



# **IES Global Personal Performance Power – The Power in You!**

*Embark on a New  
Educational Journey*

## **THE POWER IN YOU!**

**Powerful Early Bird Incentives - Register by April 2 and save \$100! Plus, the names of all paid Early Bird registrants will be placed in a drawing for a complimentary registration. One lucky winner will be chosen from each IES Global location and reimbursed for their registration fee.**

With an all-embracing theme, “Personal Performance Power,” IES Global will feature high-energy classes for attendees — designed around “The Power In You,” as a singer and a performer. The goal is to enrich and empower singers with skills that strengthen and integrate the voice, the body and the mind into a total performer.

In addition to exciting, cutting-edge classes, thrilling, non-traditional and unique opening and closing events are being planned. Your learning experience will begin with a powerful opening, continue with powerful classes and will conclude with a powerful closing — all of these together culminating in an awakening that will create greater power within you as a singer and performer.

**IES Global - a life-changing  
experience for you!**

The seminar songs are *One Moment in Time*, *Bring on the Beautiful Girls*, and *I Love You Truly*. You also are encouraged to know the songs from the Mass Sing Packet (available from the International Sales Department), which also will be sung at the seminar.

Unless otherwise noted, events begin on Thursday night with an opening session and continue through Saturday.

Each school location features identical classes and presentations that are designed to be interactive and experiential through the use of demonstration and active learning. An ingredient of what makes IES Global so special is the intimacy of smaller classes and highly creative class environments. Learning will also occur in large and small group settings, all with a focus on student participation.

• **IES East**, is set in Pittsburgh, Pa., a thriving metropolis rich in art and culture. The city has established bike and walking trails along its riverfronts and hollows, and keeps a mild temperature

in July — averaging a mere 86 degrees.

• **IES Central**, will be located in the fourth largest U.S. city, St. Louis, Mo. St. Louis has contributed to the musical styles such as blues, ragtime and jazz, and is home to the Gateway Arch.

• **IES West**, will take place in Rancho Mirage, Calif., located in the heart of Palm Springs Valley. Rancho Mirage offers an abundant amount of sunshine, great climate and related resort lifestyle.

**Thursday:**

8:30 – 10:30 p.m.  
Opening Session

**Friday:**

7:30 – 8:30 a.m.  
Breakfast

8:30 – 10:00 a.m.  
Command of the Voice:  
The Voice Part 1

10:20 – 11:35 a.m.  
Command of the Voice:  
Integration of the Voice Into  
the Art form

11:55 – 12:55 p.m.  
Command of the Body:  
Physical and Vocal  
Synchronization

12:55 a.m. – 2:00 p.m.  
Lunch

2:00 - 3:15 p.m.  
Command of the Mind:  
Choosing Personal Responsibility – CPR:  
Breathing Life Into Your Chorus  
Experience

Command of the Mind: The Fearless  
Performer

3:35 - 4:50 p.m.  
Command of the Mind: The Fearless  
Performer

Command of the Mind: Choosing  
Personal Responsibility – CPR:  
Breathing Life Into Your Chorus  
Experience



6:00 – 7:00 p.m.  
Dinner

**Saturday:**

7:30 – 8:30 a.m.  
Breakfast

8:30 – 10:00 a.m.  
Command of the Voice:  
The Voice Part 2

10:20 – 11:35 a.m.  
Command of the Mind: Coning Is More  
Than A Six-Letter Word – Part 1 – The  
Cone-Shaped Sound: Balance

Command of the Body: First Things  
First – Learn to Feel Comfortable on  
Stage

Command of the Voice: Discover the  
Parts of Your Singing Voice

11:55 a.m. – 12:55 p.m.  
Command of the Mind: Coning is More  
than A Six-Letter Word – Part 2 – The  
Cone-Shaped Sound: Blending Skills

Command of the Body: Movement  
for Singers

Command of the Voice: Resonation  
and the Barbershop Sound

12:55 – 2:00 p.m.  
Lunch

2:00 – 3:15 p.m.  
Command of the Voice: Singing  
Your Part Smart

3:35 – 4:35 p.m.  
Command of the Mind: Tuning 101

Command of the Body: Choreography  
That Makes Sense

Command of the Voice:  
Building a Fearless Performance

4:55 – 6:25 p.m.  
The Total Performer: Artistry and the  
Power In You!

7:15 – 7:15 p.m.  
Dinner

7:30 – 10:00 p.m.  
Closing Event

**Friday**

**Command of the Voice, The  
Power in You!**

The Voice – Part 1

Understand the vocal instrument through practical application of the following: aligning posture and relaxing tension to achieve a better sound and project confidence; utilizing resonance space to amplify the singing tone; developing singing breaths to expand the body and singing tone, create vocal energy and extend the breath in phrase delivery. Learn vocal exercises that warm up and focus the voice.

