

Information and Guidance Notes

U.Dance 2023
March 25th/26th 2023



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We're pleased to hear that you are interested in taking part in the *U.Dance* programme!!

Within this pack we have provided all the information you should need in relation to your application for *U.Dance NW*, the regional choreography platform. If you wish to be considered for the national festival *U.Dance 2023* please also refer to the national festival guidance notes at www.onedanceuk.org

Please read these guidelines thoroughly before applying!

About U.Dance

U.Dance is a national framework run by [One Dance UK](#) which helps to improve and inspire dance performance opportunities for children and young people across the United Kingdom. There are 3 tiers to the framework **Local, Regional and National**. You can register your own performance events to be a part of the [U.Dance Local Framework](#) on the One Dance UK website and the Regional Events are delivered in partnership with Regional Host venues.

U.Dance NW is the annual **Regional Young Peoples Dance Festival** for the North West, delivered by **The Lowry Theatre**, in Salford Quays.

We're excited to be holding the 2023 festival at The Lowry on **Saturday March 25th & Sunday March 26th**

Who Can Apply: UDance NW welcomes applications from dance groups across the region who work in all genres of dance with young people aged between 6-19 (or up to 25 for dancers with disabilities). See Festival Strands for more detail.

U.Dance NW's 'Dance on Stage' and 'Dance on Screen' Performance Strands also act as the **Regional Selection Event** for the **National Youth Dance Festival, U.Dance** led by One Dance UK.

U.Dance 2023 will take place July 2023 and will showcase groups from all across the Nation. For more information visit the UDance National website page.

U.Dance NW 2023

U.Dance NW offers groups from across the region, opportunities to develop and share their Choreographic work at a Regional Festival and take part in an exciting schedule of workshops with professional dance artists and companies from across the UK.

UDance NW 2023 Strands:

Under 11s Performance Strand – (Page 5)

Pre-show performance opportunity for groups aged 6-11.



U.Dance on Screen Strand – (Page 8)

Dance on Film sharing opportunity for aged 11-19 (up to 25 for dancers with disabilities). We accept films **made with young people** or **by young people**. These should be dance made for film and not recordings of performance work.

U.Dance on Stage Strand – (Pages 9 & 10)

Dance made for Stage sharing opportunity for solos to groups (up to 30 dancers) for aged 11-19 (up to 25 for dancers with disabilities). We accept work made **with young people** as well as made **by young people**.

Choreographic Exchange Strand – (Page 11)

Choreographic lab opportunity for groups aged 11-19 (up to 25 for dancers with disabilities) who are still developing their choreographic identity and ideas. Opportunity for groups who may not have work ready to present.

Too Young for U.Dance?



Opportunity:

We will be offering groups with dancers **under the age of 11** who are not eligible for the National UDance Festival, the opportunity to apply to have their choreographic/ performance work shared across The Lowry as of a pre-show event before Main Stage Event.

Groups are invited to submit filmed dance work whether made for the camera or for the stage, but should be no more than **6 minutes in length**.

Criteria:

Dancers must be aged between 6-11 and can include groups with up to 30 dancers.

Pieces will be considered by the Regional Panel in line with the selection criteria, feedback will be provided for all groups who apply:

1. Demonstrate excellence in performance
2. Present excellent and engaging choreography*
3. Show dancers taking clear ownership of the choreography, which is appropriate for their age and experience*
4. Demonstrate respect and consideration to all (demonstrated through both the group's conduct and the appropriateness of performance content).

How to Apply for the Under 11s Pre Show Performance

Step 1: Register your groups interest by completing in full the **U.Dance NW Expression of Interest Form** and return to North West Dance before **Monday December 5th, 2022**.

Step 2: Develop, Rehearse and Film your submission if not already created. You can access the One Dance UK Dance on Screen CPD Workshops for additional guidance on creating dance for the camera and filming dance for stage. The work submitted must be the completed product.

Step 3: Complete in full, with **supporting footage** of your piece, the **U.Dance NW Under 11s Group Application Form** which you will receive upon submission of your Expression of Interest. This will be due by **Sunday January 15th, 2023**.

Selections: Selection's for U.Dance NW will be made by a regional panel of dance professionals and young people and successful applicants will be notified the week commencing **16th of January 2022** and will all receive feedback.

