



## 2021-2022 Auditions Visual Videos

Updated: September 24, 2021

The Stampede Showband Visual Audition is an assessment of your ability to apply yourself to new visual exercises.

### When you are ready to submit your videos:

- Please upload your videos to [Showband Visual Auditions](https://docs.google.com/forms/d/e/1FAIpQLSfX-OxCMQ5GsbANZf6fjbmzcPEQoEhLuvUq9m7R1DcPkkc4cg/viewform?usp=sf_link)  
[https://docs.google.com/forms/d/e/1FAIpQLSfX-OxCMQ5GsbANZf6fjbmzcPEQoEhLuvUq9m7R1DcPkkc4cg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfX-OxCMQ5GsbANZf6fjbmzcPEQoEhLuvUq9m7R1DcPkkc4cg/viewform?usp=sf_link)
- Email [rfulbrook@calgariystampede.com](mailto:rfulbrook@calgariystampede.com) to confirm your submission was received.

### Brass and Woodwinds - There are 4 videos to complete.

#### Posture Roll Down Exercise

- **Video #1** Without instrument
- **Video #2** With Instrument into Horns Up

Please perform the following exercise twice, first time without instruments, second time picking up instruments from the bottom of the roll down.

Exercise should be performed at 70 BPM

- 4 count head down
- 4 count should round in
- 4 count upper back round
- 4 count lower back round
- 4 count knees bend into a tiny ball
- Hold for 8 counts (& pick up instrument)
- 4 counts knees straighten
- 4 counts lower back straightens
- 4 counts upper back straightens
- 4 counts shoulders go up back and down
- 4 counts head straightens up
- 4 counts arms/instruments come to set
- Hold for 8 counts

You will be evaluated on:

- Vertical alignment of head, shoulders, hips & ankles
- Sense of lift throughout body
- Instrument Carriage – shoulders relaxed, elbows strong and away from the body, unbroken wrists

#### Video #3 - High Mark Time with Tempo Changes

Please perform the following exercise at 160 BPM, with instruments at attention

- 8 counts of high mark time at 160 BPM
- 8 counts of high mark time at 80 BPM
- 8 counts of high mark time at 160 BPM
- 8 counts of high mark time at 80 BPM
- 24 counts Total



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You will be evaluated on:

- Accuracy of foot timing at different tempos
- Energy control at the change of foot speeds
- Posture and carriage of upper body and instrument throughout exercise

### Video #4 - Marching Exercise

Please perform the following exercise at 130-140 BPM. Repeat 4 times through.

- Forwards March 16 Counts – instrument snap up to playing position on count 1 of the forward march
- Backward March 8 Counts
- Hold 4 counts – instrument snap down to attention on count 1 of the hold

You will be evaluated on:

- Posture and carriage of upper body and instrument throughout exercise
- Accuracy of foot timing
- Ability to manage increase demand of moving while adding horn snaps
- Accurate direction changes

**Drumline** - There are 4 videos to complete.

### Video #1 - Posture Roll Down Exercise - Without instrument

Please perform the following exercise twice

Exercise should be performed at 70 BPM

- 4 count head down
- 4 count should round in
- 4 count upper back round
- 4 count lower back round
- 4 count knees bend into a tiny ball
- Hold for 8 counts (& pick up instrument)
- 4 counts knees straighten
- 4 counts lower back straightens
- 4 counts upper back straightens
- 4 counts shoulders go up back and down
- 4 counts head straightens up
- 4 counts arms/instruments come to set
- Hold for 8 counts

You will be evaluated on:

- Vertical alignment of head, shoulders, hips & ankles
- Sense of lift throughout body
- Instrument Carriage – shoulders relaxed, elbows strong and away from the body, unbroken wrists



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### Video #2 - High Mark Time with Tempo Changes

Please perform the following exercise at 160 BPM, without instrument

- 8 counts of high mark time at 160 BPM
- 8 counts of high mark time at 80 BPM
- 8 counts of high mark time at 160 BPM
- 8 counts of high mark time at 80 BPM
- 24 counts Total

You will be evaluated on:

- Accuracy of foot timing at different tempos
- Energy control at the change of foot speeds
- Posture and carriage of upper body and instrument throughout exercise

### Video #3 - Marching Exercise

Please perform the following exercise at 130-140 BPM. Repeat 4 times through. With your drum if available.

- Forwards March 16 Counts – instrument snap up to playing position on count 1 of the forward march
- Backward March 8 Counts
- Hold 4 counts – instrument snap down to attention on count 1 of the hold

You will be evaluated on:

- Posture and carriage of upper body and instrument throughout exercise
- Accuracy of foot timing
- Ability to manage increase demand of moving while adding horn snaps
- Accurate direction changes

### Video #4 - Left Box, Right Box with Crabbing Technique

Exercise Instruction:

- Forward March 8 counts
- Left Crab 8 counts
- Backwards March 8 counts
- Right Crab 8 Counts
- Forward 8 counts
- Right Crab 8 counts
- Backward March 8 count
- Left Crab 8 counts
- Close count 1

Perform the exercise at 130-140 BPM. Evaluation criteria remains the same as the criteria in the Marching exercise.

It is the Showband's goal that you enjoy your visual audition experience. Have Fun! If you have any questions at any time, please don't hesitate to contact the band office at 403.261.0277