**Command of the Voice,  
The Power in You!  
Integrating the Voice  
Into the Art Form**

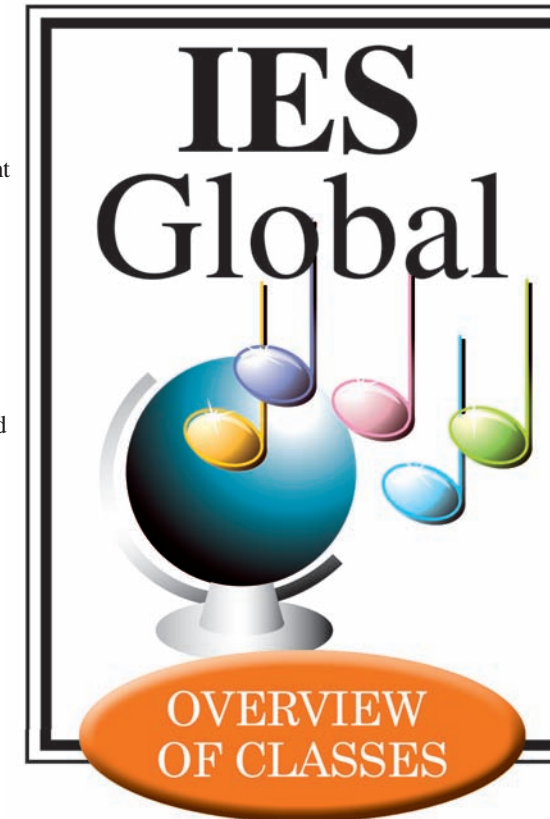
This class knits together Command of the Voice classes and expands student knowledge of the four judging categories and their interrelationship to one another. Students will learn the overlapping aspects of the art form and how to unify their vocal approach for successful integration into the ensemble performance.

**Command of the Body,  
The Power in You!  
Physical and Vocal Synchronization**

Learn techniques to promote physical and vocal synchronization. Class will explore the use of visual energy, finesse, and salesmanship of the musical product, while maintaining an open singing and performing posture and vocal instrument.

**Command of the Mind,  
The Power in You!  
Choosing Personal Responsibility –  
CPR: Breathing Life Into Your Chorus  
Experience**

This class explores ways in which to breathe life into your role as a singer in a performing ensemble. Learn to recognize and respect the best in yourself and others and appreciate people's different perspectives. Develop ways in which you can balance your career and rehearsal responsibilities to promote a happy and successful chorus experience.



**Command of the Mind,  
The Power in You!  
The Fearless Performer!**

Understanding yourself as a performer and defining your personal needs are important ingredients in a successful and confident performance. This class explores stage anxiety, building self-esteem, and offers skill building techniques and applications to achieve a fearless performance!

**Saturday  
Command of the Voice,  
The Power in You!**

The Voice – Part 2

This class builds on The Voice – Part 1. Produce a rich, round, resonant, and ringing sound utilizing your resonance space and moving the tone forward in the mask. Understand the relationship of primary vowels and consonants in producing a resonant singing tone.

**Electives: Choose one -  
Mind, Body, or Voice  
Command of the Mind,  
The Power in You!**

The Barbershop Style – Coning is More Than a Six-Letter Word – Part 1 - The Cone-Shaped Sound - Balance

One of the factors distinguishing barbershop harmony from other types of har-

mony is its balance and cone-shaped sound. The cause and effect of common balance problems are examined through quartet demonstration.

**Command of the Body,  
The Power in You!  
First Things First – Learn to Feel  
Comfortable on Stage!**

This class provides tools to help you release your inhibitions as you perform. Learn to use your body to express the stories in your songs and develop your ability to relax and enjoy the experience!

**Command of the Voice,  
The Power in You!  
Discover the Parts of  
Your Singing Voice**

This class explores the parts of the singing voice, the Middle, Chest, and Head voices, using volunteer singers from the class. Learn about the various voice registers, combining registers, and making register transition. Learn how to create a plan for vocal skill building that works your range and takes your voice to new levels.

**Electives: Choose one -  
Mind, Body, or Voice  
Command of the Mind,  
The Power in You!  
The Barbershop Style –  
Coning is More than a Six-Letter Word  
– Part 2 – The Cone-Shaped Sound –  
Blending Skills**

This class focuses on the vocal skills required for blending using volunteer singers from the class. Learn techniques that contribute to a unit sound and ways in which you can apply these techniques to your singing experience.

**Command of the Body,  
The Power in You!  
Movement For Singers**

This class focuses on movement that is appropriate for singers. Learn to move your body in the character of a song while keeping your singing skills completely intact. Learn techniques for making choreography work for you instead of against you!

