

DANCE TRAINING FOR YOUNG PEOPLE

FOR ENTRY SEPTEMBER 2024

DANCE EAST

A group of four young dancers (two boys and two girls) are captured in a dynamic, low-angle shot. They are wearing casual clothing, including yellow and brown tops. The background is dark, and the lighting is dramatic, highlighting their forms. The text 'DANCE EAST' is overlaid in large, white, bold letters across the top half of the image.

CENTRE FOR ADVANCED TRAINING

**JERWOOD
DANCEHOUSE
IPSWICH**

FIND OUT MORE

01473 295234

**DANCEEAST.CO.UK/CAT
CAT@DANCEEAST.CO.UK**

DANCEEAST CENTRE FOR ADVANCED TRAINING

Welcome to the DanceEast Centre for Advanced Training, known as the CAT for short.

We provide high-quality dance training for young people aged **10-18 years**. Based at the Jerwood DanceHouse on Ipswich's Waterfront, our young dancers come from across the East of England, attending classes in **Ipswich, Norwich, and Cambridge**. During their weekly training, CAT students will have classes in **contemporary, ballet, hip hop, creative, and health**.

Our CAT students work with a variety of people, including professional dance artists and choreographers from a diverse range of backgrounds and experiences.

We encourage everyone to apply to join the programme, regardless of their previous dance experience. We are looking for young people with exceptional talent, potential, enthusiasm, motivation, and commitment. We also look for people with strong physical awareness and creativity, with the ability to work both as a team and independently. To apply to join from September 2024, applicants will need to be aged 10-16 on 1 September 2024.



IS THE CAT FOR ME?

- I am between the ages of 10 and 16 years, or I will be on 1 September 2024.
- I am enthusiastic about dance.
- I am highly motivated and eager to develop new skills.
- I believe I have exceptional talent and potential within dance.



"I JUST REALLY ENJOY CAT AND I LOVE ALL THE NEW TEACHERS AND I LOVE ALL MY NEW FRIENDS AND I THINK IT'S A REALLY NICE PLACE TO DANCE."

- CAT student

Means-tested grants are available to cover training costs, transport, and dancewear – this means the programme could be free. For more information on the costs and funding of the programme, go to page 10.

The DanceEast CAT is part of a national network supported by the Department for Education's Music and Dance Scheme. The National Centres for Advanced Training in Dance offers the highest quality dance training to young people across England. Find out more about the National CAT on page 12.



FIND OUT MORE
DANCEEAST.CO.UK/CAT

WE TRAIN

The DanceEast CAT is a non-residential, pre-vocational dance programme for those who are ready to make a commitment to training in dance. During their time on the CAT, students are prepared for professional dance training.

Our students attend approximately eight hours of dance each week, across three days. This is typically made up of two evening classes, in Ipswich, Norwich, or Cambridge, and one day at the Jerwood DanceHouse in Ipswich at the weekend. During these weekly sessions, students will have classes in contemporary, ballet, hip hop, creative, and health. All our technique classes are accompanied by musicians.

Weekly class timetables, which include the sessions and days you need to attend, are allocated at the start of the academic year in September. An example of a weekly timetable can be found on page 15.

As well as the weekly classes, we offer additional enrichment activities and additional support which includes:

- Access to physical health support
- Audition support and preparation
- Performances
- Theatre trips
- Spring and Summer Intensives
- Projects and workshops

Our curriculum gives students a strong grounding in technical and creative skills, as well as an introduction to the wider dance profession.



STUDENT SUPPORT

All students receive an Individual Training Plan (ITP) which aids their development and highlights personal goals and needs. ITPs are created in consultation with parents/carers and our CAT Tutors to monitor and support the student's learning. This ensures that every effort is made to encourage a healthy balance between academic work, dance training, and personal life.



MEET THE CAT TEAM
DANCEEAST.CO.UK/CAT-TEACHING-TEAM

WE PERFORM

Our students have a range of performance opportunities throughout their time on the programme.

Every year, students take part in Spring and Summer Intensives with national and international choreographers to create a performance for the CAT End of Year Show.

Previous performances include the National Theatre's River Stage Festival on London's South Bank, Latitude Festival, and Norwich Theatre Royal.

