

The Lowry Centre for Advanced Training

What is CAT?

CLASSES

Students who attend the scheme will be required to undertake 10 to 14 hours a week of training activities, outside their normal school or college hours. They will take a minimum of 3 classes per week at The Lowry and other studios/ theatres within the local area, which will include but will not be limited to:

- Contemporary Technique
- Ballet Technique
- Yoga/ Pilates/ Progressive Ballet Technique
- Creative and Choreography Workshops



SUPPLEMENTARY SESSIONS

These classes will be implemented to give maximum training potential to each student. They will include but not be limited to:

- Body Conditioning - Designed to develop the student's physical skills. This also includes essential information about diet and nutrition and injury awareness / injury prevention etc
- Dance History / Dance Appreciation - The students will attend performances from some of the leading professional dance companies that visit The Lowry each year.

INTENSIVE COURSES

Further to the weekly training schedule, participants will work with professional choreographers and companies during intensive weekends (4 in total throughout the year), Easter intensives and finally culminating in a production week and end of year show during the summer holidays – all helping to enrich their overall training potential. The students learn new skills and techniques from a varied range of disciplines and experience different ways of working, as well as different artist approaches – which is a vital element of gaining a true reflection of a career in the dance industry.

Since our inception in 2010, the students on the CAT scheme have had the opportunity to work with many wonderful and nationally/internationally renowned professionals working in the industry, as well as some fantastic projects and performances, including the following:

- Akram Khan Company
- Ballet Central
- Chris Nash
- Christopher Marney
- DigitFest 2011
- Hofesh Shechter Company

- Jasmin Vardimon Company
- Modulate: The National Dance CATs Performance
- Michael Clark Company
- Phoenix Dance Theatre
- Rambert Dance Company
- Royal Opera House
- Shaun Parker Company
- The CAT Research Project
- Unlocking Salford Quays
- Unsung Heroes
- Wayne McGregor | Random Dance
- Wayne Sables Project
- Whitworth Art Gallery/Anne Wilson



INDIVIDUAL TRAINING PLAN

Each student will have an Individual Training Plan (ITP), which will be drawn up and agreed by the student, parents/guardians and the CAT team.

The ITP will set out the programme of training, study, work and related activities that each participant will undertake. These will be reviewed and evaluated in order to help the participants achieve their potential throughout the year, helping to set goals and build a plan catered to each individual.

Students are given a minimum of 2 annual 1:1 tutorials with the CAT Manager, or CAT Coordinator, as well as termly group tutorials with their peers and tutors in order to facilitate ongoing reflection, goal setting, feedback and preparation for the future.

PHYSIOTHERAPY TREATMENT

Due to the physical nature of the work undertaken on the CAT, there may be times when students suffer aches and pains. This is to be expected as the training is requiring the student to reshape bone & muscle tissue, gain increased flexibility, and become stronger in order to acquire the physiology needed to be a dancer. This cannot be done without the body feeling some discomfort.

It is common for dancers throughout their career to feel aches and pains on a daily basis; unfortunately it goes with the job. Dancers in this situation need to learn how best to cope with such stress both physically and mentally, although it is widely known that the training builds resilience and a higher pain threshold than most other sporting or artistic practices.

If the pain is sufficient to warrant closer inspection, a dancer suffers a sudden injury or the injury has been persistent over a long period of time, the dancer may be referred to our external physiotherapist, who will assist and advise them of further treatment.

We provide physiotherapy from a leading Physiotherapy Centre in Manchester, so our CAT Students are in the best of hands.

AUDITIONING FOR A PLACE ON THE LOWRY CAT SCHEME

Please note: this year, in response to the challenges faced by the Covid-19 pandemic, our audition process looks a little bit different, however, **WE ARE RECRUITING FOR AUTUMN 2020 ENTRY ONTO THE SCHEME.** If you would like to learn more about the scheme and / or audition for a place from September 2020, please follow the link to read about the process in more detail and sign up for our digital workshops:
<https://forms.gle/m6QQdCZb7HwL1sqr9>

The information below provides general advice on auditioning for The Lowry CAT.

Young people aged 11-16 (upon entry in September), who are passionate about dance, are welcome to apply to audition for The Lowry CAT.

Auditions can be a very tense and nerve wracking experience, even for the most seasoned of professional dancers. It is therefore important to recognise that your decision to attend already demonstrates a strong sense of self-motivation and commitment.

Please be advised that the audition process is devised in order to assess true potential and ability rather than technical excellence. The creative and choreographic elements of the audition will give you an opportunity to demonstrate this potential and it is important to note that every effort will be made to create a safe and relaxed environment in order that you can work to your maximum potential.

Even attending an audition is a valuable learning experience and in many ways will benefit future applications that you make. We would ask therefore that you try, even though it is sometimes difficult to do so; to approach the audition as though you would any other workshop and **enjoy the process of the day!**

FEE/ GRANT INFORMATION:

The CAT is funded by the Music and Dance Scheme through the Department Of Education (DfE). The financial support available to families are means-tested grants dependent on the household income.

To qualify for a MDS national grant the applicant must have been resident in the British Islands for three years prior, be a member of the European Economic Area or Switzerland or be a refugee of the child of a refugee (conditions apply).

78% of families receive financial support from the Department for Education's Music and Dance Scheme

48% of students receive full-grants for their training

Grants are means-tested based on family's annual earnings per tax year, with deductions and allowances made for dependents in accordance with the Department for Education's

guidelines. Families' financial circumstances are reviewed annually and students who are eligible and who make sufficient progress, will be entitled to receive financial assistance until they graduate or exit from the programme.

To qualify for a MDS national grant the applicant must have been resident in the British Islands for three years prior, be a member of the European Economic Area or Switzerland or be a refugee of the child of a refugee (conditions apply).

Means-testing income bands and relevant family contributions for 2018/19 (please note, bandings may be subject to alteration by the MDS on an annually reviewed basis, however we do not expect any alterations made for 2020/21 to be of significance difference)

Family Income	Maximum amount of grant	Family Contribution
up to £30,529	£3, 723	nil
£30,530 to £34,600	£3,350	£373
£34,601 to £38,671	£2,977	£746
£38,672 to £42,741	£2,606	£1,117
£42,742 to £46,811	£2,233	£1,490
£46,812 to £50,882	£1,861	£1,862
£50,883 to £54,954	£1,490	£2,223
£54,955 to £59,024	£1,117	£2,606
£59,025 to £63,095	£745	£2,978
£63,096 to £67,163	£374	£3,349
£67,164 or more	nil	£3,723

Fees contribute to external training, travel, accommodation, dance wear and other activities depending on each individual centres policy.

The above information is taken directly from the National Dance CATs Website:

www.nationaldancecats.co.uk

For more information specific to The Lowry's CAT Scheme, please email

CAT@TheLowry.com.