

CAMPER HANDBOOK & RESOURCES

Name:

Instrument:

Band:

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WORKS CITED AND CONSULTED

- Girls Rock Camp Alliance
- Willie Mae Rock Camp for Girls Volunteer Handbook
- Girls Rock Phoenix Camper Zine
- Girls Rock Asheville Band Coach Manual

/ELCOM

Welcome to Girls Rock Vegas! THANK YOU for offering your time, energy, creativity, and expertise to Girls Rock Vegas Summer Camp. The hard work and dedication of our volunteers is the foundation of this organization!

MISSION STATEMENT

Girls Rock Vegas is a 501c3 non-profit organization dedicated to empowering female-identifying individuals through music creation, education, and performance.

STATEMENT OF PURPOSE

There are nearly 120 Girls Rock Camps on SIX continents! There are girls just like you all over the world, rocking out, making music, and changing the world!

At Girls Rock Vegas, our goal is to provide you with opportunities to develop a healthy self-image through music creation and performance.

HISTORY OF GIRLS ROCK VEGAS

Girls Rock Vegas was founded with support from the Rock and Roll Camp for Girls in Portland, Oregon and the Girls Rock Camp Alliance.

Girls Rock Vegas Summer Camp moves to Innovations International Charter School.

Girls Rock Vegas begins a partnership with The Delta Academy and The Delta Aademy begins hosting Camp.

Girls Rock Vegas returns to The Delta Academy for the Girls Rock Vegas Summer first year of camp since the Covid-19 pandemic!

2009

2009 -

2011

2012

2017

2020

2022

The 1st Annual GRV Summer Camp was held at Rose Warren Elementary School! 13 campers attended the first year of camp.

After-school GRV programming was held from 2009-2012 at Wynn Elementary School & Roundy Elementary School. Over 300 girls participated in these programs!

Girls Rock Vegas is offered as an elective at Knudson Middle School.

GRV receives huge grants from The House of Blues Schoolhouse Foundation, Cox Charities, and the Carlos Santana Foundation.

Girls Rock Vegas does not hold summer camp during the summers of 2020 and 2021 due to the Covid-19 pandemic.

CAMPER **GROUND RULES**

In order to provide everyone with a safe environment, we require all campers & volunteers to adhere to the non-negotiable rules below.

1.NO VIOLENCE.

This includes threats of violence, rough housing, and horseplay.

2. NO SMOKING, MARIJUANA/DRUG/ALCOHOL POSSESSION OR CONSUMPTION.

3. RESPECT FELLOW CAMPERS, STAFF, GUESTS, AND PERFORMERS. A. No racist, homophobic, or otherwise discriminatory comments. Show respect for

everyone's differences in race, ethnicity, physical ability, size, class, gender expression, and sexuality.

- B. Bullying of any kind will NOT be tolerated.
- C. Follow instructions from all adults. We're here to make sure you're safe and have fun.
- D. Be supportive of each other's musical efforts. We are all taking creative risks!
- E. Treat others as you would like to be treated.

4. RESPECT ALL INSTRUMENTS, EQUIPMENTS, AND PROPERTY.

If you have questions or needs, that's okay! Please ask an adult for help.

5. RESPECT THE SPACE!

We are all quests in this space. Put trash in garbage cans, and keep all classrooms and areas clean!

6. NO WEAPONS, INCLUDING FIREARMS, ARE ALLOWED AT CAMP.

7. PLEASE LIMIT CELLPHONE USE.

Please be mindful and do not let your cellphone distract you from your time at camp. You may use your phone as a tool to document your band's progress. Respect the privacy of others and do not take photos or video of other people without their permission.

8. BE SUPPORTIVE OF EACH OTHER! WE ARE ALL TAKING CREATIVE RISKS! DO NOT GOSSIP OR TALK ABOUT OTHER PEOPLE BEHIND THEIR BACKS.

Everyone here is dedicating a significant amount of time and resources to the success of camp. Everyone comes from different musical backgrounds and have differing levels of musicianship. Please respect each other and refrain from gossip and hurtful comments. See the camp director if you have serious concerns.

9. NO PLAGIARISM!

You are too creative and amazing to copy someone else's work!

10. BE A GOOD AMBASSADOR! Represent the good name and spirit of Girls Rock Vegas, including at camp, at the showcase, on social media, and everywhere else.

11. SPEAK UP IF SOMETHING SEEMS OUT OF LINE.

If someone or something appears to be departing from the spirit of these rules and other camp guidelines, report it to the camp director immediately.

