

J.A.B. SESSIONS



What To Expect:

The League Of Rock is about EXPERIMENTATION, EXPLORATION, and FUN! Members are strongly urged to LEAVE EGOS AND TEMPER OUTSIDE THE REHEARSAL ROOM DOOR.

There is no other place in Canada where you can meet new people, get into a band situation, have all the gear supplied, and magically end up in a world class recording studio ten weeks later.

Please focus on the tasks and enjoy the process.

Stage 1 – Band Assembly

The League Of Rock Production Team works tirelessly before the Draft Event to assemble all members into bands according to instrument type, years played, musical tastes, type of music experience, what motivates, and musical interests.

Stage 2 - Draft Event

The Draft Event takes place at the Gibson Professional Centre, located at 1205 King St. W. on the south/west corner of Mowat and King, east of Dufferin. At the Draft Event, all members meet each other and the coaches for the first time.

This is where bands get together, talk about the next ten weeks, get familiar, discuss the prospect of recording a 3 song CD. Members must select 3 songs. There will be a Q&A Session and a moderated JAM Session.

Stage 3 – Rehearsal Factory

The first set of 4 rehearsals takes place at the Rehearsal Factory, located 322 Geary Avenue at 1 st.

north of Dupont west off Dufferin, south of Davenport. Each Studio is Air Conditioned, Heated, Clean, and Professionally Run.

All gear is supplied including PA System, Drum kit, bass and guitar amps. All you need is your instrument. Show up, plug in, and jam. Our top priority is you, the musician. A team of 3 Professional Producers/Musicians will attend your 2nd Session at the Rehearsal Factory.

They will assist with song selection, check skill levels, discuss production and arrangements and assist with the goals relating to your 3 Song CD.

In your fourth and final session at the Rehearsal Factory a team of 3 Professional Producers/Musicians will attend to go over your 3 songs, check arrangements, make suggestions and fine tune your songs and your approach.

Stage 4 – Live Environment

The second set of 4 rehearsals will take place in a live stage environment with no audience. This gives you and your band a chance to get out of the rehearsal space and into a live environment where you'll get a sense of how the songs play out live.

This experience adds significantly to your sense of how the band is playing these songs. In your second session, a team of 3 Professional Producers/Musicians will attend to check up on performance levels and song dynamics.

By now it's all about performance and getting truly comfortable with the songs. The Professional Team will fine tune the band, share a few

stories, and help to get you comfortable and ready for the coming two recording sessions.

On your final session in the live environment, our Producers will attend one final time. This is where you're now showing the team the bands level of execution and readiness. Final tweaks are suggested and the band is prepared to record.

Stage 5 – Recording Sessions

Your band will receive notice from the League Production Team regarding where your sessions will take place and at what time. The band gets two 3 hour sessions at a world class recording studio to record 3 songs live off the floor.

One of the Leagues Professional Producers will attend your sessions to lend a hand and give you that second set of ears every band needs. Good luck!

Stage 6 – Listening Party At The Gibson Centre

This is the celebration at Sessions end. Each band picks one song to review with the rest of the members and beverages are served.

The League Production Team then gives away the Lynyrd Skynyrd Gold Top Les Paul, to the Most Improved Guitar Player, and the Epiphone Blues Custom Amp goes to the Guitar Player with the most Spirit.

Other awards will also be given out to bands for best recording, and best song. There's a wrap up, congratulations and we look forward to the next JAB Session.