Previous choreographers and artists include major UK and international dance companies and choreographers:

- 2Faced Dance Company
- Alexander Whitley
- Alleyne Dance
- Alvin Ailey American Dance Theater
- Anna Williams
- Arthur Pita and Valentina Golfieri
- Avant Garde Dance Company
- Far From the Norm
- Flexer and Sandiland
- FUBUNATION
- Gecko Theatre
- Hofesh Shechter Company
- Humanoove/Didy Veldman
- Jamaal Burkmar
- James Cousins Company
- James Wilton Dance
- Joss Arnott
- Jasmin Vardimon Company
- Joseph Toonga
- Martin Lawrance
- Matthew Bourne's New Adventures
- Protein Dance
- The Royal Ballet
- Richard Alston
- SAY
- Stopgap Dance Company
- Tim Casson
- Uchenna Dance
- Vanhulle Dance Theatre



“CAT HAS GIVEN A REALLY GREAT PERSPECTIVE TO WHAT DANCE CAN LOOK LIKE AND THE WAY THAT DANCE CAN CONTINUE TO DEVELOP BEYOND JUST SORT OF SOMETHING I DO. I’M NOW EDUCATED ON SO MANY MORE THINGS I HADN’T KNOWN BEFORE.” - CAT student



VIEW MORE
[VIMEO.COM/DANCEEASTCAT](https://vimeo.com/danceeastcat)

PROGRESSION AND CAREERS

The CAT prepares and equips students with the skills to continue on to further dance training, if they choose to. Guidance on progression routes and support is offered to students throughout their time on the CAT.

Many of our graduates go on to continue their full-time education at dance conservatoires or universities to study for degrees, diplomas, and professional qualifications in dance. Students are encouraged to discover their own pathway and progression.

Previous graduates have gone on to prestigious vocational schools and university dance programmes, including:

- Arts Educational School
- Bird College
- Bath Spa University
- BRIT School
- Central School of Ballet
- Edge Hill University
- Hammond School
- Laine Theatre Arts
- London Contemporary Dance School
- London Studio Centre
- Middlesex University
- Mountview Academy of Theatre Arts
- Northern School of Contemporary Dance
- Rambert School
- Royal Conservatoire Antwerp
- The University of Roehampton
- The Royal Ballet School
- Tring Park School for Performing Arts
- Trinity Laban Conservatoire of Music and Dance

ALUMNI

Over the past 16 years, the DanceEast CAT has trained hundreds of talented young people, who are now working professionally across the performing arts sector. Their careers have spanned performing nationally and internationally in the West End, blockbuster films, professional dance companies, producing, and project management.

Some have worked with companies, artists, and performances such as: 2Faced Dance Company, CABARET, The Barbie Movie, The BRIT Awards, Disney, Stopgap Dance Company, Gary Clarke Company, James Cousins Company, James Wilton Dance, Matthew Bourne's New Adventures, Nickelodeon, Northern Ballet, Roald Dahl's Matilda The Musical, Russell Maliphant Company, Protein Dance, Scottish Dance Theatre, Thriller Live, and The X Factor, amongst others.



FIND OUT MORE
DANCEEAST.CO.UK/CAT-ALUMNI



TAQUAN ALLEN
DANCEEAST CAT
STUDENT
2009-2015
Taquan is a graduate student from Bath Spa University with a BSc in Psychology and Dance.

Taquan is working towards becoming a registered psychologist; the skills he has developed are vast and include analytical skills, great written and verbal communication, enhanced emotional intelligence, and organisational skills. Taquan is also zealous on public health, both psychological and mental. Currently, he runs a social media page named TaqTalks, in which he shares blogs, videos, and advice.



PHIL WINDARD
DANCEEAST CAT
STUDENT
2010-2019
Phil joined the DanceEast CAT in 2010, studying on the programme for nine

years. Phil trained at London Contemporary Dance School, graduating in 2022 with a BA (Hons) in Contemporary Dance. They are currently studying an MA in Contemporary Dance Performance whilst undergoing a Professional Placement Apprenticeship with Stopgap Dance Company, facilitated through Northern School of Contemporary Dance. They were with the company for nine months, gaining insight into being in a professional company.