GRLS ROCK VEGAS CAMP SCHEDULE 2022

MONDAY, 6/20

- 9:00am-Surveys, Morning Meeting
- 9:30am-Instrument Instruction
- 11:30am-Lunch
- 12:00pm-Workshop (Gear Safety)
- 12:30pm-Band Practice
- · 2:30pm- Afternoon Meeting
- · 3:00pm- End of Camp Day

TUESDAY, 6/21

- 9:00am- Morning Meeting
- 9:30am-Instrument Instruction
- 11:30am-Lunch
- 12:00pm- Workshop (Drum Heads)
- 12:30pm-Band Practice
- 2:30pm- Afternoon Meeting
- 3:00pm- End of Camp Day

WEDNESDAY, 6/22

- 9:00am- Morning Meeting
- 9:30am-Instrument Instruction
- 11:30am-Lunch
- 12:00pm- Workshop (Vocal Technique)
- 12:30pm-Band Practice
- · 2:30pm- Afternoon Meeting
- 3:00pm- End of Camp Day

THURSDAY, 6/23

- 9:00am- Morning Meeting
- 9:30am-Instrument Instruction/ Band Practice
- 11:30am-Lunch
- 12:00pm- Workshop (Stage Presence)
- 12:30pm-Band Practice
- 2:30pm- Afternoon Meeting
- 3:00pm- End of Camp Day

FRIDAY, 6/24

- 9:00am- Morning Meeting
- 9:30am-Instrument Instruction/ Band Practice
- 11:30am-Lunch
- 12:00pm-Band Practice
- 1:30pm-Dress Rehearsal
- 2:30pm- Afternoon Meeting, Surveys
- 3:00pm- End of Camp Day
- 5:30pm- CALL TIME FOR CAMPERS
- 6:00pm-SHOWCASE CONCERT!

DAY-BY-DAY GOALS FOR BAND PRACTICE

Remember- every band is different. These are just suggested guidelines to ensure your band is performance-ready by Friday.

Day 1: Band Name and Start Lyrics

Do introductions and conduct your first band meeting right away (see above). The band should play a little music right away (Yes, they should do this RIGHT AWAY!). Facilitate a band name brainstorming session. Don't spend too much time on band meeting and naming the band. Start brainstorming about what kind of song they want to write and start writing lyrics.

Day 2: Serious Songwriting

The band should start seriously songwriting, both lyrics, chords, and parts on instruments.

Day 3: Serious Songwriting, Take II

Continue songwriting and finalize lyrics. Prepare to make adaptations if campers are having trouble playing what they wrote. Sometimes it can get really overwhelming by Day 3, and campers and coaches alike can feel like it won't ever work. TRUST ME, it ALWAYS comes together and ALWAYS works!

Day 4: Commit, Practice, Perform, Plan

The band should finish the song, decide and commit to structure, and practice, practice, practice. This is a great day to invite other volunteers to come hear your band's song. This is a GREAT motivator for bands that are having a hard time focusing or playing their song. Take a break and discuss the showcase. What are they going to wear? How are they going to introduce themselves? Who's going to count them off? Are they nervous? Are they going to make a grand entrance?

Day 5: PRACTICE and Dress Rehearsal

The song should be complete. Practice it a hundred times in a row. This is their last chance to practice and they should be ready for showcase. Get ready for dress rehearsal.

SHOWCASE!!!

Keep your band together once we arrive at the venue. Make them feel safe and secure. They are probably totally nervous. Give them a rundown of where to line up and when to do what. Point to where they will enter and exit the stage. Tell them they are amazing and that you are proud of them. Introduce them when it is their time to play, and then go stand off stage. You are their coach and this is the BIG GAME! You are there for them!

BAND NORM SUGGESTIONS

We highly recommend establishing norms at the beginning of your first band practice. Band norms are NOT rules that adults enforce- they are agreed on by all band members and should be brainstormed as a group. The following are just suggestions.

SELF-CARE

Take breaks when needed! Hydrate, have a snack, take a few minutes of quiet when needed. Remember that self-care looks different for different people.

REJECT PERFECTIONISM

We are ALL a work in progress. It is OKAY to make mistakes!

DON'T APOLOGIZE- YOU ROCK!

As women and gender minorities, we are often made to feel like we have to apologize for being human. At GRV, we try not to say sorry for making human mistakes. When we hear a friend make a mistake like playing the wrong chord, we tell them, "YOU ROCK!"

BE A CROISSANT, NOT A BAGEL

Bagels are closed, but croissants are open! We let new people into our groups. That's how we make friends and make sure that no one is feeling left out.

MOVE UP, MOVE BACK

Some people are talkers, and some people are listeners. At GRV, we agree to practice things we struggle with. If you are a talker, move your listening skills up. If you're a listener, move your talking skills up!

OUCH, OOPS

If someone says something hurtful, we let them know by saying "Ouch." The person who did the hurting acknowledges by saying "Oops." This doesn't mean it's okay to be hurtful, it just means we agree to move on in this moment. It may warrant a longer conversation later, or it may be enough that the hurt was acknowledged. Either way, we give each other the benefit of the doubt and assume that no one meant to be mean. We don't prolong arguments or hold grudges; we reconcile and move on.

SPEAK FOR YOURSELF

We do not speak on behalf of others in our band; we let each member speak for themselves.

RESPECT PRONOUNS.

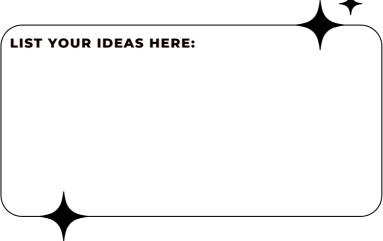
We agree to ask each other what are pronouns are on Monday, then use those pronouns the rest of the week. We appreciate gentle correction if we get someone's pronouns wrong.