For more information on the Under 11s Performance opportunity please contact us at **northwestdance@thelowry.com**

This year NorthWestDance are looking for new dance films made by, with or featuring young people that are less than **7 minutes** in length for screening at **U.Dance NW 2023**.

We are looking for submissions where the piece of **dance is specifically made for and with consideration of the camera**, where the camera becomes a key element in the choreography and concept of the piece as opposed to a recording of a piece of dance made for the stage. (See 'UDance on Stage' Strand)

If you have made a dance film in the past two years or are currently developing a dance on screen work that you would like to be considered for inclusion in the event, please follow the the application process on the next page.

U.Dance NW On Screen Submission Guidelines

- All entrants must hold all the relevant rights to agree distribution of the entered film.
- All entrants must have the necessary GDPR Compliant Consent Forms for use of the footage by external organisations/ festivals
- The footage must feature only dancers aged 11+
- Submitted films should have been made within the last two years.
- Preview copies will not be returned unless a SAE is supplied on entry and all hard/ digital copies will be destroyed 6 months after the festival has taken place
- All applications will be provided feedback from the regional selection panel
- Selected films will be screened at *U.Dance NW* alongside the other strand performances.
- See the National UDance Guidelines for more guidance on creating Dance on Screen.

How to Apply for the UDance 'On Screen' Strand:

Step 1: Register your groups interest by completing in full the U.Dance NW Expression of Interest Form and return to North West Dance before **Monday December 5th, 2022**.

Step 2: Develop, Rehearse and Film your submission if not already created. You can access the One Dance UK Dance on Screen CPD Workshops for additional guidance on creating dance for the camera and filming dance for stage. The work submitted must be the completed product.

Step 3: Complete in full, with **supporting footage** of your piece, the **U.Dance NW On Screen Group Application Form** which you will receive upon submission of your Expression of Interest. This will be due by **Sunday January 15th, 2023**.

Selections: Selection's for U.Dance NW will be made by a regional panel of dance professionals and young people and successful applicants will be notified the week commencing **16th of January 2022** and will all receive feedback.

For more information on the U.Dance NW On Screen opportunity please contact us at northwestdance@thelowry.com

To be considered for the 'On Screen' Performance Strand of the National Festival U.Dance 2023, you must apply and be selected to perform in U.Dance NW.

Please ensure you answer the relevant questions on the Expression of Interest Form if you wish to be considered for the National Festival U.Dance 2023

NorthWestDance also welcome applications from groups who are only interested in performing at the U.Dance NW platform.

U.Dance NW 'On Stage' Strand

The Main Stage Performance Strand is open to groups aged 11-19 (up to 25 for dancers with disabilities) **made by or with young people**. We encourage applications from groups, duets and solos, who create dance pieces in all genres; Street styles, Classical Dance styles, Dance of the African Diaspora, Folk Dance, Contemporary Dance, you name it!

Select this option if your group would like to submit a dance piece created for live performance. .

For your application, the piece can be filmed in a studio or a theatre setting.

If wishing to be considered and selected for the U.Dance National Festival, the group selected will have the opportunity to perform this piece live at the event or can submit a film of the performance. Details surrounding this will be made available soon.

Selection Criteria

The regional selection panel will be made up of professional dance artists, including an inclusive dance specialist and a youth representative from the North West. The national selection panel will comprise of 2 regional representatives and up to 5 national representatives. The selection panel at county, regional and national events will be looking for dance groups that:

- **Demonstrate excellence in performance.**
- **Present excellent and engaging choreography.**
- **Show dancers taking clear ownership of the choreography, which is appropriate for their age and experience.**
- **Reflect the diversity of dance styles practiced by young people across the UK.**
- **Create an interesting and varied performance.**
- **Showcase excellent and authentic work from both schools and youth dance settings.**

The National criteria can be found at: <https://www.onedanceuk.org/wp-content/uploads/2018/10/U.Dance-Application-Pack-2023.pdf>

Following the regional selection event, the panel provide feedback for all groups who apply to assist in the ongoing development of their work.

