

The Lowry Centre for Advanced Training

What is CAT?

CLASSES

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

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



SUPPLEMENTARY SESSIONS These classes are implemented to give maximum training potential to each student. They include but are not 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 attend performances from some of the leading professional dance companies that visit The Lowry each year and have workshops led by a variety of artists who impart knowledge about their dance genre's culture & history

INTENSIVE COURSES Further to the weekly training schedule, participants work with professional choreographers and companies

during intensive weekends (3 or 4 in total throughout the year); Easter intensives and finally culminating in a production week and end of year show, usually held in July; 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, with 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
- Jordan James Bridge
- 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
- Vanhulle Dance Theatre
- Wayne McGregor|Random Dance
- Wayne Sables Project
- Whitworth Art Gallery/Anne Wilson

INDIVIDUAL TRAINING PLAN

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

The ITP sets out the programme of training, study, work and related activities that each participant undertakes. These are 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 dance 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 then assists and advises 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

WE ARE RECRUITING FOR AUTUMN 2022 ENTRY ONTO THE SCHEME. If you would like to learn more about the scheme and / or audition for a place from September 2022, there are Open Days and Taster sessions throughout March-May 2022 and the Audition Day is 29th May 2022.

In order to audition we highly recommend attending an Open Day to allow you to see whether you feel CAT is for you and something you'd like to commit to.

Please see our How To Apply section for more detail

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!**

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).

Relevant income:

<i>After deducting £2,156 per dependent including the grant holder</i>	Amount of grant awarded	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

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

The above funding information is taken directly from the National Dance CATs Website: www.nationaldancecats.co.uk