**Command of the Voice,  
The Power in You!  
Resonation and the Barbershop Sound**

This class explores the relationship

*Continued on next page*

Continued

between resonance and the barbershop style of singing. Learn why resonance is important to the unit sound in chorus/quartet singing and how to produce, hear, and learn resonance skills.

**Command of the Voice,  
The Power in You!  
Singing Your Part Smart**

This class focuses on voice part characteristics and contribution to the balance of the barbershop cone. Students will learn more about what 'lock and ring' really means and how to achieve it. In addition you will learn how each part affects barbershop balance and affects all four judging categories.

**Electives: Choose one -  
Mind, Body, or Voice  
Command of the Mind,  
The Power in You!  
Tuning 101**

This class demonstrates the basics of tuning, including defining, recognizing, and maintaining the tonal center. Learn how these skills apply to each of the four parts and why they are necessary in the barbershop sound.

**Command of the Body,  
The Power in You!  
Choreography That Makes Sense!**

Learn choreography for a seminar song that is easy to remember! Learn the method behind developing choreography that is musically based and supports the singing mechanism at all times.

**Command of the Voice,  
The Power in You!  
Building Your Fearless Performance**

This class addresses the idea that singing is like other art and that it takes practice to improve. The length of the practice isn't as important as practicing on a regular basis. Learn ways in which you can get to know your own voice and set goals for areas you would like to improve. Understand how to schedule and monitor your practicing to make consistent progress.

**Command of the Voice, Body, and Mind  
The Total Performer**

**Artistry and the Power in You!**  
See the music, feel the music, and be the music. This class explores adding artistic execution of the voice, body, and mind skills to enrich and empower you as a total performer.



**International  
Young Women  
in Harmony  
Festival  
July 16-17, 2010**

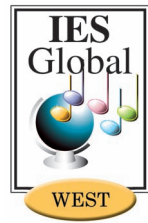
An International Young Women in Harmony Festival, under the direction of Sandi Wright, will be offered during IES Central. It will

take place on Friday afternoon and all day Saturday. Participants are not required to be members of Sweet Adelines International.

This is a wonderful way to introduce young women, aged 25 and under, to the barbershop art form through hands-on rehearsals culminating in a show package that will be presented on Saturday evening.

There is a small fee to participate in the YWIH Festival. The fee covers meals for Friday evening and all day Saturday. If a youth participant registers to attend IES CENTRAL in its entirety, this fee will be waived.

Please note that staying in the hotel is not required. Those students under the age of 18 who choose to stay in the hotel are required to have an adult chaperone.



**Visual  
Performance  
Workshop  
Thursday, July 22,  
2010, Rancho  
Mirage, California**

**The Blank Canvas –  
A Song Without A Visual Plan**  
This class illuminates the minds of all choreographers! It examines how and why we include choreography in our performances, and empowers you to better understand your effect on the blank canvas – a song without any choreography.

**Choosing The Right Colors!  
Designing Musically Based Choreography**  
This class offers practical methods to help choreographers design musically based choreography. Learn how to analyze music, design characterization that supports the musical plan, and add flair to the final product through visual embellishments.

**Make It Memorable!  
Teaching Techniques That Allow  
Members To Enjoy And Remember  
Choreography**

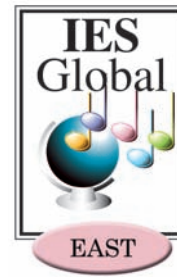
Learn techniques for teaching that inspire and invigorate your chorus members. Explore methods of teaching that utilize the body as a primary teaching tool.

**Electives: Choose one  
The Unvarnished Truth  
Visual Evaluations and Front Row  
Auditions**  
Design successful and educational visual evaluations and front row auditions for chorus members. Discuss audition expectations with emphasis on methods for sharing information with auditionees prior to audition, structuring an informative and educational experience, and methods for offering immediate feedback to every auditionee following announcement of results.

**The Unvarnished Truth  
Contemporary Costume and Makeup**  
Learn about current makeup trends and costume alternatives that will enhance and support the musical and emotional message of your songs. Learn to show off the character and attitude of your group by creating a unified, contemporary and cost-effective approach to makeup and costuming.

**Be An Artist!  
Taking Risks and Being Creative  
While Honoring the Final Product**  
Learn to be creative and take risks – while understanding that every artistic venture requires re-visiting, rethinking, and revision before it is complete. Learn to be flexible and develop the ability to admit when the visual plan needs to be updated or revamped.

**Let's Dance!**  
Learn the visual plan to a seminar song. Observe successful teaching techniques and refine your ability to use your body to demonstrate as you teach.