MEGHAN STEVENS
DANCEEAST CAT
STUDENT
2012-2017
After five years on the DanceEast CAT, Meghan trained

at Northern School for Contemporary Dance, graduating with a first-class honours degree in 2020. Meghan joined VERVE21, under the artistic directorship of Matthew Robinson, touring works by Botis Seva, Caroline Fin, Barnaby Booth and Matthew Robinson. Meghan is currently a Company Dancer for Russell Maliphant Dance Company, performing *Silent Lines* and the company's new production *Vortex*.



JACK WILLIAM PARRY
DANCEEAST CAT STUDENT
2012-2015
From October 2023, Jack will join the third year Prologue Company in CABARET at the Kit Kat Club West End. Other theatre credits include: Matthew Bourne's *Swan*

Lake International Tour, including a limited season on Broadway (2018-20); Jack Frost in *The Snowman* West End & UK Tour (2021-22) & West End (2022). Jack has also choreographed for a number of RuPaul's Drag Race Queens; including Awhora (UK), Luxx Noir London (US) & Krystal Versace (UK). Film & TV credits include: *Doctor Who* with Ncuti Gatwa (2024); Greta Gerwig's *Barbie* (2023) and *Swan Lake* Cinema (2019). Jack also played Troy in *Nicôle Lecky's Mood* for BBC (2022).

COSTS AND FUNDING

The DanceEast CAT is supported through the Department for Education's Music and Dance grant scheme, which aims to reduce financial barriers to access the CAT. Means-tested grants are available to support the cost of the programme, meaning that anyone can apply to join the programme, regardless of their financial circumstances.

The grants support the overall costs of the programme, including training, classes, dancewear, trips, guests, performances, and a lot more.

AMOUNT OF GRANT (2023/24)

The fee per student for the academic year 2023/24 is £4,032. This is set nationally by the

Department for Education. Fees for 2024/25 will be confirmed in 2024.

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

The DanceEast Bursary Fund may also be available for additional funding to support families who are required to make contributions towards course fees.

Parental contributions can be paid in three termly instalments, or over ten months by a monthly standing order.

RELEVANT INCOME*	MAXIMUM AMOUNT OF GRANT	PARENTAL CONTRIBUTION
Up to £32,728	£4,032.00	£0.00
£32,729 to £37,093	£3,646.00	£386.00
£37,094 to £41,457	£3,262.00	£770.00
£41,458 to £45,877	£2,853.00	£1,179.00
£45,878 to £50,185	£2,479.00	£1,553.00
£50,186 to £54,548	£2,101.00	£1,931.00
£54,549 to £59,386	£1,729.00	£2,303.00
£59,387 to £63,278	£1,344.00	£2,688.00
£63,279 to £67,642	£961.00	£3,071.00
£67,643 to £72,003	£577.00	£3,455.00
£72,004 or more	£0.00	£4,032.00

*After deducting £2,264 per dependent including the grant holder.



TRAVEL AND DANCEWEAR

Grant holders receive financial assistance with travel and dancewear costs. Financial support is means-tested on the same scale as the grant-funding, for example, families who are entitled to a full grant are also entitled to full reimbursement for dancewear and travel costs; families who are entitled to 50% grant are entitled to claim 50% of these costs.



MORE INFORMATION
DANCEEAST.CO.UK/COSTS-AND-FUNDING

“I RECEIVED A FULL BURSARY TO COVER ALL FEES FOR MOST OF MY TIME ON CAT. I WOULD NOT HAVE BEEN ABLE TO ATTEND CAT IF THIS SUPPORT WAS NOT IN PLACE. CAT GOT ME OUT OF MY HOMETOWN, IT GOT ME INTO LONDON, IT GAVE ME THE NETWORK AND ALLOWED ME TO EXPERIENCE MY FULL POTENTIAL. I HAVE NO IDEA WHAT I WOULD BE DOING NOW, ESPECIALLY AS I AM FROM A SMALL TOWN WHERE OPPORTUNITIES LIKE THIS DO NOT COME AROUND [OFTEN].”

- DanceEast CAT student



NATIONAL CENTRES FOR ADVANCED TRAINING IN DANCE

DanceEast is one of the National Centres for Advanced Training in Dance (CATs), providing part-time pre-vocational dance training to young people. The nationwide programme aims to develop, create, and inspire the next generation of dance artists, choreographers, and leaders. The CATs provide highly specialised training to prepare young people for vocational and higher education programmes.