How to Apply for the U.Dance NW 'On Stage' Strand

Step 1: Register your groups interest by completing in full the **U.Dance NW Expression of Interest Form** and return to North West Dance before **Monday December 5th, 2022**.

Step 2: Develop, Rehearse and Film your submission if not already created. You can access the One Dance UK Dance on Screen CPD Workshops for additional guidance on creating dance for the camera and filming dance for stage. The work submitted must be the completed product.

Step 3: Complete in full, with **supporting footage** of your piece, the **U.Dance NW On Stage Group Application Form** which you will receive upon submission of your Expression of Interest. This will be due by **Sunday January 15th, 2023**.

Selections: Selection's for U.Dance NW will be made by a regional panel of dance professionals and young people and successful applicants will be notified the week commencing **16th of January 2023** and will all receive feedback.

For more information on the Under 11s Performance opportunity please contact us at: northwestdance@thelowry.com

Groups must:

- Have between 1-30 dancers in the group.
- Submit a dance piece which is between 2 and 7 minutes in duration (some of the best pieces are often much shorter than 7 minutes!)
- Only include dancers who will be aged 11 & over by March 25th 2023 and up to 19 years July 2023, (disabled dancers aged up to 25 can apply).
- Have all the correct permissions to share the work.
- Be based in the North West and involve dancers who live in the North West.
- Be available on Saturday 25th of March & Sunday 26th of March 2023.

*Please note if you are selected, your group will be invited to attend **One Day** of our U.Dance Weekend, to attend workshops and perform your work on the Quays Theatre Stage!*

To be considered for the 'On Stage' Performance Strand of the National Festival *U.Dance 2023*, you **must apply and be selected to perform in U.Dance NW**.

Please ensure you answer the relevant questions on the **Expression of Interest Form** if you wish to be considered for the National Festival *U.Dance 2023*.

NorthWestDance also welcome applications from groups who are only interested in performing at the U.Dance NW platform.

Information about the UDance NW Choreographic Exchange:

In 2018 we piloted our first version of a choreographic exchange for groups who didn't perform as part of the 'On Stage' Performance Strand but who were eager to develop their choreographic practice/ youth authorship either within a school setting or youth group.

The success of this opportunity over the last few years means we are excited to be able to offer this again in 2023!

Select this option if your group who may not have been able to come together and create as usual over the pandemic period or who may not have work ready to present in March 2023, but who wish to get involved in UDance NW Festival Programme.

Groups selected for the UDance NW Choreographic Exchange will join us on Sunday 26th March 2023, and will have the opportunity to informally share their choreographic ideas with the other Exchange Groups, receive support/ guidance from professional choreographers, explore different choreographic tasks/tools in relation to subject matter/ starting points (with the other groups and facilitated by professional dance artists) and look at youth authorship/ ownership within their own choreography.

They will also be invited to watch the evening performances of UDance NW. **Please note there is a reduced cost for taking part in this part of the UDance NW Programme.**

Group & Piece Requirements:

- Include no more than 15 dancers in the group.
- Submit ideas of work/ choreography they are wanting to explore over 2023.
- Only include dancers who will be aged 11 by March 2023 and up to 19 years in July 2023 (disabled dancers aged up to 25 can apply).
- Be based in the North West and involve dancers who live in the North West.
- Be available on Sunday March 26th 2023.

'Our group really enjoyed their Exchange Day. As a small group, rurally based, this kind of exposure and experience of working with other Youth Groups, feedback on their own work and watching the variety of high quality youth dance across the region is just what this group needs to help us progress and develop so thank you for putting on this extra strand to the festival. It has certainly been very valuable for us.'

**– Group Leader of group participating in the UDance NW
Choreographic Exchange 2018**

How to Apply for the U.Dance Choreographic Exchange Strand:

Step 1: Register your groups interest by completing in full the **U.Dance NW Expression of Interest Form** and return to North West Dance before **Monday December 5th, 2022**.

Step 2: Develop, Rehearse and Film your submission if not already created. You can access the One Dance UK Dance on Screen CPD Workshops for additional guidance on creating dance for the camera and filming dance for stage. The work submitted is too offer an insight into the themes/styles you work with. It does not have to be a completed product.

