



Artist Information

Label: Self Released
Genre: Alternative Rock / Reggae
Hometown: Camano Island, WA
Influences: Rebelution, Soundgarden, Stone Temple Pilots, Slightly Stoopid.
Sounds Like: Rebelution, Sublime, Stick Figure Slightly Stoopid, BareNakedLadies

Members:
 Jeremy Abbott - Lead vox, guitars
 LJ Ringstad - Hand Percussion, utility
 Jessica Sehorn - Back Vox, Bass
 Torijon Wilson - Drums, backing trax

Bio

JAM is a Pacific Northwest reggae fusion band. Blending reggae, blues, rock and electronic tones, lead singer Jeremy Abbott delivers genuine vocals and finds a unique sound in the space.

"It matters what you put in your ears. Music should make you think, make you celebrate, it should have something to say. I'm on a mission to connect people together, dig deeper into the heart, reveal what's important and stand together for what's right."

JAM & the good vibes canvas the Washington state playing gigs as often as possible, spreading the word that reggae has a unique power to connect people.

Website and Social Links for video and music (Highlights only, inquire for other links like IG, TT, SC, BC)

-  www.JeremyAbbott.Net
-  Jeremy Abbott music
-  YouTube Jeremy Abbott music
-  Spotify Jeremy Abbott music
-  iTunes Jeremy Abbott music



Booking

Email Jeremy@JeremyAbbott.Net for booking.

Current bookings are listed on our website, JeremyAbbott.Net, under 'Tour'.

We are very responsive, and normally confirm within 48 hours.

We're currently targeting capacity 200-400 @ \$8 door fee in Washington State

Experience Highlights

For a full list of past shows you can reference our "previous events" on Facebook, or send a request to JeremyAbbott.net. The list below is only intended to show example capacity, draw, and willingness to travel.

3/4/2023 John's Alley, Moscow ID cap (300) Ticketed Attendance (153)

3/24/23 Boxcar, Stanwood WA Cap (60) Estimated Attendance *Sold Out* Over Cap (+/-100)

3/25/23 Stein, Leavenworth, WA Cap(200) Estimated Attendance (150)

4/14/23 AuroraBorealis, Lynnwood, WA Cap(250) Estimated Attendance (30)

4/15/23 Pub282, Camano Island, WA cap(150) *Sold Out* Over cap

4/21/23 PintsBarn, Olympia, WA cap(100) Estimated Attendance (75)

7/28/23 Boxcar, Stanwood, WA Cap(60) *Sold Out*

7/29/23 Juicebox, Centralia, WA Cap(300) Estimated Attendance (30)

7/30/23 HopValley, Eugene, OR cap(200) Estimated Attendance (75)

8/05/23 LOGE, Westport, WA Cap(200) Estimated Attendance (75)

8/19/23 Pub282, Camano Island, WA cap(150) Estimated Attendance (120)

9/1/23 Steelhead Cider, Chelan, WA Cap(50) Estimated Attendance (30)

9/2/23 Sweetriver, Pateros WA cap (120) Estimated Attendance (60)

9/3/23 Suncove Music in the Park, Suncove WA, Estimated Attendance (150)

Press Photos

Please visit our webpage, JeremyAbbott.net and go to the link "Images". For additional photos or custom posters (yes, we do that!), please request vial email at Jeremy@Jermeyabbott.net

Stage Plot (For general reference, where a tech rider is needed, please request)