LEAVE NO TRACE

We ALWAYS clean up after ourselves and make sure the rooms looks the same is it did when we entered. Remember- we are guests on this campus!

ESTABLISH CONSENT

Always ask first! If we want to hug someone, pick up their instrument, share a story they told, take a photo of them, we always check with them first! When someone says no or seems reluctant, we respect that.





GIRLS ROCK VEGAS Written by B. Wells & H. Rampton 2009

VERSE 1	D G Everyone's telling me what to do, D A Be a lady, act your age. D G But sometimes, I just start to feel A G D Like it's time to claim the stage! A G D Like it's time to claim the stage!	VERSE 3	REPEAT CHORUS D G Rock and roll will get my message out D A Yah, I'll shout and sing and play D G I am strong, I am beautiful A G D Now I'm ready to claim the stage! A G D
CHORUS	G We're the girls of Las Vegas # F G F# Bright light city, you'd better watch out! G F# We're ready to make a difference A G D Yah, we know what we're talking about! A G D Yah, we know what we're talking about!	က	REPEAT CHORUS (a capella with hand claps) Rock and roll will get my message out
VERSE 2	D G When the TV says I gotta' look a certain way, D A That we all have to be the same D G I know I don't have to listen in A G D And I start to claim the stage!	VERSE	Yah, I'll shout and sing and play I am strong, I am beautiful Now I'm ready to claim the stage! Now I'm ready to claim the stage! INSTRUMENTAL VERSE

A G D And I start to claim the stage!

WHO ROCKS?!?

Written by A. Donald, N. Fuller, T. Jackson, C. Martinez

I don't wanna' be anybody else but me Working hard to succeed, my best is all I need. At Girls Rock we learn to be ourselves, Rocking out, having fun with everybody else!

Chorus X2

2010

'Cuz you rock! (Let's rock!)
I rock! (Let's rock!)
We rock! (Let's rock!)
Who rocks? (Girls rock!!!)

Claiming the stage is what we do best
Because we're girls and we're better than the rest!
Here at camp, we're in our safe space
With our keys, vocals, drums, guitars, and our bass!

Chorus X2

'Cuz you rock! (Let's rock!)
I rock! (Let's rock!)
We rock! (Let's rock!)
Who rocks? (Girls rock!!!)

Bridge x2

Rock on, rock out, Feel free to shout. That's cool, that's fine We rock all time!

Chorus X2

'Cuz you rock! (Let's rock!)
I rock! (Let's rock!)
We rock! (Let's rock!)
Who rocks? (Girls rock!!!)

(instrumental verse)

Bridge x2

Rock on, rock out,
Feel free to shout.
That's cool, that's fine
We rock all time!

(a capella bridge with handclaps)
Rock on, rock out,
Feel free to shout.
That's cool, that's fine
We rock all time!

Chorus X2

'Cuz you rock! (Let's rock!)
I rock! (Let's rock!)
We rock! (Let's rock!)
Who rocks? (Girls rock!!!)

Who rocks? (Girls rock!!!)
Who rocks? (Girls rock!!!)
Who rocks? (Girls rock!!!)

