

make sure your students...

EXPERIENCE LIVE MUSIC

...and let us show them how it all works.

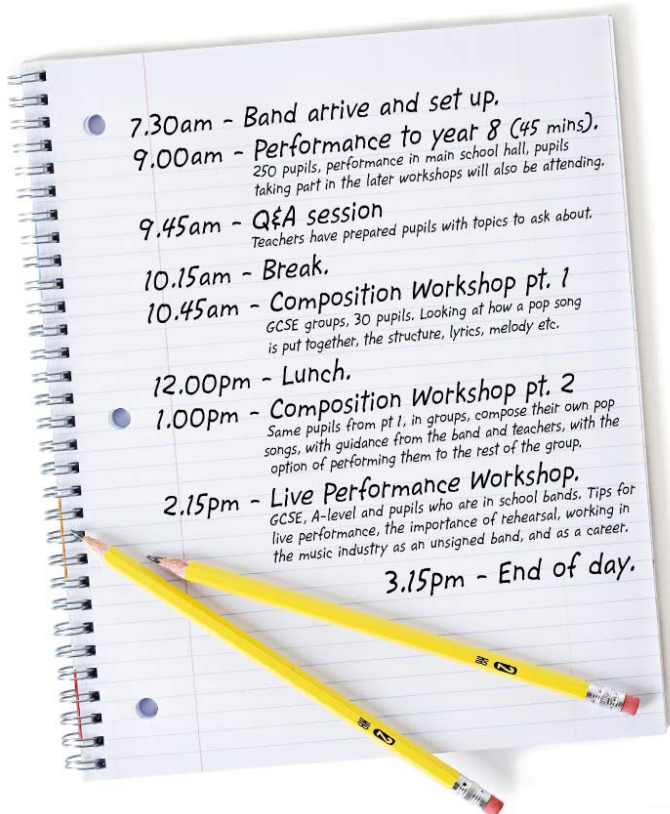
a fun and safe live performance in your school • no equipment necessary • interactive, practical workshops

one:day:life, one of the UK's fastest-rising pop-punk bands, are now booking the 2008/09 dates for their hugely successful schools tour. We hope this pack will provide you with all the information you need about the band, and what the tour involves. If you need any further information, our contact details are listed below or visit us at www.onedaylife.co.uk

What exactly are we offering?

One of the fastest-rising bands in the UK, one:day:life, spends the day in your school to perform a vibrant, energetic live show and run entertaining, interactive workshops for your students.

We know that each school is unique, but to give you an idea of an average day on tour, below is a typical timetable...



This schedule can be customised to suit your timetable and chosen workshops.

The workshops cover a range of themes relevant to your subject topics. The most popular titles are 'Pop/Rock Music Composition', 'Live Performance Techniques' and our 'Recording Workshop' - you can find more information about other themes, and what the workshops involve in this information pack.

We also find that pupils respond well to the Q&A session that we offer, and are able to explore these topics, with your guidance, in a more informal and personal environment.

“what a brilliant day
we would love you to come back!”

Deborah Thompson - Head Of Music, Mereway College

Experienced and professional

The tour has been a massive success since 2006, with the band performing over 100 dates in schools and we are proud to have been invited back to many of the schools that took part. Each performance and every workshop is great fun for the band, teachers and pupils.

I want more information...

On the following pages, we have provided a comprehensive list of frequently asked questions and as much information as possible, but please don't hesitate to get in touch to talk to us in person and ask us any questions.

Contact Details

Contact Name: Max Shelley
Tel: 01394 382005
Mob: 07764 743630
Email: mail@onedaylife.co.uk
Web: www.onedaylife.co.uk



Left to right: Kevin Abbott (Drums), Max Shelley (Vocals & Bass), Dan Probert (Guitar)

Who are one:day:life?

one:day:life are a three-piece pop-punk band based in Suffolk. They grew up together and have been friends since high school, where they first became involved in working with live bands. They have been performing together for over 3 years and have played hundreds of shows across the country. The band consists of Max Shelley (Vocals & Bass), Dan Probert (Guitar & Vocals) and Kev Abbott (Drums).

