

THE LOWRY CENTRE FOR ADVANCED TRAINING WHAT IS CAT?

WEEKLY 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 Barney | DigitFest 2011 | Hofesh Shechter Company |

Jasmin Vardimon Company | Modulate: The National Dance CATS Performance |

Micheal Clarke Company | Phoenix Dance Company | Rambert Dance Company |

Royal Opera House | Shaun Parker Company | The CAT Research Project |

Unlocking Salford Quays | Unsung Heroes | Wayne McGregor Dance |

Wayne Stables 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 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

Auditions for CAT are usually between March-June prior to the start of the next academic year. Our next auditions will be held in Spring 2022 for entry to CAT 2022-2023.

Information surrounding audition applications will be listed on our Webpage/Facebook nearer the time. However, those interested to learn more can attend our Open Classes as listed on our website, alongside emailing CAT@thelowry.com for further information.



FEES AND GRANTS INFORMATION

The Dance CAT's are funded by the Department for Education's (DfE) Music and Dance Scheme (MDS).

This scheme currently enables around 2,000 exceptionally talented children to have access to the best specialist music and dance training available alongside a good academic education.

The DfE offer grants which are means-tested based on family's annual earnings per tax year, with deductions and allowances made for dependents in accordance with their guidelines.

Families' financial circumstances are reviewed annually and support is available to families whose income falls below £68,575 per annum (2021/2022). 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).

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

RELEVANT INCOME <i>After deducting £2,156 per dependent including the grant holder</i>	MAXIMUM AMOUNT OF GRANT	PARENTAL CONTRIBUTION
Up to £31,170	£3,802	nil
£31,171 to £35,327	£3,420	£382
£35,328 to £39,483	£3,040	£762
£39,484 to £43,693	£2,661	£1,141
£43,693 to £47,796	£2,280	£1,522
£47,797 to £51,951	£1,891	£1,911
£51,952 to £56,559	£1,522	£2,280
£56,560 to £60,265	£1,141	£2,661
£60,266 to £64,421	£762	£3,040
£64,422 to £68,575	£382	£3,420
£68,575 and above	nil	£3,802

FUTURE SUCCESS

Students who have trained on the scheme have been able to successfully audition for some of the UK's most distinguished conservatoires and professional training institutions such as:

- The Northern School of Contemporary Dance
- London Contemporary Dance School
- Trinity Laban Conservatoire for Music and Dance
- Central School of Ballet
- Rambert School of Ballet and Contemporary Dance
- London Studio Centre

And have gone on to Perform with:

- Matthew Bourne's New Adventure's
- Cilla The Musical
- Motionhouse,
- VERVE Graduate Dance Company
- EDge Graduate Dance Company
- Southpaw Dance Company
- Jasmin Vardimon 2
- Disneyland Paris,
- Beautiful Thing (Greenwich & Docklands International Festival)
- Northern Rascals
- Fallen Angels Dance Theatre
- Extended Play Dance
- and many more...

Choreograph for:

- Opera De Lyon
- Brink Dance Company
- DRIFT
- UDance
- Dance on Screen Projects
- Resolutions Festival
- Pink House Festival

Many of our students have also expanded their careers into new horizons, working in major artistic fields across the creative sector. These include Teaching, Lecturing, Modelling, Commercials, Cruise Ships, Independent/ freelance work, Masters Degrees, Arts Reviewers, Lighting Designers, Photographers, Film makers, Dance researchers and Directors.

CAT is not just for those pursuing dance, but for creative individuals who are keen to work in the arts and cultural sector, utilising their skills to have long term, rewarding, future careers.

To find out more about the scheme please visit:

<https://thelowry.com/get-creative/young-people/dance/>

To find out about the National Dance CATs please visit:

www.nationaldancecats.co.uk



THE LOWRY
YOUTH
DANCE
PARTNERSHIP

**DANCE
CATs**
NATIONAL CENTRES
FOR ADVANCED
TRAINING