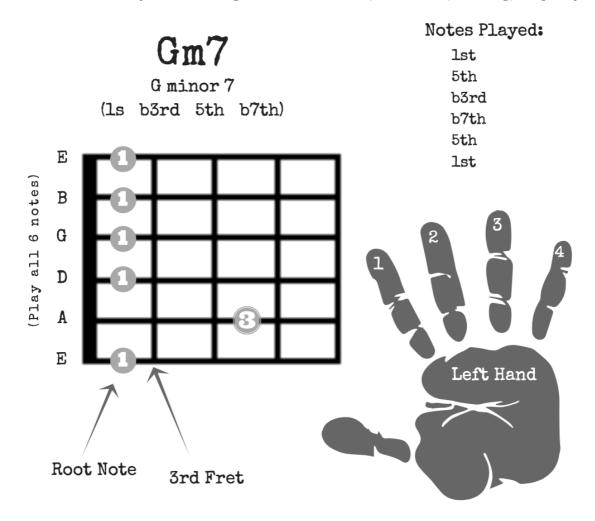
MASTER CHORD CHART

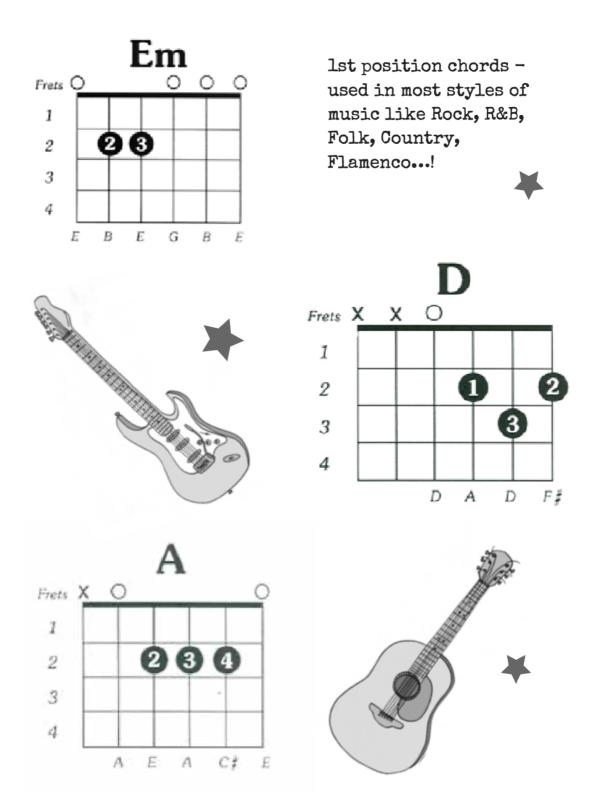
Chord Name	Guitar	Bass 5 ₁₁₁ R	Keys
A minor	23 23	5 ₁₂₁ • R	
E minor	23	5111	E G B
C Major	x 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 ₁₈ • R	C E G
A Major	023	5тн R ○ О 5тн R	A C# E
G Major	3 0	5 m R	G B D
E Major	23	5ти Ф R	е G# в
D Major) (a) (b) (c) (c) (c) (c) (c) (c) (c) (c) (c) (c	5 _{vn} R	D F# A

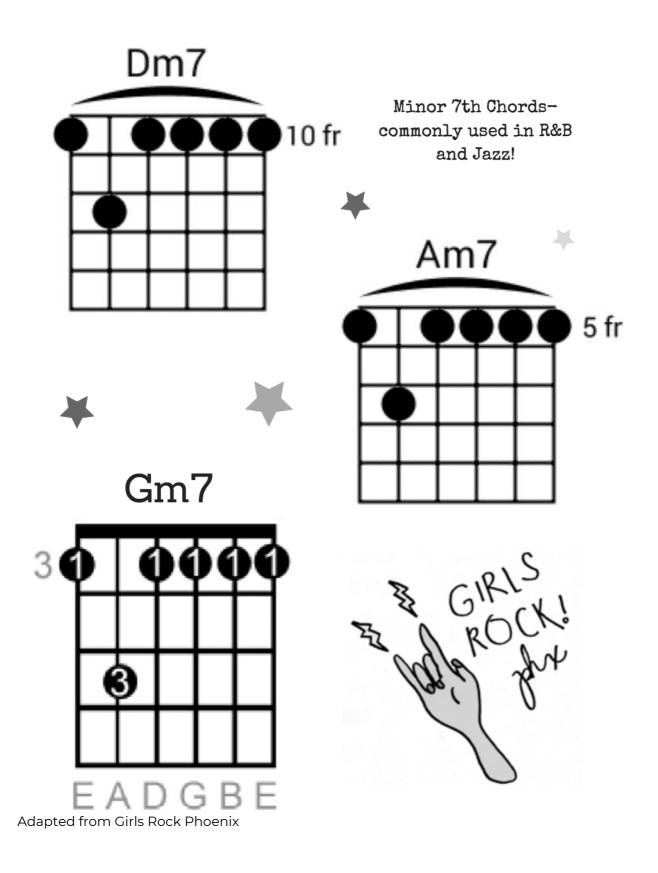




- · Each dot represents where you press down with your finger.
- Each horizontal line represents the metal frets on the guitar—you'll see numbers off to the side that help you count down from the top of the guitar.
- Each vertical line represents a string! The numbers inside of the dot advise you which finger to use (1 = index; 2 = middle; 3 = ring; 4 = pinky).













Blues Solos = Try playing each one of these notes in any order, one at a time!

You can move this shape up and down the neck-- just remember to keep the same number of spaces between the notes!

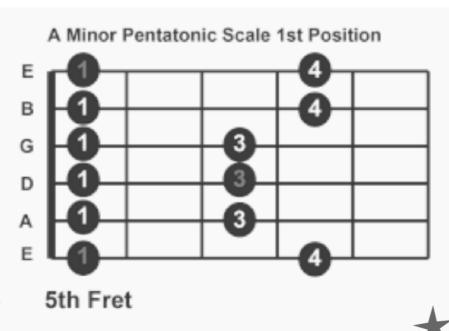


Just like with a chord, the numbers in the dots advise you which finger to use

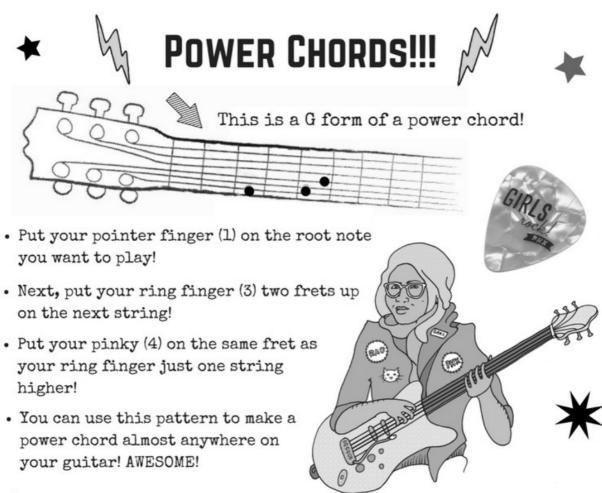


(1 = index; 2 = middle; 3 = ring; 4 = pinky)



