



# REACH FOR THE BATON

**The Sandbox Sessions:  
Try out Conducting!!**

## Information Pack

### **Workshop Dates: :**

Sunday 8th January , 12 - 4:30pm **Athenry**  
Sunday 15th January, 12 - 4:30pm, **Limerick**

**Apply by: Monday 19th December 2022, 6pm**  
**Form Here**

Please read the following info, and if you have  
further queries get in touch by e-mail at:  
[athenrymusicschool@gmail.com](mailto:athenrymusicschool@gmail.com)

### **Supported by:**



Comhairle Chontae na Gaillimhe  
Galway County Council



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**Welcome to the wonderful world of conducting!!**  
**Are you ready to try your hand at this mysterious art?**  
**If so, read on!**

### **What are the Sandbox Conducting Sessions?**

The Sandbox Sessions are a chance for musicians aged 14 - 101 to try their hand at conducting. The workshop sessions take place from 12 - 4:30pm on 8th January (Athenry) and 15th January (Limerick)

### **What is the outline Workshop Schedule?**

#### **12:00 - 1:30pm: Group lesson on the basics of conducting**

- What does a conductor do?
- How to move your hands to convey the information the players need?
- A look at the repertoire you have been preparing.

#### **1:30 - 2:00pm: Break**

- Water, squash, tea and coffee will be provided
- Bring along your own lunch if you like.
- The closest shops are a 10 minute drive from the venue.

#### **2:00 - 4:00pm: Conducting session with string quartet**

- Your chance to try out your skills as a conductor with a professional string quartet guided by conductor Sinead Hayes.
- You will have at least 10 minutes of guided conducting time with the quartet.
- The first person up gets a bonus 5 minutes extra at the end - bravery is rewarded!

#### **4:00 - 4:30pm: Workshop Wrap Up**

- Some ideas on future directions to take in your exploration of conducting.

### **When/where are the Sandbox Sessions?**

We have two sessions. On your application form, choose which session works best for you.

- **Session 1:** Sunday 8th January 12pm - 4:30pm Athenry Music School, Athenry Co. Galway, H65 PD85 [Map Here](#)
- **Session 2:** Sunday 15th January 12pm - 4:30pm Irish Chamber Orchestra Studio, University of Limerick, Cappavilla Student Village, Garraun Limerick. [Map Here](#)

### **Who can take part in the Sandbox Sessions?**

To take part in the sessions you need to play a musical instrument and read music to a level above grade 5.

- **Minimum age for participation: 14 years on 1st January 2023**
- **Maximum age for participation: 101 years on 1st January 2023** (although exceptions to this upper limit might be possible!)
- Musicians from all over the island of Ireland can apply to participate in the sessions.

## **How much does a Sandbox Session workshop cost for me?**

Your sandbox session costs €20 for active participants. There is no fee for observer participants.

We are very grateful to **Galway County Council, Athenry Music School, the Irish Chamber Orchestra and the Arts Council** for their support of the sessions.

Active and observer participant places are heavily subsidised.

## **How can I apply to take part in the Sandbox Sessions?**

Application is very simple:

- Fill in the form here: [Application Form Link](#)
- Send us a video of 1-2 minutes of yourself either:
  - **playing your instrument (any piece)**

**OR**

- **Conducting along to a recording of a piece of music of your choice.**
- E-mail your video to [athenrymusicschool@gmail.com](mailto:athenrymusicschool@gmail.com) or send us your video via WhatsApp to 087 7816811.
- Don't forget to send us your name with your video!
- Get your form and application submitted to us by 6pm on Monday 19th December 2022.

## **Tell me more about the video - does it need to be very fancy?**

- Please don't stress about the quality of your video! Use a mobile phone to record your video, and make sure to get a good view of your hands, instrument and face.
- We just need to see 1 - 2 minutes of you playing/conducting, so feel free to do a few takes, then send us your best take!
- Avoid recording with lots of background noise - turn off the TV and radio, and maybe keep your singing dog/cat/goldfish out of the room while you are recording!!

## **How many participant places are available in each Sandbox Session?**

To ensure everyone gets at least 10 minutes conducting time, there are just 8 - 10 participant places available in each Sandbox Session.

## **Why do I need to send a video of myself playing or conducting?**

We believe that conducting is something that can be enjoyed by everyone, however for these sessions, we believe that a few basic musical ingredients are needed for you to get the most out of your session.

These are:

- A steady sense of pulse
- A sense of rhythm, phrasing, character, dynamics and intonation.
- A sense of being in control of your hands on your instrument, which we can help you translate to your basic conducting gestures.

## **What if I am interested in conducting, but I am not yet quite at the level for participation in the Sandbox Sessions?**

Send in your application anyway! Sometimes it's good to get an outside opinion - you might be surprised!

## **When will I find out if I have a participant place in the Sandbox Session?**

We will let you know by Friday 23rd December – in time for Christmas!

