7 April 2011

Get Hard, Heavy and Loud with *Off the Couch*

Live music fans have the opportunity to see some of South Australia's best aspiring bands and musicians at free, all ages, live music shows which are being held around Adelaide City over the coming months.

The gigs are part of Carclew's 2011 ***Off the Couch*** program and the third in the series – Hard, Heavy, Loud – will be held at Fowlers Live on **Friday, April 15**.

Some of the state's top emerging hard rock and metal bands will set the line up for the Hard, Heavy, Loud gig, presented by Carclew Youth Arts' ***Off the Couch*** program. Doors open from 8pm and the line up includes **Blind Envy**, **Zelorage**, **Disaster Plan** and **Beyond the Oblivion**.

"The *Off the Couch* program has been running successfully for 15 years now and has helped many young South Australians make a start in the music industry," said *Off the Couch* Project Officer Drew Landt.

"There's a lot of fantastic unknown talent out there and we're really encouraging everyone to come along and get involved in the Hard, Heavy, Loud event."

Off the Couch is a program that is run by young people for young people with the assistance of industry professionals. It was developed to address the lack of performance opportunities for young musicians in South Australia and expanded to provide opportunities for young people to learn hands-on about the performance industry through sound engineering, marketing, promotions, stage management and much more.

More than 700 bands and musicians have pounded the boards at *Off the Couch* events in the past 15 years, showcasing to a total audience of more than 70,000 at some of Adelaide's most popular venues.

What's On & Social Photography Opportunity

WHAT: *Off The Couch* – Hard, Heavy, Loud

WHEN: Friday, April 15. From 8pm

WHERE: Fowlers Live, North Terrace, Adelaide

Licensed, all ages – free event

The 2011 schedule of remaining *Off the Couch* events is:

Friday April 15	Hard Heavy Loud, Fowlers Live
Friday May 6	Acoustic Showcase, The Promethean
Friday May 20	Rock, The Producers Bar

For further media information please contact Allison Kane, Carclew Youth Arts, on 8267 5111 or 0413 042 639