

## Pre-show rituals of the Crowns

1. Adjective
2. Part Of Body
3. Adjective
4. Verb - Present Ends In Ing
5. Noun - Plural
6. Adverb
7. Verb - Present Ends In Ing
8. Animal
9. Adjective
10. Noun
11. Verb - Present Ends In S
12. Liquid
13. Part Of Body
14. Part Of Body Plural
15. Expression
16. Noun - Plural
17. Food Singular
18. Adjective
19. Noun - Plural

# Pre-show rituals of the Crowns

The Cardboard Crowns like to think they put on a somewhat Adjective show. Needless to say this doesn't happen without a little bit of Part of Body grease, and a lot of Adjective preshow rituals. Typically, before every show, Matt can be seen Verb - Present ends in ING his Noun - Plural, and doing crunches. He says this keeps his blood flowing Adverb, as well as keeping his focus on the task at hand : Verb - Present ends in ING. Frank, being the energetic little Animal that he is, usually goes for a more Adjective kind of warm-up. You can usually find him running laps around the Noun, or seeing if he can beat his record for most Verb - Present ends in S in a minute. Aside from guzzling several bottles of Liquid, Joel will usually stretch his Part of Body to keep himself nimble on stage. He always says , " if your Part of Body Plural aren't warmed up, you're bound to choke, and the crowd will shout " Expression "!!! We're not entirely sure what our new drummer Dave does before shows, but we're told he sticks Noun - Plural in his ears to protect his hearing, and eats a Food Singular to keep his energy up. What a bunch of Adjective Noun - Plural ! See you at the next show!