

Singing: The complete, full body experience

After the mic is dropped and curtain closes performers want to leave a great impression on the audience. There isn't usually a great amount of thought given to other things that could be left behind by years of performances; things like vocal damage. Before a performance, singers will spend countless hours preparing their music, making sure every aspect is perfect. It is easy get caught up focusing on certain performance aspects, but forget to maintain healthy singing techniques. Singing with improper technique can not only make singers tired over time, but also cause permanent vocal damage. By using research to support and present various techniques with diversified repertoire, correct singing techniques will be displayed in many genres with a lecture recital.

Performer Bios:

Abby Moran

Abby Moran was born and raised in Massachusetts and has become a Virginia resident more recently. She is currently pursuing her bachelor's degree in music at the University of Mary Washington and loving every second. Her studies have been primarily focused on classical music, but include other styles, such as Broadway and Jazz. Abby has performed with many campus ensembles such as the UMW chorus, UMW chamber choir, The Fredericksburg singers and an on campus flute ensemble. This fall Abby has the incredible opportunity to perform at the local Jazz for Justice Concert!

To go along with her music studies Abby is also pursuing a master's degree in education. She has always loved the idea of helping children express themselves and fall in love with music. Outside of her formal studies at UMW, Abby has been the music director of the on campus show choir, has been a part of the worship team at her church, Common Ground, and has been a volunteer mentor with a Christian youth outreach program called Young Life. When Abby isn't playing music or singing she enjoys reading and going on hikes with her fiancé, Drew.

Cathy Hoskins

Cathy Hoskins is the Accompanist for the Music Department at the University of Mary Washington and has been for the past 15 years. In addition, she has performed in numerous musical theatre productions through the University's Department of Theatre and Dance. She has performed in productions by James Monroe High School, Spotsylvania High School, has been the accompanist for the visiting conductor for the All-State Choral performance at Riverbend High School, and has accompanied for the Bland Competition and the Virginia National Association of Teachers of Singing competition. She is also the owner of Any Lab Test Now in Eagle Village.