Step 3: Complete in full, with **supporting footage** of your work/ideas, the **U.Dance NW Choreographic Exchange Group Application Form** which you will receive upon submission of your Expression of Interest. This will be due by **Sunday January 15th, 2023**.

Selections: Selection's for U.Dance NW will be made by a regional panel of dance professionals and young people and successful applicants will be notified the week commencing **16th of January 2022** and will all receive feedback.

For more information on the U. Dance NW Choreographic Exchange Strand please contact us at northwestdance@thelowry.com

Footage / Film Submissions

U.Dance NW Submissions

- Footage / Film submissions should be submitted via We transfer or Google Drive Download (Please provide passwords in your application if required).
- The Film/ Footage submitted by January 15th will be the Film Presented or Stage Performance performed at the U.Dance NW Platform in March. Please ensure you send a complete and edited film for consideration by the panel.
- On Screen Submissions - The Group Leader will also need to consider the Child Protection implications of posting film content online, as it is their responsibility to ensure the welfare of their group in this instance. We advise you to ensure you have all the appropriate GDPR Policies and Documentation in place to share and present your film.
- Please read the UDance National - Streaming Youth Dance Online: Music Rights and Licensing Best Practice Guide - Collated by One Dance UK to ensure that your film is able to be presented online as part of the Regional Festival.

Expectations for the footage are as follows:

- The footage **MUST** be of this piece and **not an example of past work**.
 - The piece should be as complete and finalised as possible when filmed to help us programme the show and fairly consider all applications.
- We will not be able to consider work in progress for submission to the selection panel.**
- The footage should reflect your piece as it is intended to be viewed from the perspective of an audience member whether filmed for 'On Screen' or 'On Stage'
 - Please ensure that you have carefully considered the environment, lighting, visual effects, music etc before submitting your work.
 - Choreography should be executed by the dancers to a high standard and with a **strong performance quality**. Groups are free to choose their own stimulus/style for the choreography.
 - Please ensure you have the necessary music license where appropriate, to share any copyrighted material.

To help make *U.Dance NW* and the National Festival *U.Dance 2023* more accessible, North West Dance and One Dance UK are:

U.Dance NW

- Including an 'inclusive dance specialist' on our regional selection panel – this will be someone with appropriate experience of working with youth dance groups including disabled young people.
- Consulting with groups who are interested in applying for *U.Dance NW*; to seek their input as to how we ensure we make our festival as accessible as possible and to provide them with support in the application process.
- Offering workshop options which provide accessibility and creative opportunity for all involved.

U.Dance National

- Tailor-making the national festival experience for groups that can't attend the full festival due to the health or wellbeing of the dancers. For example, they may enable your group to attend for a single day, so your dancers can perform and also do some participatory activity. Please discuss the options with Youth Dance England.
- Providing 'Access Funds' for groups selected at the regional platforms, to help cover the costs associated with attending the national festival. This is available to all groups, subject to the criteria set by your region. One Dance UK do not charge carers/support workers the festival fee.
- Offering workshop options which provide more time for exploration and are less fast paced.



If you would like to discuss how your group could be involved in *U.Dance NW*, whatever access needs they may have, please contact northwestdance@thelowry.com. For information on accessing the national festival, *U.Dance 2023*, please contact One Dance UK (see page 20 for contact details).

What happens if my group is not selected for U.Dance NW?

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We are always delighted to receive a high number of applications for *U.Dance NW* and every year we receive applications from new groups to the platform.

Unfortunately due to the popularity of the event, each year there will be groups that are not selected to take part in the platform, however we always ensure that we offer all groups constructive feedback from the selection panel to assist in the development of their work and encourage them to re-apply the following year. And where possible we always look to further engage groups through other areas of our work.

It is incredibly positive that there is so much excellent dance work being created across our region and during the year there are a number of performance opportunities across the North West for groups to apply to showcase this work, led by our sub regional dance development organisations. These platforms include NOW Dance Platform in Cheshire, Lancashire Youth Dance Festival and U.Dance Cumbria, amongst others. Which we can signpost groups to if they wish to explore other performance/ workshop opportunities.

<https://www.onedanceuk.org/programme/u-dance/local/>



Why not deliver your own platform?

