

# Program Overview



## J.A.B. SESSIONS

**The League Of Rock is just like any other recreational baseball or hockey league.**

**JAB Sessions (Join A Band) are the League Of Rocks proprietary system for moving musicians through a micro-circuit to enjoy an authentic music experience.**

JAB Sessions are designed for career oriented adults who play an instrument, wish to meet other like-minded people, workshop with professional and famous musicians and record in world-class studios.

The League Of Rock provides a valuable and vital service to the non-professional music community. Junior, intermediate and expert non-professional musicians are busy at work by day, and have families to support and spend time with.

These people are short on time, but still wish to play their instrument on a regular basis. The League Of Rock gives these people the chance to meet and jam once a week with the same kind of busy, professional people, while maintaining their regular schedules.

People who join the League Of Rock simply sign up, show up and play. All the trappings of being in organized bands

are supplied and organized for them. Players get into a ten week band and play any type of music they want. Registrants get to record and/or showcase their music all within a ten week session. Professional producers and recording facilities are provided, famous musicians are brought in for workshops, pizza and beverages are supplied, and ten weeks later when rehearsals are complete, bands record a 3 song CD at a fabulous recording studio.

The LOR has relationships with bars/clubs and recording studios across the GTA.

League producers maintain a micro-circuit that utilizes rehearsal spaces, live venues and recording studios during low traffic periods or when they're empty.

These locations are scheduled for use by registrants on a rotating basis. LOR registrants get to play on a stage in a cool environment with no one to bother them, they get to workshop with pros who help them learn and improve and they get to record a 3 song CD. If LOR bands wish to organize a showcase, they simply contact the league production team and all the details will be handled.



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## How JAB Sessions Work:

**There are four JAB (Join A Band) Sessions per year. Sessions last 10 weeks. Players jam once a week.**

### Step 1. Registration

Registrants first register at [www.leagueofrock.com](http://www.leagueofrock.com). This form gives league producers the information required to start the registration process.

### Step 2. Skill Analysis

After registration closes; all registrants receive a Skill Level Analysis Form. Every registrant must fill in and submit this form. The league does not hold auditions. Any musician is entitled to join. The Skill Level Analysis Form is used in the process of assembling musicians for their 10 Week JAB Session Band. This form is CRUCIAL and MUST be as accurate as possible.

**The League stresses No EGOS and NO ATTITUDES... ONLY FUN.**

After all, it's only one 10 Week Session. It's not the band you'll be playing in for the rest of your life. The focus is on meeting new people, getting into short term bands, experimenting, learning and recording.

### Step 3. Draft Event

After all registrant forms are received; registrants attend the Draft Event. This is where everyone meets their band mates and professional coaches for the next 10 weeks. It's a great night of jamming, meeting new people, and getting into bands. League producers are on hand to manage the complete process.

### Step 4. Get Out & Jam

When registrants leave the Draft Pick Event they have new

band-mates for the next 10 weeks and reserved rehearsal studios. Before the first jam session, all new bands must submit by email to the League Production Office their 3 song selection and a Band Name.

League producers and other professionals attend all sessions and workshop with members each week for 10 weeks to help members improve arrangements and sound production.

### Step 5. Record A CD

The 9th and 10th jam sessions are at the recording studio where three songs are recorded live off the floor and burned to CD for all band-mates.



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## How The Draft Event Works:

**There are four JAB (Join A Band) Sessions per year. Each session begins with a Draft Event. All registrants must attend. At this event all registrants meet their new JAB Session Band Mates.**

### Step 1. Check In

Upon arrival, registrants check in at the front desk. A League representative asks their name, checks the list and gives them their Registrants Pass. It's colour coated by instrument and has their name on it.

### Step 2. Introduction

After all registrants arrive, they're asked to gather for an introduction. The LOR Production Team is first introduced. The Executive Producer then takes all attendees through the process, outlines the League concept and framework, and lays out the rules of engagement. Alan Frew is the Senior Musician on the Team and it's his job to deliver the "League Philosophy", which comprises "Experimentation, Exploration and Education".

Registrants are here to meet new musicians, experiment with new sounds, discover new musical opportunities and learn to develop songs with the musicians you have.

Alan stresses the **NO EGOS, NO ATTITUDES RULE... ONLY FUN.**

After all, it's only one 10 Week Session. It's not the band you'll be playing in for the rest of your life. The focus is on meeting new people, getting into short term bands, experimenting, learning and recording.

### Step 3. Roll Call

The Production Team has assembled the bands before hand and has them on Flash Cards. In step 3 Chris Stott, Creative Producer reads out the names of each band and those registrants then meet for the first time.

When all bands have been called out, all registrants gather as a band. The first two tasks for each band is creating a band name and selecting 3 songs to be recorded at session's end. These tasks must be completed and submitted before the first jam session.

### Step 4. Meet & Greet

After all registrants have met their band mates everyone has a chance to meet the coaches and ask questions.

### Step 5. The Jam

After everyone has met, coaches introduced and ground rules have been reviewed Alan will initiate a moderated round robin jam session. As long as there are players who want to play, the session keeps going.

### Step 6. Schedule Handouts

Chris hands out the Jam schedule for the first four weeks only. Email is used to communicate the second four week schedule.

### Step 7. Event Wrap Up

Production Team thanks everyone for attending and wish's everyone good luck.