**2010 IES Global EAST  
Registration Form,  
July 8 – 10, 2010  
Westin Convention Center  
Pittsburgh, Pa.**

If you prefer, online registration can be completed via our website at [www.sweetadelineintl.org](http://www.sweetadelineintl.org)

Member #: \_\_\_\_\_

Badge Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address1: \_\_\_\_\_

Address2: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_

Country: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail: \_\_\_\_\_

(registration confirmations will be sent via e-mail)

Day Phone: \_\_\_\_\_

**Registration fees include:**

- On-site materials (handouts, seminar program, etc.)
- Links to download the seminar music and learning media
- All classes
- Admission to the opening and closing events
- All meals on class days (breakfast, lunch, dinner as well as snacks/non-alcoholic beverages such as coffee/tea).

**Conference Registration**

- Registration postmarked on or before April 2, 2010 \$395
- Registration received after April 2, 2010 \$495
- Non-Member Registration postmarked on or before April 2, 2010 \$495
- Non-Member Registration received after April 2, 2010 \$595
- Funded attendee - please check which applies to you for this meeting:
  - International Board of Directors (2)
  - International Education Direction Committee (1)
  - IES Teaching Faculty
  - Demonstration Quartet (by invitation only)
  - Seminar Chair
  - Invited Guest Faculty

**TOTAL REGISTRATION FEE(S)** \$ \_\_\_\_\_

**Registration Payment**

- Check payable to Sweet Adelines International
- Visa
- MasterCard
- Discover Card

Number: \_\_\_\_\_

Expiration: \_\_\_\_\_

Signature: \_\_\_\_\_

**Cancellation Policy**

Registration fees will be refunded minus a \$50 processing fee, if notification is received in writing before June 25, 2010. No refunds will be given after June 25, 2010. Substitutions can be made without penalty.

Office Use Only  
Date Received: \_\_\_\_\_  
Registration # \_\_\_\_\_

**Friday Electives: Choose one  
2:00 - 3:15 p.m.**

- 4501 Command of the Mind: Choosing Personal Responsibility – CPR: Breathing Life Into Your Chorus Experience
- 4502 Command of the Mind: The Fearless Performer

**3:35 - 4:50 p.m.**

- 4601 Command of the Mind: Choosing Personal Responsibility – CPR: Breathing Life Into Your Chorus Experience
- 4602 Command of the Mind: The Fearless Performer

**Saturday Electives: Choose one -  
Mind, Body, or Voice  
10:20 - 11:35 a.m.**

- 5201 Command of the Mind: Coning Is More Than A Six-Letter Word – Part 1 – The Cone-Shaped Sound: Balance
- 5202 Command of the Body: First Things First – Learn to Feel Comfortable on Stage
- 5203 Command of the Voice: Discover the Parts of Your Singing Voice

**11:55 a.m. - 12:55 p.m.**

- 5301 Command of the Mind: Coning Is More than A Six-Letter Word – Part 2 – The Cone-Shaped Sound: Blending Skills
- 5302 Command of the Body: Movement for Singers
- 5303 Command of the Voice: Resonation and the Barbershop Sound

**3:35 - 4:35 p.m.**

- 5601 Command of the Mind: Tuning 101
- 5602 Command of the Body: Choreography That Makes Sense
- 5603 Command of the Voice: Building a Fearless Performance

**Release of Claims form must be returned with the registration form**

**Release of Claims**

I agree and acknowledge that I am participating in the IES Global ("Event") on my own accord. I give this acknowledgement freely and knowingly and I represent and warrant to you that I am physically and mentally fit and that, as a result, able to participate, and I do hereby assume responsibility for my own well-being.

I am fully aware that possible physical injury might occur to me as a result of my participation, and I agree to assume the full risk, including risk which is not specifically foreseeable, of any injuries, including death, damages or loss regardless of severity, which I may sustain as a result of participating in any and all activities connected with or associated with the Event.

In consideration of the right to participate in the Event, I hereby waive any and all rights or claims I may have as a result of participation in the Event against Sweet Adelines International, its directors, officers, employees, members, staff, and all individuals assisting in instructing and conducting these activities, and I hereby fully release and discharge them from any and all claims resulting from injuries, including death, damages or loss, which may occur to me or my heirs arising out of or in any way connected with my participation in the Event.

I further agree to indemnify, defend, and hold harmless Sweet Adelines International, its directors, officers, employees, members, staff, and all individuals assisting in instructing and conducting these activities, from any and all claims resulting from injuries, including death, damages, or loss, which may occur to me or my heirs arising out of or in any way connected with my participation in the Event.

Signed: \_\_\_\_\_

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

Sweet Adelines International will coordinate housing for attendees. All housing reservation forms must be received by June 9, 2010, to receive the discounted Sweet Adelines hotel rate. The hotel requires the first night's room and tax as a deposit to make a reservation, therefore a credit card number is required to make a reservation. Reservation confirmations will be sent from the hotel once the reservations have been given to them after June 9.

