relationship with someone, especially someone in the cast, during the production time.**