



big mouth 2011

Northallerton GANG SHOW 2011



Girlguiding UK



Sunday 30TH October 2011 Volume 4 Issue 12

28

Days to **DRESS REHEARSAL**

Rehearsal Times (NOTE NEW FINISH TIMES)

- 3.00 Gang Show Airways + Free Range
- 4.00 Main Cast Arrive
- 6.30 Nursing home + Crush + GS Ladies
- 7.00 - Junior Cast Go Home**
- 8.00 - Senior Cast Go Home**

Raffle Prizes - We need prizes to put on our 5 raffle stalls during the week of the show. If you can donate a prize, anything at all, please bring them along to rehearsals.

THERE IS A DISTINCT LACK GIRLS AND WOMEN WEARING JAZZ SHOES TO REHEARSALS - PLEASE BRING THEM WITH YOU EVERY WEEK.

COSTUME TRY ON DAY SUNDAY 13th NOVEMBER 2012

It's time to come to the rec hall and try on and bring your costumes to the wardrobe team to check and alter if needed.



LOOK OUT FOR TRY ON DAY FLYER!

OTHER COSTUME NEWS

- All whites not already seen **must** be there on Sunday.
- Long white shirts for turning collar.
- White T-shirts to put logo on.

SELL TICKETS PLEASE

WE HAVEN'T SOLD A WHOLE NIGHT YET - PLEASE PUSH TICKET SALE - WE DON'T WANT TO CANCEL A NIGHT!

FROM THE FIRST AIDERS ~ Part 2

Eat and Drink! During the week of the show try and eat a bountiful balanced diet. You are on holiday (or working) and probably busy during the day (probably playing), therefore all your energy stores will have been eaten up.

If you have a good meal full of vitamins - fresh fruit and veg, **carbohydrates** - pasta, potatoes, bread etc, **and proteins** - meat, your body will be able to cope with the excitement and exercise used during the show. The heat created by the lights and your bodies, along with the exercise you will be doing during show **may quickly dehydrate you** (this means lots of water leaving your body through sweat). **Make sure you drink plenty of water** during the show week. Also use **ANTIPERSPIRANT DEODORANT** - Antiperspirant being the important word! Look for it on your container! The smell from sweaty areas affects everyone not just you... Sweat and germs combine to create the smell! Think about that!



WHAT DO YOU THINK?

Concentrating or something else Cath...

Lovely hoodie by the way!