The Westin Convention Center Pittsburgh  
1000 Penn Avenue  
Pittsburgh, PA 15222  
Room Rate: \$155 plus 14% hotel tax per night

Immerse yourself in the heart of the city at The Westin Convention Center, a downtown Pittsburgh hotel convenient for both business and leisure travelers. In addition to the renowned Heavenly



**2010 IES Global EAST Housing Form**

Bed® and Heavenly Bath®, the hotel is home to The Original Fish Market restaurant and a full service Westin WORKOUT® facility.

Your journey to relaxation begins at the Pittsburgh hotel where every room is spacious and features a downtown city view. In addition to the Heavenly Bed® and Heavenly Bath®, all guest rooms also include complimentary High Speed Internet access, Starbucks® brand coffee and are 100% smoke free.

Heavenly Bed®: Custom designed pillow-top mattress, boudoir pillow and cover, three crisp 250 thread count sheets, duvet cover with a down blanket and five of the best pillows in the business.

Heavenly Bath®: Dual head shower, curved shower rod that provides eight additional inches of elbow room, oversized hand spun cotton bath towels, and signature white tea scented Heavenly Bath products.

**Room Leader Contact Information (the confirmation will be sent to this person)**

First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_  
Phone: \_\_\_\_\_

First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Arrival Date: \_\_\_\_\_  
Departure Date: \_\_\_\_\_

Mark ONE box to indicate the number of people in the room  
 Single – 1 person  
 Double – 2 people  
 Triple – 3 people  
 Quad – 4 people

To be assigned the roommate(s) listed below, they must be registered for and be attending the same event you are attending.

Roommate(s) (occupants in addition to the room leader)  
 First Name: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

Please check your bed preference (subject to availability)  
 2 beds  
 1 bed

Please indicate any special needs:

First Name: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

Deposit Charge  
 American Express  Visa  MasterCard  Discover  
 Card Number: \_\_\_\_\_  
 Expiration: \_\_\_\_\_  
 Signature: \_\_\_\_\_

All room reservations require a first night's room and tax deposit. The deposit is payable by credit card, which will be charged when the rooming list is submitted to the hotel. Credit cards must have an expiration date of 08/10 or later. All reservations, changes and cancellations must be made by June 9, 2010. Confirmations will be sent via e-mail within 7 days of the hotel receiving the reservation. Deposits are non-refundable after June 9, 2010.

**Return Information**  
 Mail all forms and payment to:  
 Sweet Adelines Intl  
 PO Box 470168  
 Tulsa OK USA 74147-0168  
 Fax: 918-388-8083 (credit card payment only)

**Questions? Call Nancy Aloway at 918-388-8036 or toll free 800-992-7464. E-mail nancy@sweetadelineintl.org**



**2010 IES Global CENTRAL Registration Form, July 15 – 17, 2010 Millenium Hotel St. Louis St. Louis, Mo.**

If you prefer, online registration can be completed via our website at [www.sweetadelineintl.org](http://www.sweetadelineintl.org)

Member #: \_\_\_\_\_  
 Badge Name: \_\_\_\_\_  
 First Name: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 Address1: \_\_\_\_\_  
 Address2: \_\_\_\_\_  
 City: \_\_\_\_\_ St: \_\_\_\_\_  
 Country: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 E-mail: \_\_\_\_\_  
 (registration confirmations will be sent via e-mail)  
 Day Phone: \_\_\_\_\_

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- On-site materials (handouts, seminar program, etc.)
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- Admission to the opening and closing events
- All meals on class days (breakfast, lunch, dinner as well as snacks/non-alcoholic beverages such as coffee/tea).

**Conference Registration**

- |  |       |
|--|-------|
| <input type="checkbox"/> Registration postmarked on or before April 2, 2010            | \$395 |
| <input type="checkbox"/> Registration received after April 2, 2010                     | \$495 |
| <input type="checkbox"/> Non-Member Registration postmarked on or before April 2, 2010 | \$495 |
| <input type="checkbox"/> Non-Member Registration received after April 2, 2010          | \$595 |
- Funded attendee - please check which applies to you for this meeting:
- |  |   |
|--|---|
| <input type="checkbox"/> International Board of Directors (2)            | <input type="checkbox"/> Demonstration Quartet (by invitation only) |
| <input type="checkbox"/> International Education Direction Committee (1) | <input type="checkbox"/> Seminar Chair                              |
| <input type="checkbox"/> IES Teaching Faculty                            | <input type="checkbox"/> YWIH Clinician                             |