## **What if I don't get a participant place in the Sandbox Session?**

Don't worry, you can still come along to the session, take part in the group conducting lesson and observe your colleagues as they try their hand with the string quartet. We will be running more sessions in the future, so you can develop your skills to get ready for a future session.

## **Can parent/guardian/friends/relations sit in on the Sandbox Session?**

Space in the workshop room is limited, so one parent/guardian per participant/observer can sit in on the session.

## **Will there be refreshments during the Sandbox Session?**

Water, squash, tea and coffee will be available during the break in the session (at 1:30 – 2:00pm) Please bring along your own lunch if you like!

## **What is the repertoire for the Sandbox Sessions?**

We will focus on Mozart's *eine kleine Nachtmusik*, 1st and 2nd movement. If you have some conducting experience, you can alternatively choose to work on Grieg *Holberg Suite* 1st movement or Warlock *Capriol Suite* 1st and 2nd Movement.

## **Where can I find the scores for these pieces?**

All the scores will be available on the [Athenry Music School](#) and the [Ivernia Arts](#) website. Some accompanying videos/recordings will also be linked.

## **Can I bring my instrument and play along with the quartet?**

Yes, of course – if you are a proficient player you are welcome to join, but you will learn a lot from watching your colleagues conduct, so you can decide on the day.

## **Do I need a baton to participate in the Sandbox Sessions?**

If you would like to use a baton, you are very welcome to do so, although it is not necessary. We will be focussing on learning to work with your hands in the session. If you would like to buy a baton, your local music shop should be able to help!

## **I am an advanced player of traditional music, but I don't have any grades done, can I still apply?**

Yes, please do apply. Send us a video of yourself playing a trad tune (or two!) on your instrument. You need to be able to read music though. But if you don't read music, get in touch and we will advise you on resources for developing this skill.

## **Who is the creator and teacher of the Sandbox Sessions**

The teacher for the first sessions is Galway conductor Sinead Hayes. Check out her website at [www.sineadhayes.net](http://www.sineadhayes.net). Other guest teachers will be involved in future sessions. Sinead created the Sandbox Session format based on the conducting laboratory idea of legendary Finnish conducting pedagogue Jorma Panula.

## **Why are they called the Sandbox Sessions?**

Glad you asked! In summer of 2022, conductor Sinead Hayes went to Finland to the Fiskars Festival where she was invited as an observer. While there, she learned about an important part of how conductors in Finland are trained at an early stage of their development.

The conducting sandbox/laboratory was developed by legendary conducting pedagogue Jorma Panula as a way of finding and nurturing musicians with a natural aptitude for conducting. Young musicians from the age of 12 could apply for a free conducting lesson, working with a mixed ensemble of their peers. By casting the net wide, Panula identified talented musicians, helping them develop into excellent conductors.

Sinead was inspired by this idea in developing the format for these Sandbox Conducting Sessions.

## **What happens after the Sandbox Session - will I be ready for the Berlin Philharmonic??**

Hold on there Herbert(ina), it takes a few years to develop the skills needed to stand in front of an orchestra of any level! After the Session you will be included on our list of Sandbox Stars, and featured on the Ivornia Arts and Athenry Music School Website.

When opportunities for further training/rehearsals/assisting with local ensembles come up, we will share those with you. These sessions are just the start of a journey of discovery into conducting and all that it unlocks in your musical development.

## **I can't wait - I want to get started straight away!!**

That's just what we love to hear! Check out the excellent free resources for learning to conduct [HERE!](#)

## **Are you ready to step into the Sandbox?**

**[www.ivorniaarts.com](http://www.ivorniaarts.com)**

**[www.athenrymusicsschool.com](http://www.athenrymusicsschool.com)**

**Apply by Monday 19th December 2022, 6pm**

Fill in the application **[Form Here](#)**

Send us your video:

by e-mail: [athenrymusicsschool@gmail.com](mailto:athenrymusicsschool@gmail.com) or

WhatsApp: 087 7816811

**Don't forget to include your name with your video!**

# Curious about conductors?

Take 20 minutes and do some research on the conductors below - there are quite a few Irish conductors on the list!

Mirga Crazinyte-Tyla Daniele Rustioni Lahav Shani Nikolaus Harnoncourt

**Leonard Bernstein Simon Rattle**

Yannick Nezet Seguin **Herbert von Karajan**

**Custavo Dudamel Claudio Abbado**

Esa Pekka Salonen

**Fergus Shiel**

**Riccardo Chailly**

Roger Norrington

**Mark Elder**

**Bernard Haitink**

**Ivan Fischer**

Hamilton Harty Julia Jones

**Susanna Malkki**

Jaime Martin

Antonio Pappano

**Proinnsias O Duinn**

**Eimear Noone**

Riccardo Muti **Marin Alsop**

Daniel Barenboim

**Mariss Jansons**

**David Brophy**

**Robert Houlihan**

JoAnn Falletta

**Karina Canellakis**

**Fabio Luisi**

**Andris Nelsons**

**Pierre Boulez**

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