



## LIBERATION ROCK CAMP SACRAMENTO ALUMNI JAM AGREEMENTS

- Jams will happen every 4<sup>th</sup> Sunday of the month, unless otherwise indicated.
- You must register through the website to participate, and then RSVP via the monthly email to attend the upcoming jam.
- Be patient! – LRC Jams have been a long time coming, so they will likely be a work in progress for a while!
- Pay what you can! – Anything that you can spare helps, as GRS is a nonprofit organization, but if you're tight on funds, don't let that deter you from participating in the jams! Venmo @girlsrocksacramento is ideal.
- Surrender to the chosen songs of the day – Even if they're not your favorites! Like at LRC camp, we try to pick songs that different experience levels can all play. Share your song ideas for future jams!
- Tune your instrument – There are tuners at GRS and/or you can bring your own, but please tune before you plug in.
- Be gentle with GRS equipment – We use this gear for our camps year-round, so please be kind! (always put a guitar on a stand when not in use, keep the stage tidy, etc). Do not take borrowed instruments home.
- Always turn off amps before unplugging!
- Loosely wind instrument cables, and place them on the amps, and not on the floor, when not in use.
- Watch volume at all times – Out of respect for neighboring businesses and residences, and your eardrums!
- Please do not touch the PA system, mixing board, etc. unless you're a coach and have received training first.
- Check egos at the door – Jams are for fun and community. This is a welcoming, non-competitive environment, and we will not tolerate "diva" attitudes or any language that doesn't align with GRS values.
- Communicate with the group – Want to try a different instrument? Share an original song? Suggest a tempo or key change? Raise a hand!
- Respect differences, including pronouns, musical styles, backgrounds, gender expressions, etc.
- Please put everything in the studio back the way you found it.
- No food or drinks on the stage – only water (and please try not to spill it)
- You may bring snacks and drinks to share (wine, etc is okay too), but please take out what you bring in.
- You don't have to play! Just want to come hang out and observe? Sing a little? No problem! (You still must rsvp though).
- No guests – Only folks who are LRC alumni or coaches may attend LRC jams.
- Hard stop at 5pm!