As well as performing live, the band also own their own recording studio, where they produced their debut album, released in February 2008. They also run a small record label, Frontierless Records - all of which provides them with a valuable insight into different sides of the music industry - which they are keen to pass on to younger bands and musicians.

You can read more about what they've achieved as a band in the biography on their website, www.onedaylife.co.uk, where you can also listen to their music and download free songs.

How much does it cost?

We are very aware of the limited resources that schools sometimes have to work with, and have set up two packages that will hopefully accommodate varying budgets.

Package 1	Live performance and Question & Answer session.	£150
Package 2	Live performance, Workshops (topics arranged with you in advance) and Question & Answer sessions.	£250

The payment mostly covers our petrol, food, equipment maintenance and other tour expenses. We are happy to discuss a more detailed package for your school, just drop us a line!

What exactly do the workshops include?

We are always keen to plan the day with you beforehand, and tailor the workshops and timetable so that your pupils will get the most out of the day, and fit in with your current subject topics. Below are the workshop titles that we run, although we are happy to mix-and-match - you know your pupils and what they would enjoy and find most interesting.

Workshop - Rock/Pop Composition

The most popular of the workshops - we take the students through the sections of a modern-day pop song, looking at the purpose and characteristics of each part. We then dissect both a well-known pop-song and one of our own songs to show the similarities in structure, but how each is unique. We also cover how modern pop-music is made and how it's used in the industry.

If you want to add a practical element to the day, pupils are then asked to compose their own pop songs, in groups, with guidance from the band and teachers.

Workshop - Live Performance Techniques*

Beginning with a brief introduction to the band and some details about their experience with playing live, touring, rehearsing and recording, we talk about the wide range of jobs involved in a live performance (sound engineers, tour managers etc.), tips for dealing with nerves, techniques for getting the best live sound, crowd interaction, the importance of rehearsal and more.

Workshop - Workshop with rock/pop bands from the school*

Many schools have rock bands that are just starting up and even some that are already playing regularly outside of the school. This can be a chance for those bands to come in and perform for their classmates and get help from one:day:life, who have a few more years experience. We offer tips on live performance techniques, getting gigs, useful information about the practicalities of playing live and more.

*Both of these workshops give an opportunity for bands from the school to perform to the rest of the group.

Workshop - Recording Workshop

Having performed, engineered and produced their new album, one:day:life are experienced studio workers - from microphone positioning techniques, to getting the right 'takes'. We talk about about how we set up our own studio, the equipment we use and practical tips for your pupils to use in their future projects.

Workshop - The Music Industry

This tends to be a workshop for older GCSE classes and AS and A-Level students who may have an interest in working in the music industry. We look at the modern music industry - the variety of positions it consists of and where someone starting out can get involved. We look at how the internet and technology is revolutionising the way music is produced, bought and sold and the repercussions this has for people working in the industry.

Which dates are available?

We are currently booking for the 2008/09 school year. In a change from last year, we are not booking specific blocks of dates, so we are able to fit in with your school schedule much more easily.

1st October 2008 – July 31st 2009

Please note: This year, we are not booking specific two week blocks, so call for any date.

If you are interested in booking a date, please get in touch as soon as possible to avoid disappointment - we are constantly booking and do tend to get booked up at certain times of the year. If you are interested in a date outside of those listed, please contact us and we may well be able to help.

How do I book a date?

Once you have decided on a date(s) that would be best for you, then call us on 07764 743630 or email us at mail@onedaylife.co.uk, and we will book you in. Let us know if you have any ideas for any specific activities you wish to organise on the day, or we will be happy to suggest formats for the day that have been successful at previous schools.

Does the school need to provide any equipment?