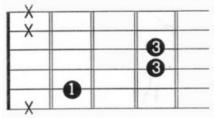


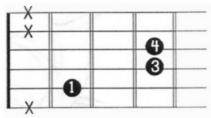






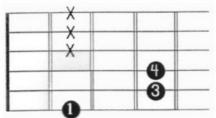
• Here are 2 ways to play a power chord starting on the 5th string

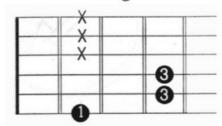


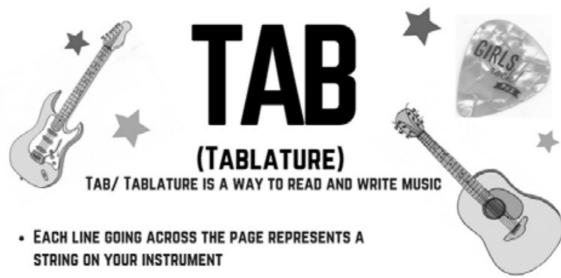




· Here are 2 ways to play a power chord starting on the 6th string





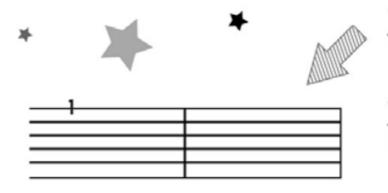


- . THE NUMBERS TELL YOU WHAT FRET TO PRESS YOUR FINGER ON
- A ZERO MEANS YOU PLUCK THE STRING OPEN (WITHOUT PRESSING DOWN ON THE STRING)

 EXAMPLES:

A ZERO ON THE LOWEST
LINE ON THE PAGE OF TAB
WOULD TELL YOU TO
PLUCK THE STRING
CLOSEST TO YOUR FACE



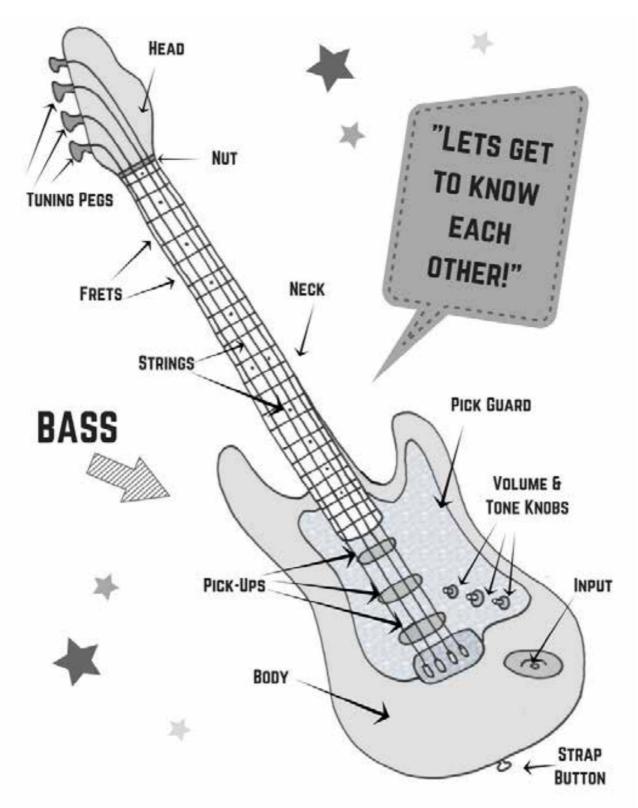


THE NUMBER ONE ON THE TOP LINE OF THE PAGE WOULD TELL YOU TO PUSH DOWN THE FIRST SPACE ON THE STRING CLOSEST TO THE FLOOR, THEN PLUCK IT!

page 17

GUITAR











What Note Am I Playing???

When you start playing the bass and especially when you start writing songs with other people, it is sometimes hard to match up your notes or know what notes they are playing or what notes you are playing.



- The bass guitar's 4 strings are the same notes as the guitar's top 4 strings, so you can match or follow what the guitar player plays on those strings when writing a song.
- ➤ It is sometimes easier to write a song by writing down or remembering the string number and fret number rather than actual notes. Like, "1st string 3rd fret" or "1st and 3rd" instead of "G", especially when first learning how to play and write songs.
- You can put blue painter's tape with numbers written on it on the bass neck so you can remember which frets to play. It won't hurt the paint on the bass @

> The strings are

E Top string or 1st string (biggest string, closest to you)



- A Next string or 2nd string
- D 3rd string down
- G 4th string (thinnest string, at the bottom of the neck)









Here are some notes!

				_		_		_		_			
end	E	F		G		A		В	С		D		E
on this	A		В	О		D		E	F		G		A
Pegs	D		E	F		G		A		В	C		D
Tuning	G		A		В	C		D		E	F		G
		1	2	3	4	5	6	7	8	9	10	11	12
	(F	ret N	lumbe	er)									

Bass body on this end





¥

SONGS TO PLAY!!!

