

TEENAGE KELOWNA HEAVY ROCK SENSATION

FREEZE THE FALL
RELEASE DEBUT EP *THRONES*
LISTEN/PURCHASE [HERE](#)

WATCH THE OFFICIAL MUSIC VIDEO FOR FOCUS TRACK
“[ONE LEFT STANDING](#)”



Download Hi-res Press Photo [HERE](#) | Credit: Alexis Feist Photography
L-R: Aria Becker, Jonah Goncalves, Quinn Mitzel

(July 31, 2024) Today, the wickedly talented Kelowna-based teenage three-piece, **Freeze the Fall** - 17-year-old **Quinn Mitzel** (vox/guitar), 16-year-old **Jonah Goncalves** (drums), and 15-year-old **Aria Becker** (bass/vox) - release their anticipated debut EP, *Thrones*. Listen to the EP [here](#).

Thrones, which was produced by **Jordan Chase** at **Oodelally Recordings** in Kelowna, consists of six outstanding original compositions with a focus on gritty guitar riffs, complex bass lines, loud percussion, and mesmerizing melodic vocals. Inspired by their environment and songs from musical icons **Spiritbox** and **Bring Me the Horizon**, Freeze the Fall's debut EP includes the engrossing new single “[Broken Glass](#)”, the mesmerizing “[Masquerade](#)”, the melodically hypnotic, powerful fight track “[Daughters of Witches](#)”, debut single “[Glitch](#)” and latest focus track “[One Left Standing](#)”.

“One Left Standing is about feeling as though time is moving too fast and everything is changing too quickly,” shares the band. “Reflecting on goals your younger self was working

towards, but now thinking these dreams and goals are impossible to reach because life is weighing too heavily on your shoulders.” The band continues, “Hurt the blue-eyed girl who saved me” refers to feeling as though you’ve injured or let down a younger you. Your life once felt full but now there’s nothing left.”

Following the arrival of debut single “[Glitch](#)” only four months ago, the band has impressively garnered more than 170 unique YouTube reaction videos dedicated to their music, with a common sentiment of awe at the talent of such a young band. Last year, the trio shared a live [cover of “Evolve”](#), from Mexican Rock band **The Warning**, helping to earn Freeze the Fall supporters all over the world.

Their debut EP owes its creation, in large part, due to those same supportive fans. Shortly after the cover, the band launched a Kickstarter campaign with the goal of raising \$5,000 to record, market and release their debut EP. The campaign went on to *double* their target, raising over \$10,000 from supporters across the globe. Over 80% of the funding came from countries outside of Canada, including Germany, Sweden, Australia, New Zealand and Egypt.

Determined to make the most of the opportunity, with the additional support the band was able to shoot music videos for each song on the EP.

“Our goal was to create a very theatrical backdrop and to change each video up with very purposeful costume design,” the band shared. “To maximize our budget, we filmed all 5 videos in one day. We filmed these in an unheated old barn on December 28 for more than 10 hours in -7 degree weather with 15 costume changes – intense!”

From winning two People's Choice Music Awards in 2023 to now releasing their debut EP this summer, Freeze the Fall continues to defy expectations and captivate audiences with their electrifying performances.



Thrones EP Artwork | Download [HERE](#)
Original art by Kevin Moore of Soft Surrogate

Thrones EP Tracklist

01. Grief
02. [Masquerade](#)
03. [Glitch](#)
04. [Broken Glass](#)
05. [Daughters of Witches](#)
06. [One Left Standing](#)

Upcoming Canadian Tour Dates

AUG 02 - Lake Country, BC @ Music in the Park
AUG 09 - Penticton, BC @ Peachfest
AUG 10 - Vancouver, BC @ Summerlight Festival
OCT 26 - Kelowna, BC @ Crown and Thieves

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