

**NORTHGATE HIGH SCHOOL  
CASTLE ROCK QUARTET  
CSU Sacramento String Day  
Chamber Music Competition and Celebration  
Itinerary  
Saturday, October 22, 2011**

7:35	AM	Report to Room 93
7:45	AM	Depart Northgate
9:15	AM	Arrive CSU Sacramento
9:20	AM	Check in Lobby Capistrano Hall
9:30	AM	Listen to Vivace Quintet (Room 151)
9:45	AM	Listen to Trubaek Quartet (Room 151)
10:00	AM	Listen to Gunn HS (Room 151)
10:15	AM	Break
10:30	AM	Warm Up
11:00	AM	Castle Rock Quartet - Northgate Performance (Room 151)
11:20	AM	Castle Rock Coaching Session
11:50	AM	End Coaching Session
12:00	PM	Lunch Time – with all participants
1:00	PM	Session I “A Practical Guide to Chamber Music” Presenter : Dr. Tom Tatton
2:00	PM	Session II “Why Do I Hurt When I Practice?” Presenter : Judy Bossuat
3:00	PM	Concert Begins Competition Winners and the Sun Quartet
4:00	PM	End Concert
4:10	PM	Depart CSU Sacramento
5:40	PM	Arrive Northgate

All performances are open to the public! Your lunch has been paid for by NIMB!

**Enjoy!!**