(S) = STRING

(F) =	FRET
--------------	------

т		



Pixies - Gigantic

Play same notes the entire song

S F

1st 3rd G

2nd 5th D

2nd 7th E

2nd 2nd B

Sud Std C





Play same notes the entire

song (F)

2nd 1st

1st Bb

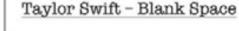
2nd 3rd 1st 3rd

G

(N)

2nd 6th

 $\mathbf{E}\mathbf{b}$





F N

2nd 3rd C 1st 5th A

1st 1st F

......

1st 3rd G

Chorus



1st 5th A

2nd 5th D

1st 1st F

Bridge

2nd 3rd C

2nd 3rd C

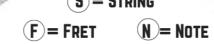
(Repeat)



White Stripes - 7 Nation Army Verse F (N)2nd 7th \mathbf{E} 2nd 10th G 2nd 7th \mathbf{E} 2nd 5th D 2nd 3rd C 2nd 2nd В Chorus 1st 3rd G 1st 5th A











Rhianna – Un	ibrella		Nirvan
Verse			Are
s F 1st 2 nd	N F#		Verse
$1^{\mathrm{st}}4^{\mathrm{th}}$	G#		lst
1st 1st	\mathbf{F}		1st
$1^{\rm st}6^{\rm th}$	A#		1st 2
1st 4th	G#		2nd
Chorus		(1 st 2
1st 2nd	F#		2nd
2nd 4th	C#		1st :
1st 4th	G#	SONGS	1st
1st 6th	A#	PLAY!!	1st
$1^{\rm st}4^{\rm th}$	G#		2nd
Bridge "Ella F	Ella"		1st (
1st 2nd	F#		Pre - Ch
2nd 4th	C#		lst
1st 1st	F		2nd
$1^{\rm st}6^{\rm th}$	A#		Chorus
4			2nd
	*		3rd

		4		
Nir	vana - Come	As You		
Are	9			
Ver	ese (s) (F)	N	Ť	-
	1st Open	E		
	1st 1st	F		
	1st 2nd	F#		
	2 nd Open	A		
2	1st 2nd	F#		
	2 nd Open	A		
T	1st 2nd	F#		
	1st 1st	\mathbf{F}		
0	1st Open	E		
	2nd 2nd	В		
	1st Open	E		_
Pre	- Chorus			_
	1st 2nd	F#		
	2 nd Open	A		Ĺ
Cho	rus		7	
	2nd 2nd	В		
	3rd Open	D		



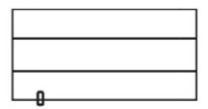
- THE NUMBERS TELL YOU WHAT FRET TO PRESS YOUR FINGER ON
- A ZERO MEANS YOU PLUCK THE STRING OPEN (WITHOUT PRESSING DOWN ON THE STRING)



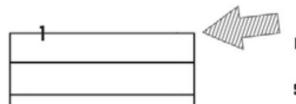
EXAMPLES:



A ZERO ON THE LOWEST LINE ON
THE PAGE OF TAB WOULD TELL
YOU TO PLUCK THE STRING
CLOSEST TO YOUR FACE







THE NUMBER ONE ON THE TOP LINE OF THE PAGE WOULD TELL YOU TO PUSH DOWN THE FIRST SPACE ON THE STRING CLOSEST TO THE FLOOR, THEN PLUCK IT!



	D.I.Y.	TAB	GIN	
Т А В	8 2	0 2		
TRY WRITING YOUR OWN TABS HERE:	T A B			
T A B				*

KEYS



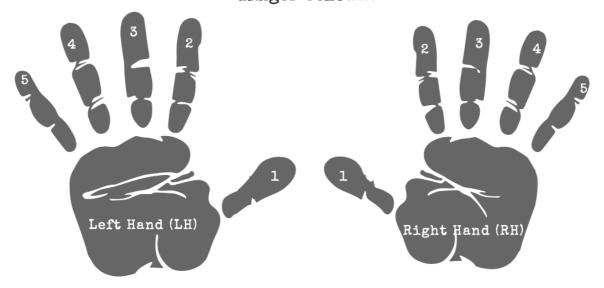
KEYS

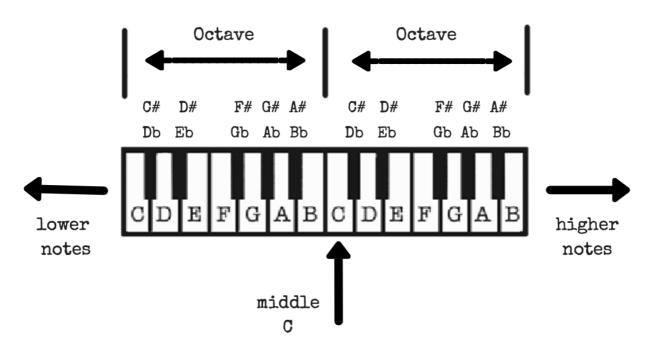


PIANO FINGERING



notice the numbers assigned to each finger below...









