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**JOEL STANG & THE WEASELS ANNOUNCE DEBUT ALBUM *UNFIT TO PRACTICE*
— A RAW, HONEST, ALTERNATIVE ROCK DRAMEDY OF REAL LIFE**

Edmonton, AB — Alberta's newest alterna-rock force, Joel Stang & the Weasels, released their debut album, *Unfit to Practice*, on April 20th, 2026. Blending gritty storytelling, nostalgic Canadiana, and emotionally charged musicianship, the album marks the official arrival of a band that has lived enough life to sing about it with conviction.

Frontman Joel Stang draws from a lifetime of musical obsession — from childhood AM radio on prairie road trips to a healthcare career that left him disillusioned, reflective, and ready to turn his experiences into art. *Unfit to Practice* explores themes of burnout, addiction, complicated relationships, and the strange comedy of trying to hold yourself together while everything else falls apart.

The album was produced by Stew Kirkwood at Dept. 9 Studios, who contributed multiple instrumental layers and served as a mentor throughout the process. The studio sessions also featured Juno-nominated percussionist Jamie Cooper, whose dynamic performance helped lay the foundation and bring the songs to life.

The Weasels — all in their 40s and shaped by the same musical eras — bring the songs to life with chemistry that feels both effortless and electric:

Dave Farhall (bass, backup vocals): Joel's childhood friend and a professionally trained musician. Dave spent nearly a year collaborating with Joel in his home studio, helping shape the early demos that became the backbone of the album. His bass lines, harmonies, and creative input are foundational to the band's sound.

Cody Horb (drums): The heartbeat of the band, known for his precision, discipline, and ability to elevate every track.

Together, they create a sound Joel says he appropriated from *Futurama* — "Vaguely Folkish Alterna Rock" — a blend of angst, warmth, melody, and grit.

The band is fully rehearsed and ready to perform. Their Tuesday night practices have already become legendary among those lucky enough to witness them.

Unfit to Practice is available now on Bandcamp and all major streaming platforms.

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