If you're organising a dance performance for children or young people aged 0 – 19 you can register your event [click here to become part of the **National U.Dance framework.**](#)

By registering an event with the framework you will have access to a range of benefits including certificates for your performance, the U.Dance Awards and special ticket officers for professional performances in your area. You will also become one of Youth Dance England's U.Dance Champions and if you register three or more separate events you'll be sent a U.Dance Champion hoodie in recognition of your hard work and ongoing links with the U.Dance scheme!

[To find out more about U.Dance Registration visit the One Dance UK website.](#)

Other U.Dance Activities



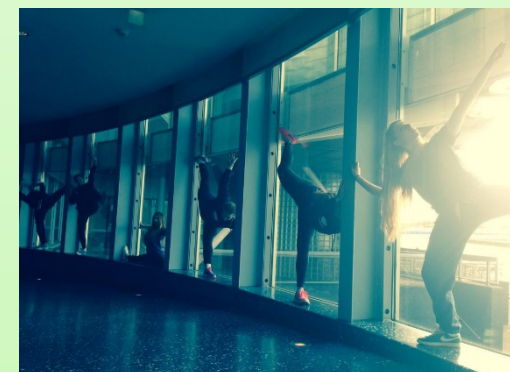
Each year participants of U.Dance NW and members of the public are encouraged to get involved in our [#UDanceAnywhere](#) challenge.

Dance photo/video challenges will be shared online across the performance week for groups and young dancers to find and post/share their completed challenges on Facebook, Twitter and Instagram using the hashtags [#UDanceAnywhere](#) [#UDanceNW](#).

At the end of the day winners/ winning groups will be chosen from the completed challenges across the week and awarded a dance prize/ dance goodies!

This is always a fun opportunity to get creative and explore the exciting possibilities of creating dance digitally!

Check out what groups from previous U.Dance NW Festivals enjoyed most about the [#UDanceAnywhere](#) Challenges on our [YouTube Page](#).



Feedback from previous U.Dance NW festivals

“Congratulations on a really inspiring event. It was so good to see so many groups performing at a high level from across the region and enjoying the whole experience that you created for them.”

Linda Jasper – Previous Director of Youth Dance England

“I have seen my company grow from being very timid young people ... to confident young dancers and I have U. Dance NorthWest to thank for this.”

Group Leader - Merseyside

“Thank you from all our group for giving us the opportunity to be a part of U.Dance North West. We all had a wonderful day and thoroughly enjoyed all the workshops. The faculty were great and showed real commitment and energy to their teaching offering new and insightful ideas in their classes. The performance was wonderful and all of our parents who watched were really inspired the variety of ages and abilities within the programme. I truly believe platforms like this raises people awareness as to what dance can give to everyone!”

Group Leader - Greater Manchester

“Just want to say a big thank you for all your hard work over the weekend. Our group had a thoroughly enjoyable time and benefited from the experience greatly. I know they will be talking about it non-stop for the next session.” Group Leader – Lancashire

“Just wanted to say thank you for organising the U.Dance event at the weekend. Our group absolutely loved it & had a great time. It's just such a valuable experience for them to see what's going on outside Cumbria!”

Group Leader – Cumbria

“On behalf of our dancers, I would like to say a huge THANK YOU to yourself and your team for organising such an amazing event. The students thoroughly enjoyed all of the activities offered on the day and loved performing in the theatre.”

Group Leader - Cheshire

Contact Us

U.Dance NW

Please do not hesitate to contact the team at North West Dance if you have any further questions regarding the application process for *U.Dance NW*.

Telephone: 01618762104

E-mail: northwestdance@thelowry.com

Festival Coordinator: Daisy Howell

Address: North West Dance, The Lowry, Pier 8, Salford Quays, M50 3AZ

[@NorthWestDance](#)

U.Dance 2023 – The National Youth Dance Festival

For enquiries about the national festival *U.Dance 2023* contact One Dance UK.

Telephone: 020 7940 9800

Email: u.dance@onedanceuk.org

Address: One Dance UK, Ensign House, Battersea Reach, Juniper Drive, London SW18 1TA

facebook.com/onedanceuk/
[@onedanceuk](#)

You can see videos from past platforms on both [NorthWestDance](#) and [One Dance UK](#) YouTube Channels.

We look forward to receiving your applications!