**Additional Event**

- |   |  |
|---|--|
| <input type="checkbox"/> International YWIH Festival July 16 & 17 - \$100 | <input type="checkbox"/> International YWIH Festival July 16 & 17 no charge if paid attendee to IES Central (If you are 25 and under and registered to attend IES CENTRAL in its entirety, this fee will be waived.) |
|---|--|
- Please go to our website for the YWIH Festival Registration Form (Participants must be 25 and under)

**TOTAL REGISTRATION FEE(S) Registration Payment**

Check payable to Sweet Adelines International  Visa  MasterCard  Discover Card

Number: \_\_\_\_\_  
 Expiration: \_\_\_\_\_  
 Signature: \_\_\_\_\_  
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Office Use Only  
 Date Received: \_\_\_\_\_  
 Registration # \_\_\_\_\_

**Friday Electives: Choose one 2:00 - 3:15 p.m.**

- 4501 Command of the Mind: Choosing Personal Responsibility – CPR: Breathing Life Into Your Chorus Experience  
 4502 Command of the Mind: The Fearless Performer

**3:35 - 4:50 p.m.**

- 4601 Command of the Mind: Choosing Personal Responsibility – CPR: Breathing Life Into Your Chorus Experience  
 4602 Command of the Mind: The Fearless Performer

**Saturday Electives: Choose one - Mind, Body, or Voice**

- 10:20 - 11:35 a.m.**  
 5201 Command of the Mind: Coning Is More Than A Six-Letter Word – Part 1 – The Cone-Shaped Sound: Balance  
 5202 Command of the Body: First Things First – Learn to Feel Comfortable on Stage  
 5203 Command of the Voice: Discover the Parts of Your Singing Voice

**11:55 a.m. - 12:55 p.m.**

- 5301 Command of the Mind: Coning Is More than A Six-Letter Word – Part 2 – The Cone-Shaped Sound: Blending Skills  
 5302 Command of the Body: Movement for Singers  
 5303 Command of the Voice: Resonation and the Barbershop Sound

**3:35 - 4:35 p.m.**

- 5601 Command of the Mind: Tuning 101  
 5602 Command of the Body: Choreography That Makes Sense  
 5603 Command of the Voice: Building a Fearless Performance

**Release of Claims form must be returned with the registration form**

**Release of Claims**  
 I agree and acknowledge that I am participating in the IES Global ("Event") on my own accord. I give this acknowledgement freely and knowingly and I represent and warrant to you that I am physically and mentally fit and that, as a result, able to participate, and I do hereby assume responsibility for my own well-being.  
 I am fully aware that possible physical injury might occur to me as a result of my participation, and I agree to assume the full risk, including risk which is not specifically foreseeable, of any injuries, including death, damages or loss regardless of severity, which I may sustain as a result of participating in any and all activities connected with or associated with the Event.  
 In consideration of the right to participate in the Event, I hereby waive any and all rights or claims I may have as a result of participation in the Event against Sweet Adelines International, its directors, officers, employees, members, staff, and all individuals assisting in instructing and conducting these activities, and I hereby fully release and discharge them from any and all claims resulting from injuries, including death, damages or loss, which may occur to me or my heirs arising out of or in any way connected with my participation in the Event.

I further agree to indemnify, defend, and hold harmless Sweet Adelines International, its directors, officers, employees, members, staff, and all individuals assisting in instructing and conducting these activities, from any and all claims resulting from injuries, including death, damages, or loss, which may occur to me or my heirs arising out of or in any way connected with my participation in the Event

Signed: \_\_\_\_\_  
 Print Name: \_\_\_\_\_  
 Date: \_\_\_\_\_

# 2010 IES Global CENTRAL Housing Form

Experience the Millennium Hotel St. Louis, located on the banks of the Mississippi River at the heart of the city's best dining, entertainment and sporting venues. Adjacent to the landmark Gateway Arch, it is within walking distance to major attractions like Busch Stadium, Old Cathedral, LaCledde's Landing and President Casino.

Soak in the views from one of the 780 guestrooms, offering amenities such as a fitness center, game room and indoor and outdoor pools.



The Top of the Riverfront restaurant is St. Louis's only revolving restaurant, serving contemporary American cuisine 28 stories above the cityscape with memorable 360° views. Martini's Lobby Lounge offers your pick of over 30 delicious martinis, served before two-story windows with panoramic views of the Gateway Arch.

The hotel rooms are spacious with pillow-top bedding to make you sleep like a baby. Many of the rooms have views of the Gateway Arch and the Mississippi Riverfront.