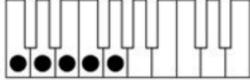
FIVE FINGER PATTERNS

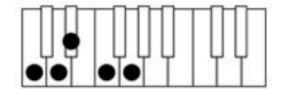


Major

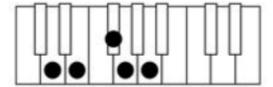
Minor

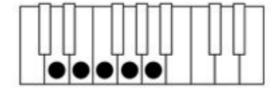




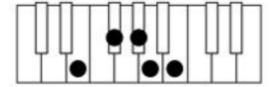


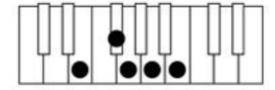
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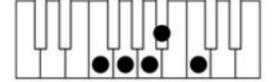


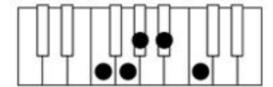
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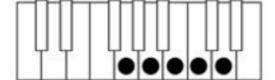


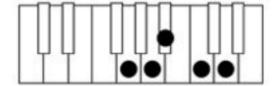
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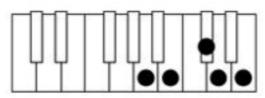


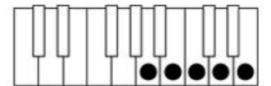
G





A





KEYS





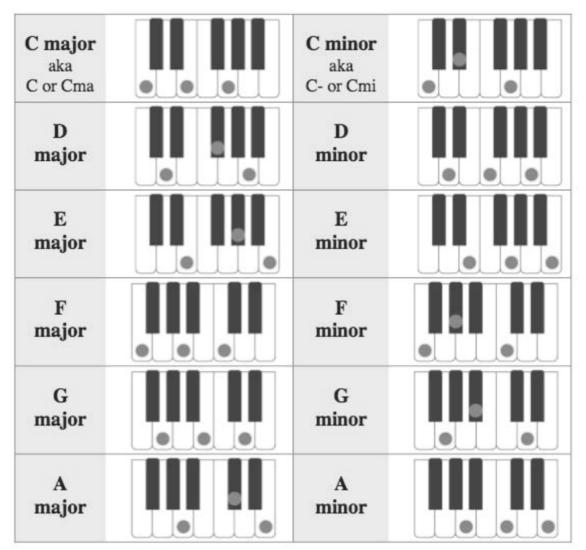
CHORDS:





MAJOR

MINOR



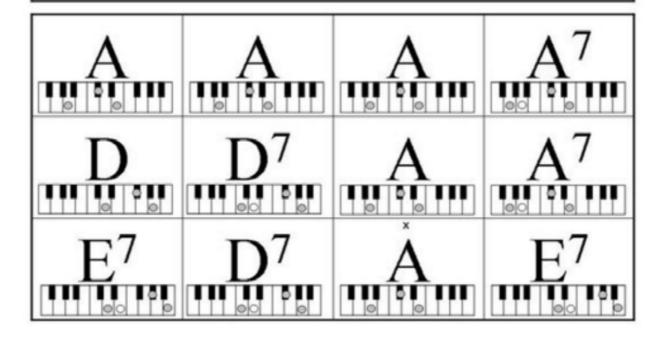




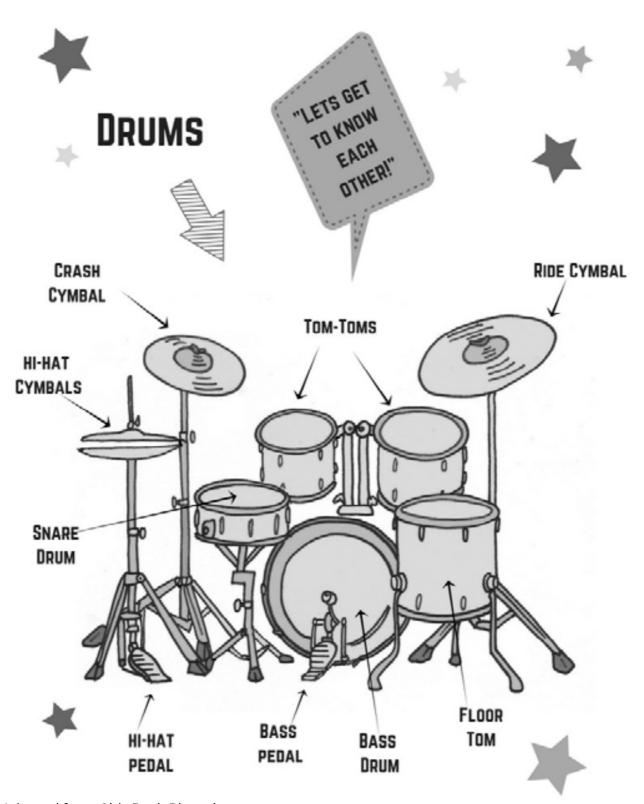




A 12 Bar Blues in A



DRUMS



page 30

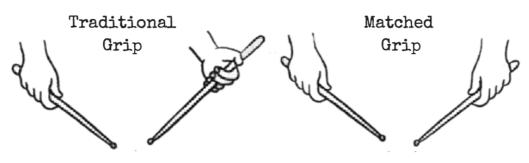
DRUMS



HOW TO GRIP YOUR STICKS...



