

September 2009

Kathleen Van De Graaff
president, editor of CCNATS
newsletter, chair Musical
Theatre Competition

Amy Conn, VP, Co-chair
College competition

Victoria Holland, Treasurer,
Co-chair College competition

Mark Stingley, Fall Co-Chair,
Corresponding Sec

Sarah McIntyre, Musical
Theatre Committee

Karen Bauer, Competitions
Committee

Mark Crayton, Chair HS
Competition

Marc Embree, Co-chair Fall
workshop

Elizabeth Hale Knox, Book
reviews & Area Rep Co-chair

Linda Ogden Hagen,
Publicity

Anne Marie Ouverson, New
members chair, Co-chair HS
competition

Angela Presutti, Area Rep Co-
chair

David Hoffman, Technology
expert

Chicago NATS newsletter

Dear CCNATS members!

It has been a very busy summer preparing for a full year of workshops and events for teachers and singers for 2009-2010. We hope there is something that will be helpful to each one of you. We are excited to host the first annual musical theatre competition as well as the traditional classical singing competitions. Please join us in one or more of the many activities being offered.

Postcards

You should have received a postcard in the mail by now outlining the year. This is intended to be placed on your refrigerator for quick reference. If you did not receive a postcard, or if you'd like additional ones for your friends or students, please let me know and I'd be happy to send them to you. More detailed information about the workshops plus guidelines for the competitions as well as a link so you can register and pay online can be found on our updated website. It will be quick and easy! Please take a moment to look at it: www.chicagonats

Renew your membership

It's time to renew for 2010-2011. Dues are still \$30 for 2 years. Dues can be renewed and paid online, please do so before February 1, 2010. Please go to the <http://www.chicagonats.org/membership.html>. The link for online registration is at the top of the page.

Area Events

We would like to announce something new at CCNATS! We have divided up the Chicago NATS membership into 6 geographical areas. Each area will have a chair who will organize an event in his/her own area. As we work together and build our teaching and friendships in each area, we will strengthen the whole of Chicago NATS. Your area chair will contact you soon.

Sincerely,

Kathleen Van De Graaff
President Chicago NATS



Teachers needed:

I am looking for voice and piano teachers to teach at newly opened music school in Naperville, Naperville Music Academy, LLC. We are looking for the opportunity to work with some of your current and former students who would be interested in teaching voice and piano lessons to students of all ages and profiles.

Please contact me if are interested.

Dr. Sonja Mihelcic
Naperville Music Academy, LLC
4260 Westbrook Dr.
Suite 102-103
Aurora, IL 60504
630-585-6000

napervillemusicacademy@yahoo.com
www.napervillemusicacademy.com

We're on the Web!

Visit us at:
www.chicagonats.org



Matt Boresi is a librettist, director, and theater instructor. He is the Program Director for the Musical Theater Program at the Music Institute of Chicago, Visiting Lecturer of Theatre at North Central College and Carthage College, and Director of the North Central College Summer Musical Theatre Workshops and Summer Light Opera Program.

Boresi has conducted Master Classes and lectures at the Northwestern University School of Music, the Tanglewood Institute, Columbia College, Carthage College, the Midwest Young Artists Summer Program, and Self-Employment in the Arts.

Overcoming performance anxiety

with Dr. Noa Kageyama

Oct 24 10:00-4:00

**Location: De Paul University
Concert Hall**

**Fees \$20 students &
CCNATS members
\$30 General public**



Dr. Noa Kageyama is our special guest this year with CCNATS. This is a do-not miss event!!

Some singers appear to have a natural gift for performing, seemingly unfazed by the anxieties and pressure that the rest of us grapple with. Believe it or not, this ability to sing one's best no matter what is not an inborn character trait but the product of a set of skills that can be learned by anyone.

In this workshop you will learn what it takes to become a more confident and dynamic performer, through the use of established strategies gleaned from the field of performance psychology. We will cover a variety of key topics such as building confidence, quieting the mind, and focusing past distractions, and ultimately work on developing specific skills that are essential for managing nerves, increasing focus, and turning performance anxiety into an asset rather than a liability.



Dr. Noa Kageyama began his Musical training at the age of 2, making his first orchestral appearance at the age of five, and shortly thereafter, his television on WBNS-TV's *Front Page Saturday Night*.

As a violinist, Kageyama had 23 years of experience performing and competing nationally and internationally. An Oberlin and Juilliard graduate as well as an orchestral fellow at the Aspen Music Festival, Kageyama has studied with Donald Weilerstein, Masao Kawasaki, Paul Kantor, Roland & Almita Vamos, Stephen Clapp, Ronald Copes, and Franco Gulli. He appeared as soloist with various ensembles, including the Columbus Symphony, Springfield Symphony, Welsh Hills Symphony, and Oberlin Orchestra. Kageyama also performed live radio broadcasts on WOSU-FM, WCBE-FM, and Israel's National Classical Music Radio station.

While completing his Masters degree at The Juilliard School, Kageyama was a student in sport psychologist Dr. Don Greene's performance enhancement class. Observing first-hand how critical a role the mind plays in auditions and performances, Kageyama left music to pursue his doctorate in psychology and a career devoted to helping others discover the keys to performance success.

Now a decade later, Kageyama has a Ph.D. in psychology from Indiana University with a specialization in performance psychology. Dr. Kageyama is currently the New World Symphony's performance psychology coach, and works with individual students and performing artists as well as professionals in business, medicine, and sports. He has conducted master classes and seminars on overcoming performance anxiety at institutions around the country, including Indiana University, The Juilliard School, the New England Conservatory of Music, and Oberlin Conservatory.