The CATs are supported by the Department for Education's Music and Dance Scheme. The CATs operate from host organisations that have been recognised for their excellence in arts and vocational training.

The National Centres for Advanced Training are hosted by:

- Dance City | Newcastle
- DanceEast | Ipswich
- FABRIC | Birmingham and Nottingham
- National Centre for Circus Arts | London
- Northern Ballet | Leeds
- Northern School of Contemporary Dance | Leeds
- Swindon Dance | Exeter and Swindon
- The Lowry | Salford
- The Place | London
- Trinity Laban Conservatoire for Music and Dance | London

The National CAT partnership allows students to work together on national projects and initiatives, including meeting peers from across the country.

As well as there being CATs for dance training, there are also CATs for music. The Music CAT for the East of England is Aldeburgh Young Musicians, based at Britten Pears Arts, Suffolk.

For more information call 01728 687115
or visit brittenpearsarts.org



MORE INFORMATION
NATIONALDANCECATS.CO.UK

A WEEK IN THE LIFE OF A CAT STUDENT

ESME

(AGED 17)

ESME'S WEEKLY JOURNAL

As a DanceEast CAT student, I train several times over the week with a great range of tutors.

WEDNESDAY

My CAT week starts on a Wednesday doing midweek Contemporary with Katie. I leave school at 5pm to get to Impington Village College and class starts at 6.45pm. Every class we begin with a warmup: either group activity or individual improvisation. This is always a great way to start because I can switch off from school and my creativity is engaged. Our classes progress in difficulty every week – developing from simple to more complex



combinations - which helps us learn new skills continually. In our lesson today I learnt a few new variations of handstands. I've never been comfortable trying new tricks, but we've been working on it for a couple of lessons now, so it was easy to give it a go.

THURSDAY

On Thursday evenings I go to ballet classes in Comberton Village Hall. I enjoy having this class because I get to dance with a different group of people. I have different tutors in my midweek vs weekend session which provides me with lots of unique feedback. It is also good when I am struggling with a particular element because I am provided with lots of advice which, when I combine, helps me grow.

SUNDAY

Sunday is my *big* CAT day. I wake up at 7am, to begin the drive to Ipswich at 8am. I dance in Violet Group so check that schedule for the day when I sign into the building and then head to the studios. Classes begin at 10.15 and each day consists of five sessions. Our

ESME'S WEEKLY TIMETABLE

WEDNESDAY	THURSDAY	SUNDAY
Contemporary 6.45pm-7.50pm Cambridge, Impington Village College	Ballet (External Class) 8pm-9pm Cambridge, Comberton Village Hall	Contemporary, Ballet, Hip Hop, Creative, Health 10.15am-5pm Ipswich, Jerwood DanceHouse



"I'M ALWAYS LEARNING SOMETHING. THERE'S NOT BEEN A SESSION THAT I'VE NOT PICKED UP SOMETHING NEW OR GROWN IN A CERTAIN AVENUE." - Esme

Contemporary and Ballet classes are each 1 hour 15 minutes. I always prefer to have this session in the morning because it is the best way to switch on for the rest of the day.

Then during lunch all the groups can mix and chat about the day. Our tutors are always around in this break, so we often have chats about how it's going, or even a personal 1-2-1 to discuss future plans and personal goals. I'm graduating this year so have already used lunch time to talk to the CAT team about what I think my higher education will look like.

The next three sessions are all 1 hour long: Hip Hop, Health, and Creative. Hip Hop is relatively

new, but I have already learnt so much in the last year. We have explored popping, house, and breaking styles – it's so different from the classical ballet training I am used to but always gets us in a good mood (great after lunch when you're tired and need some motivating). My favourite Sunday session is always Health. I really enjoy the variety of activities we can be doing each week – Yoga, Pilates, education about health, nutrition, strength training – I am able to learn so much about how to better myself as a dancer, in ways other than just dancing. Creative is a great way to practice our choreography, partner work skills, and generally try new things in a safe space.

Our day is complete at 5pm, when I then walk to the train station with other students before heading home.





FIND OUT MORE

We want to give prospective students an insight into what it is like to be part of the DanceEast CAT, so we host a range of free events including Taster Days, Open Days, and Information Talks.