- · Grip your sticks fairly firmly...
- If you grip them too tight, wrist control will be more difficult!
 - Try out both styles... what works best for you?





• Strike the center of your drum with a direct blow...



 control your wrist movements and try to lift your sticks the same height from the drum...





DRUMS





LH= Left Hand

LF= Left Foot

RH= Right Hand RF= Right Foot + = AND...

*The way you count eight notes is: say 1 AND 2 AND AND 4 AND!



TRY THESE!

1

LH-Snare Drum

RH-Floor Tom

	2		4	
0		8		





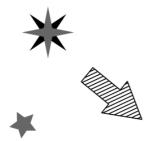


LH-Snare Drum

RF- Bass Drum

		2			4	
1	0		8	0		

DRUMS



NOW TRY THIS ONE OUT...



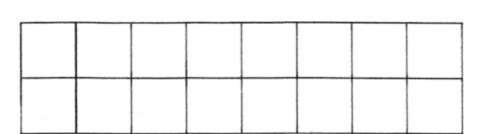
RH-Ride Cymbal

LH-Snare Drum

0	0	2	0	8	0	4	0
		2				4	

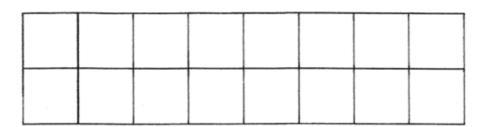


*USE THE SPACE BELOW TO WRITE YOUR OWN DRUM BEATS!



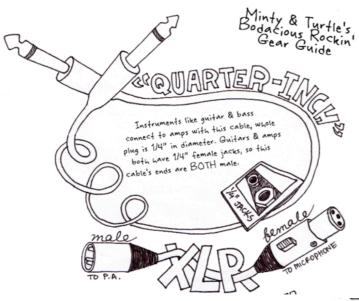


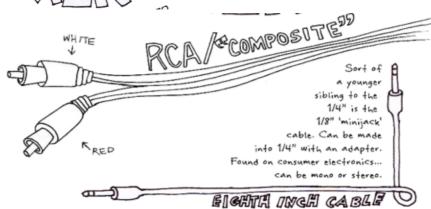
















page 34 SONGWRITING

SONGWRITING



· Use the title to brainstorm ideas for a song





Not strict "rules" ...





· Write your lyrics in the left and right columns







Intro:

Verse One:

Chorus:

Verse Two (different?):

Bridge:

Chorus:

Extended Chorus:

Outro:

MUSICIANS

DO YOU KNOW THESE FOLX WHO ROCK?

Lila Downs

Big Mama Thornton

Xenia Rubinos

Mia Zapata

Noura Mint Seymali

Nina Simone

Nik West

Sharon Jones

Valerie June

Kim Gordon

Laura Jane Grace

Linda Ronstadt

Brittany Howard

Patti Smith

Sister Rosetta Tharpe

J D Samson

Yukimi Nagano

Memphis Minnie

Esperanza Spalding

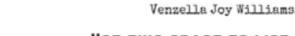
Francine Reed

Stevie Nicks

Meg White

Alicia Keys

Kate Bush



USE THIS SPACE TO LIST ALL THE RAD MUSICIANS YOU FIND OUT ABOUT HERE AT CAMP:

(So you can look them up later!)

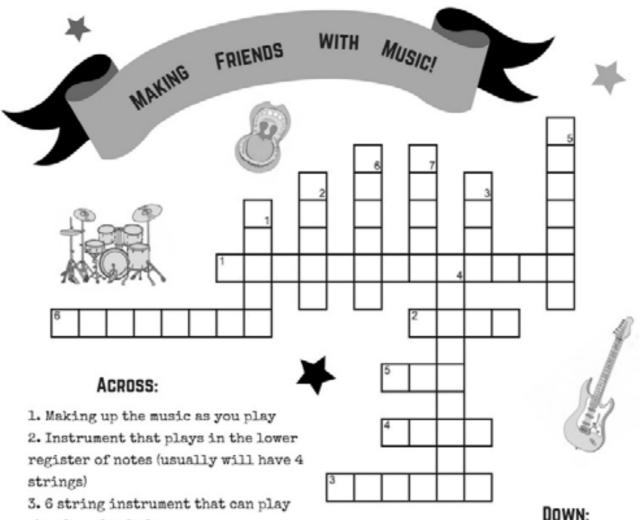








From Girls Rock Phoenix



- chords and melody
- Played by a single instrument or voice
- A powered speaker to plug your instrument or mic into
- When each music note is played sharply and by itself

	SSUNDA	поми:
uor	L. Improvisat	J. tempo
	Sand .S	S. chord
	3. Guitar	3. fret
	4. Solo	4. a cappella
~	dmA .d	5. harmony
w	6. Staccato	6. octave
		7. drums

- 1. Speed at which music is played
- 2. 2 or more notes played together at the same time
- 3. Guitar/Bass and other stringed instruments necks are divided into these (in order to play notes)
- 4. Singing without instruments
- 5. When notes are played together to make a pleasing sound
- The same note played in a higher or lower register
- 7. Percussion instrument sounded by being struck with sticks or the hands