For their performance, one:day:life will provide everything they need, including all instruments, amplifiers, microphones and PA. If you select a practical workshop, the school will need to provide equipment for the students e.g. if pupils break into groups to compose a pop song, the school will need to provide instruments for them to use.

Are you able to provide references?

Yes. Please see the names and contact details below of just a few of the teachers that we have already worked with. Upon request we can provide a complete list of every school that we have visited - along with our contact at the school.

Referees:

Justin Cleverley – Head Of Music
Sele School, Hertford
Tel: 01992 581455

Karen Ellam - Head Of Music
Sir Frank Markham School, Milton Keynes
Tel: 01908 607416

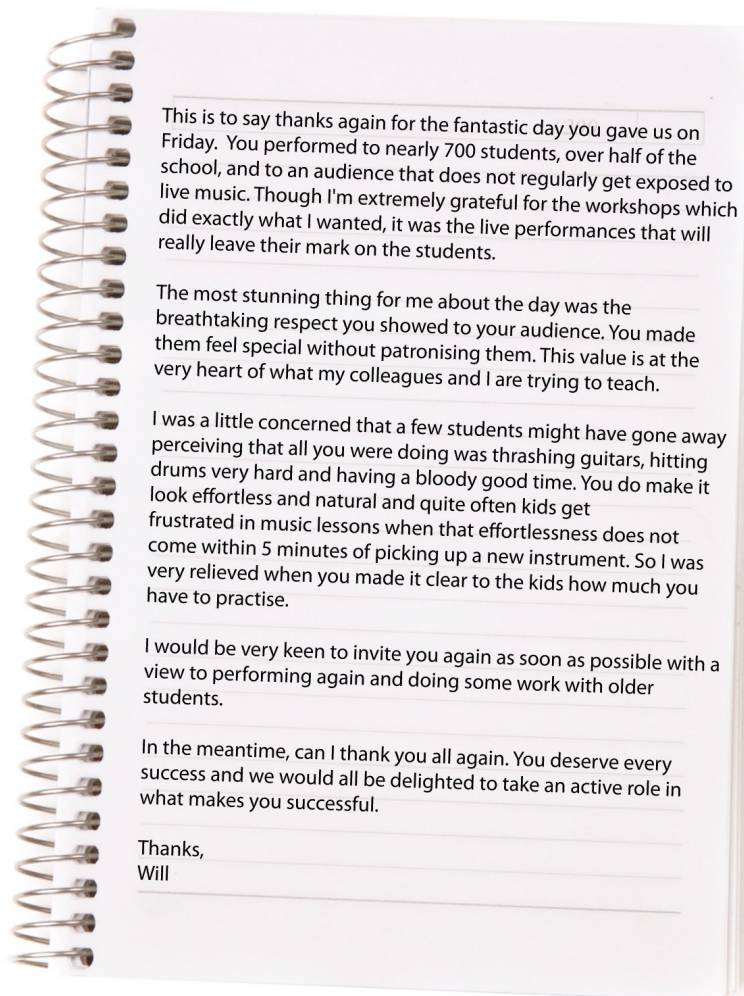
Lee Spencer – Head Of Music
Larkmead School, Abingdon, Oxfordshire
Tel: 01235 520141

Karen Brown (Head Of Music) & Tim Burgess
Helena Romanes School, Dunmow
Tel: 01371 872560

Simon Sitton - Head Of Music
Saddleworth School, Oldham
Tel: 01457 872072

Nikki Wallis – Head Of Music
Wheatley Park School, Oxford
Tel: 01865 872441

We are well aware of the impact that a break from school routine can have on students and naturally do our best to ensure that the students do not become 'over-excited' while making sure they enjoy the performance and are able to learn about the music and recording industry.



Will Taylor - Head Of Music, Northampton Academy

If you have any further questions or wish to book a date, please call us on 07764 743630, or email us at mail@onedaylife.co.uk - we look forward to hearing from you!