Room Leader Contact Information (the confirmation will be sent to this person)

First Name: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 E-mail: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_  
 Phone: \_\_\_\_\_

First Name: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 E-mail: \_\_\_\_\_  
 Arrival Date: \_\_\_\_\_  
 Departure Date: \_\_\_\_\_

Mark ONE box to indicate the number of people in the room

Single – 1 person  
 Double – 2 people  
 Triple – 3 people  
 Quad – 4 people

Please check your bed preference (subject to availability)

2 beds  
 1 bed

Please indicate any special needs:

To be assigned the roommate(s) listed below, they must be registered for and be attending the same event you are attending. Roommate(s) (occupants in addition to the room leader)

First Name: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

First Name: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

Deposit Charge

American Express  Visa  MasterCard  Discover

Card Number: \_\_\_\_\_  
 Expiration: \_\_\_\_\_  
 Signature: \_\_\_\_\_

All room reservations require a first night's room and tax deposit. The deposit is payable by credit card, which will be charged when the rooming list is submitted to the hotel. Credit cards must have an expiration date of 08/10 or later. All reservations, changes and cancellations must be made by June 9, 2010. Confirmations will be sent via e-mail within 7 days of the hotel receiving the reservation. Deposits are non-refundable after June 9, 2010.

**Return Information**  
 Mail all forms and payment to:  
 Sweet Adelines Intl  
 PO Box 470168  
 Tulsa OK USA 74147-0168  
 Fax: 918-388-8083 (credit card payment only)

Questions? Call Nancy Aloway at 918-388-8036 or toll free 800-992-7464. E-mail nancy@sweetadelineintl.org



## 2010 IES Global WEST Registration Form, Westin Mission Hills Resort and Spa Rancho Mirage, Calif. 92270

If you prefer, online registration can be completed via our website at [www.sweetadelineintl.org](http://www.sweetadelineintl.org)

Member #: \_\_\_\_\_  
 Badge Name: \_\_\_\_\_  
 First Name: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 Address1: \_\_\_\_\_  
 Address2: \_\_\_\_\_  
 City: \_\_\_\_\_ St: \_\_\_\_\_  
 Country: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 E-mail: \_\_\_\_\_  
 (registration confirmations will be sent via e-mail)  
 Day Phone: \_\_\_\_\_

**Registration fees include:**

- On-site materials (handouts, seminar program, etc.)
- Links to download the seminar music and learning media
- All classes
- Admission to the opening and closing events
- All meals on class days (breakfast, lunch, dinner as well as snacks/non-alcoholic beverages such as coffee/tea).

**Conference Registration**

Registration postmarked on or before April 2, 2010 \$395  
 Registration received after April 2, 2010 \$495  
 Non-Member Registration postmarked on or before April 2, 2010 \$495  
 Non-Member Registration received after April 2, 2010 \$595

Funded attendee - please check which applies to you for this meeting:

<input type="checkbox"/> International Board of Directors (2)	<input type="checkbox"/> Demonstration Quartet (by invitation only)
<input type="checkbox"/> International Education Direction Committee (1)	<input type="checkbox"/> Seminar Chair
<input type="checkbox"/> IES Teaching Faculty	<input type="checkbox"/> Invited Guest Faculty

**Pre-Conference Event**

Visual Leader Workshop July 22, 2010 \$150 (additional fee when attending IES Global West)  
 Visual Leader Workshop July 22, 2010 \$200 (additional fee when NOT attending IES Global West)

Non-member additional fee for those who are also registering for IES West in its entirety: \$250  
 Non-member fee for those who are only registering for the workshop as a stand-alone event: \$300

**TOTAL REGISTRATION FEE(S)** \$ \_\_\_\_\_  
**Registration Payment**

Check payable to Sweet Adelines International  Visa  MasterCard  Discover Card

Number: \_\_\_\_\_  
 Expiration: \_\_\_\_\_  
 Signature: \_\_\_\_\_  
 Cancellation Policy

Registration fees will be refunded minus a \$50 processing fee, if notification is received in writing before June 25, 2010. No refunds will be given after June 25, 2010. Substitutions can be made without penalty.

Office Use Only  
 Date Received: \_\_\_\_\_  
 Registration # \_\_\_\_\_

**Friday Electives: Choose one**

**2:00 - 3:15 p.m.**

4501 Command of the Mind: Choosing Personal Responsibility – CPR: Breathing Life Into Your Chorus Experience  
 4502 Command of the Mind: The Fearless Performer

**3:35 - 4:50 p.m.**

4601 Command of the Mind: Choosing Personal Responsibility – CPR: Breathing Life Into Your Chorus Experience  
 4602 Command of the Mind: The Fearless Performer

**Saturday Electives: Choose one - Mind, Body, or Voice**

**10:20 - 11:35 a.m.**

5201 Command of the Mind: Coning Is More Than A Six-Letter Word – Part 1 – The Cone-Shaped Sound: Balance  
 5202 Command of the Body: First Things First – Learn to Feel Comfortable on Stage  
 5203 Command of the Voice: Discover the Parts of Your Singing Voice

