

# ROCK'N U

## Option 1: ROCK'N U Weekend Retreat

### Friday

- 5:00 Check In/Registration
- 6:00 Dinner
- 7:00 **Opening Meeting** – Explain how ROCK'N U works, objectives etc. *Meet The Band* – the band shares the pitfalls and blessings of being a Christian musician, and of being “on the road.”
- 8:00 **Workshop #1** – Guitar, Drums, Bass, Vocals, Keyboards, etc.
- 9:30 **Music Tasting Party** (with snacks)
- 10:30 Free Time – Jam, group photos, pass out ROCK'N U t-shirts, etc.
- 12:00 Hit The Sack

### Saturday

- 8:30 Breakfast
- 9:00 **General Session** – “Worship Vs. Performance”
- 10:00 **Workshop #2** – (same as before)
- 11:00 **General Session** – “The Groove Hour”
- 12:30 Lunch (Recording Studio gang may have to eat on the road.)
- 1:00 **Elective Session #1** – Songwriting, Sound System 101, Recording Studio Tour
- 2:00 **General Session** – “How To Rehearse” Form as many bands as possible; each band learns a song to perform at the concert and/or the Sunday worship service.
- 3:00 **Elective Session #2** – Song Writing, Sound System 101, Recording Studio Tour
- 4:00 **General Session** – “Roadies One And All” Set up room for concert that evening.
- 6:00 Dinner
- 7:30 **Concert**
- 10:00 Clean Up and Discussion
- 11:30 Hit The Sack

### Sunday

- 8:00 Breakfast
- 9:00 **Worship Service** – Led by various student bands
- 11:00 **Final Meeting**

## Option 2: One Day ROCK'N U Intensive

This option is for those who like the idea of a ROCK'N U event but don't want to go through the trouble of lodging, food preparation and extended classes, etc. In this case you will need to start early and end late. Comb through the element of the full-blown ROCK'N U and grab the ones that are essential to put into a shorter format. Ending the day with a concert would still be a great finale to this shorter version of a ROCK'N U. Here is a sample of what a one-day ROCK'N U Intensive might look like:

- 8:00 Check In/Registration
- 8:30 **Opening Meeting** – Explain how ROCK'N U works, objectives etc. *Meet The Band* – the band shares the pitfalls and blessings of being a Christian musician, and of being “on the road.”
- 9:00 **Workshop #1** – Guitar, Drums, Bass, Vocals, Keyboards, etc.
- 10:00 **General Session** – “Worship Vs. Performance”
- 11:00 **Music Tasting Party**
- NOON Lunch (Prepared at site or brought in)
- 1:00 **Elective Session** – Songwriting, Sound System 101, Recording Studio Tour
- 2:00 **General Session** – “The Groove Hour”
- 3:30 **Workshop #2** – (same as before)
- 5:00 **General Session** – “Roadies One And All” Set up room for concert that evening.
- 6:30 Dinner
- 7:30 **Concert**
- 10:00 Clean Up and Discussion

## Option 3 : ROCK'N U Mini

A ROCK'N U Mini is something you can do when you have two or three students who seem to be interested in sharpening their skills musically, but you are not able to hook up with other churches for a full blown ROCK'N U event. In this case the best venue for a ROCK'N U Mini might be at a home or at the local church. But because the group is small they have the advantage of being mobile. In this case rather than bringing musicians to your students, take your students to the musicians.

A ROCK'N U Mini can even be accomplished over the course of three or four weeks, one evening per week, at the church.

Comb through the essentials of a ROCK'N U event and see if there might be ways to hook your students up with folks who could help them push forward their musical interests. You might consider:

- Taking your kids to a recording studio for a tour.
- Having your kids sit in on a band practice session where they can ask questions as well as get instruction.
- Meet with worship leaders and other musicians in one-on-one sessions for their area of interest.
- Use the interlinc ROCK'N U DVD where professionals from many well know Christian bands give their tips and insight.

