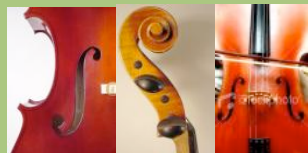


CENTRAL STATES REGIONAL WORKSHOP

SEPTEMBER 9-10, 2006 UNIVERSITY OF NEBRASKA AT OMAHA



Sponsored by the Nebraska Chapter of ASTA

CRISTINA SEABORN-*Fiddler Extraordinaire*



Cristina Seaborn is a violinist and fiddler with over thirty years of experience. In symphonies, quartets, jazz ensembles, and folk/rock bands, her musical background includes influences in classical, jazz, Celtic, bluegrass, and Texas swing fiddle.

CHIARA STRING QUARTET



The Chiara Quartet are winners of the Fischhoff Chamber Music Competition and prize winners at the 2005 Borciani International String Quartet Competition. They are in residence at the University of Nebraska-Lincoln for a 3 year appointment beginning in 2005 as Artists-in-Residence/Lecturers in the School of Music in addition to their normal touring schedule.

THE CENTRAL STATES WORKSHOP will run from 8:00 am to 9:00 pm on Saturday, September 9 and from 8:30 am to noon on Sunday, September 10, 2006. Sessions will be held in the Strauss Performing Arts Center on the University of Nebraska at Omaha campus, 6001 Dodge St., Omaha, NE.

REGISTRATION--

Active ASTA members: \$65

Student members of ASTA: \$35

Non-ASTA members: \$75

Registration fee is waived for first year teachers who join ASTA at the workshop.

Included: Dinner on Saturday, admission to the Chiara Quartet Concert. RSVP for dinner reservations by September 2, 2006, to Dottie Ladman, dladman@lps.org OR 402.423.1760

LODGING--

Comfort Inn
8736 W. Dodge St.
Omaha, NE

(402) 343-1000
Rates: \$76.80 Per night (Rate effective until Aug. 9, 2006)
Contact Person: Arisa

PRE-REGISTRATION (send to dladman@lps.org or phone 402.423.1760)

Name: _____

Address: _____

City/St/Zip: _____

(Mark with X)

Active ASTA member--Registration fee: \$65

Student member of ASTA--Registration fee: \$35

Non-ASTA member--Registration fee: \$75

Registration waived--will be joining ASTA at workshop

(membership information <http://astaweb.com/membership/individual.htm>)

Included in registration--please indicate if attending.

Chiara Quartet Concert

Dinner on Saturday evening

Reservation deadline: September 2, 2006

PAYMENT DUE IN FULL AT TIME OF REGISTRATION.

COLLEGE CREDIT (send to cstanichar@mail.unomaha.edu)

Name: _____

Address: _____

City/St/Zip: _____

Email address: _____

**DR. CHRISTOPHER STANICHAR
DIRECTOR OF ORCHESTRAL ACTIVITIES
UNIVERSITY OF NEBRASKA AT OMAHA
(402) 554-2768**

WORKSHOP SCHEDULE

SATURDAY, SEPT. 9

8:00 am--Check-in and continental breakfast

8:30 am--NEASTA membership meeting

9:00 am--**Overview of Fiddle Music**--Cristina Seaborn

Texas Swing fiddling is the main style expected at fiddle contests in the US, but there are so many styles called fiddling, such as Swedish, Cajun, Irish, Scottish, Canadian, Cape Breton, New England contra dance, barn dance, and even jazz fiddling. Each style has its own nuance that distinguishes it from the other, including double strings, sliding notes, ornaments (grace notes, turn arounds) and alternative tunings. Bring your instruments for this hands on session.

10:15 am--visit displays

10:30 am--**How to Audition Your Next Instrument**--a panel of experts discusses what to look for in the next instrument for your student or yourself.

11:30 am--Lunch, visit displays, ROSIN overview.

1:00 pm--**Technology Update**--Carol Ellenwood--a trip into the inner workings of the NEASTA and ASTA websites and what wonderful things are available to us.

1:45 pm--**Yoga for String Players**--Cristina Seaborn

Yoga postures and breathing for your orchestra students are divided into 10 minute routines you can use during rehearsal or class. Postures are explained as to how they help your body to relax and mind to focus. We will also learn how to breathe using the 3 part breath.

3:00 pm--**Up Close with the Chiara Quartet**--The Chiara Quartet on entrepreneurship and other things that go into being a professional quartet.

4:00 pm--**Master classes with the Chiara Quartet**--College and High School ensembles.

5:50 pm--Walk to dinner at UNO Alumni House. Enjoy!

7:30 pm--**Concert** by the Chiara Quartet at Strauss Music Building.

SUNDAY, SEPT. 10

8:30 am--**Alternative Styles Reading Session for String Orchestra**--Cristina Seaborn Arrangements of fiddle, jazz, Cajun, Swedish, and Celtic tunes by Cristina Seaborn. Music difficulty levels range from 6th grade to college string orchestra. Bring your instruments for this hands on session.

10:00 am--**"The Very Model of a Modern Private Studio--Major General Principles for Success"**--Anne Nagosky, private teacher, Omaha

11:00 am--**" Enhancing Your Creativity on the Podium--Physics for Conductors "**--Dr. Carolyn Barber, conductor UNL Symphony

12:00 pm--NEASTA board meeting