**11:55 a.m. - 12:55 p.m.**

5301 Command of the Mind: Coning Is More than A Six-Letter Word – Part 2 – The Cone-Shaped Sound: Blending Skills  
 5302 Command of the Body: Movement for Singers  
 5303 Command of the Voice: Resonation and the Barbershop Sound

**3:35 - 4:35 p.m.**

5601 Command of the Mind: Tuning 101  
 5602 Command of the Body: Choreography That Makes Sense  
 5603 Command of the Voice: Building a Fearless Performance

**Release of Claims form must be returned with the registration form**

**Release of Claims**  
 I agree and acknowledge that I am participating in the IES Global ("Event") on my own accord. I give this acknowledgement freely and knowingly and I represent and warrant to you that I am physically and mentally fit and that, as a result, able to participate, and I do hereby assume responsibility for my own well-being.  
 I am fully aware that possible physical injury might occur to me as a result of my participation, and I agree to assume the full risk, including risk which is not specifically foreseeable, of any injuries, including death, damages or loss regardless of severity, which I may sustain as a result of participating in any and all activities connected with or associated with the Event.  
 In consideration of the right to participate in the Event, I hereby waive any and all rights or claims I may have as a result of participation in the Event against Sweet Adelines International, its directors, officers, employees, members, staff, and all individuals assisting in instructing and conducting these activities, and I hereby fully release and discharge them from any and all claims resulting from injuries, including death, damages or loss, which may occur to me or my heirs arising out of or in any way connected with my participation in the Event.  
 I further agree to indemnify, defend, and hold harmless Sweet Adelines International, its directors, officers, employees, members, staff, and all individuals assisting in instructing and conducting these activities, from any and all claims resulting from injuries, including death, damages, or loss, which may occur to me or my heirs arising out of or in any way connected with my participation in the Event

Signed: \_\_\_\_\_  
 Print Name: \_\_\_\_\_  
 Date: \_\_\_\_\_

Sweet Adelines International will coordinate housing for attendees. All housing reservation forms must be received by June 9, 2010, to receive the discounted Sweet Adelines hotel rate. The hotel requires the first night's room and tax as a deposit to make a reservation, therefore a credit card number is required to make a reservation. Reservation confirmations will be sent from the hotel once the reservations have been given to them after June 9.

Westin Mission Hills Resort and Spa  
71333 Dinah Shore Drive  
Rancho Mirage, CA 92270  
Room Rate: \$139 plus 10.65% hotel tax per night

Set on 360 acres within the Rancho Mirage community, The Westin Mission Hills Resort & Spa is surrounded by landscaped courtyards and extensive waterways. Guests enjoy elegant accommodations,



ample meeting space, and a relaxing desert climate. Two world-class golf courses and extensive recreational facilities allow guests to take full advantage of the ideal climate. The first-class spa and various pools, one with a 60-foot water slide, provide opportunities to refresh body and soul.

The 472 traditional guest rooms are oversized, with an airy feel. Comfortable furniture, tasteful carpets and fine linens on the Westin Heavenly Bed® ensure a relaxing stay. All guest rooms are spacious and brushed with a palette of soothing taupe tones and richly textured accents. Each has its own private patio with glorious views. Plush furnishings invite relaxation and enhance the time guests spend gazing across their patios at stunning mountain views and exotic desert plants. Most traditional guest rooms include refrigerators.

Room Leader Contact Information (the confirmation will be sent to this person)

First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_  
Phone: \_\_\_\_\_

To be assigned the roommate(s) listed below, they must be registered for and be attending the same event you are attending.  
Roommate(s) (occupants in addition to the room leader)

First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
E-mail: \_\_\_\_\_

First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
E-mail: \_\_\_\_\_

First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Arrival Date: \_\_\_\_\_  
Departure Date: \_\_\_\_\_

Mark ONE box to indicate the number of people in the room  
 Single – 1 person  
 Double – 2 people  
 Triple – 3 people  
 Quad – 4 people

Please check your bed preference (subject to availability)  
 2 beds  
 1 bed

Please indicate any special needs:

Deposit Charge  
 American Express  Visa  MasterCard  Discover

Card Number: \_\_\_\_\_  
Expiration: \_\_\_\_\_  
Signature: \_\_\_\_\_

All room reservations require a first night's room and tax deposit. The deposit is payable by credit card, which will be charged when the rooming list is submitted to the hotel. Credit cards must have an expiration date of 08/10 or later. All reservations, changes and cancellations must be made by June 9, 2010. Confirmations will be sent via e-mail within 7 days of the hotel receiving the reservation. Deposits are non-refundable after June 9, 2010.

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