All our events are designed so that everyone can take part, regardless of their previous dance experience. These events are a great way to meet the CAT team, experience the training, and learn more about the programme.



TASTER DAYS COME AND DANCE

Our Taster Days are free to attend and give you the chance to take part in dance workshops, led by our fantastic CAT tutors. Whilst you are dancing, your parents/carers have the chance to speak to the team and listen to a presentation where they will find out more about the programme.

IPSWICH BOYS TASTER DAY
SATURDAY 17 FEBRUARY 2024 |
12.30PM – 4.00PM
Jerwood DanceHouse, Ipswich, Suffolk, IP4 1DW

CAMBRIDGE TASTER DAY
MONDAY 19 FEBRUARY 2024 |
12.30PM – 4.00PM
Storey's Field Centre, Eddington Avenue,
Cambridge, Cambridgeshire, CB3 1AA

NORWICH TASTER DAY
TUESDAY 20 FEBRUARY 2024 |
12.30PM – 4.00PM
The Garage, 14 Chapelfield North,
Norwich, Norfolk, NR2 1NY

IPSWICH TASTER DAY
SATURDAY 24 FEBRUARY 2024 |
12.30PM – 4.00PM
Jerwood DanceHouse, Ipswich, Suffolk, IP4 1DW

OPEN DAYS COME AND WATCH

Our Open Day gives you and your parents/carers the opportunity to see the DanceEast CAT in action! You will watch our current CAT students in class, speak to the CAT team, and have a tour of our world-class DanceHouse.

OPEN EVENING
TUESDAY 12 MARCH | 6PM-8PM
Jerwood DanceHouse, Ipswich, Suffolk, IP4 1DW

OPEN DAY
SUNDAY 17 MARCH 2024 | 10.30AM – 3PM
Jerwood DanceHouse, Ipswich, Suffolk, IP4 1DW

All our Taster Days and Open Day events are free to attend but must be booked in advance.



BOOK
To book your place, please visit danceeast.co.uk/cat-before-you-apply or by scanning the QR code.



BOOK YOUR PLACE
[DANCEEAST.CO.UK/CAT-BEFORE-YOU-APPLY](https://danceeast.co.uk/cat-before-you-apply)

FAQs

Q HOW OLD DO I HAVE TO BE TO APPLY?

A We are recruiting young people aged 10-16 years on 1 September 2024.

Q DOES IT MATTER IF I HAVEN'T HAD A LOT OF EXPERIENCE IN DANCE?

A We are looking for young people who enjoy moving! You might never have taken part in a dance class before, have a small amount of experience, or have been dancing your whole life – we are looking for potential, dedication, and enthusiasm, so anyone can apply, regardless of experience. We also look for physical coordination, awareness, strength, uniqueness, enthusiasm, and commitment.

Q HOW OFTEN WILL I ATTEND CLASSES?

A You will need to attend classes one full day at the weekend and two evenings during the week. In addition to this, there will be dance intensives during the Spring and Summer holidays.

Q WHERE DO WEEKLY CLASSES TAKE PLACE?

A Weekend classes take place at the Jerwood DanceHouse in Ipswich. Midweek classes take place in Ipswich, Cambridge, and Norwich.

Q WILL IT AFFECT MY SCHOOL WORK?

A The DanceEast CAT is designed to fit around schoolwork. Each student has an Individual Training Plan (ITP) which helps us work with the students to manage the demands of the training programme alongside their school commitments.

Q WHAT ABOUT OTHER DANCE CLASSES I ALREADY ATTEND?

A You are able to continue with an external ballet class if it directly clashes with the DanceEast's CATs ballet class on a Thursday evening. The CAT will cover the cost of the class, and it will become part of your weekly training schedule.

Q WHAT IS COVERED BY THE COST OF THE COURSE?

A The cost of the course, which may be covered by a means-tested grant, covers all classes, dancewear, trips, health support, performance opportunities, costumes, and a lot more. Students also have the opportunity to take part in projects with the National Centres for Advanced Training in Dance.

Q WHAT WILL I HAVE TO DO AT THE AUDITION?

A For the first stage audition you will be placed in a group with people of a similar age and level of experience. The audition includes a mix of creative work and technique. Following stage one auditions, you may be invited to a stage two audition.

Q DOES THE PROGRAMME ONLY LAST FOR A YEAR?

A Students can stay on the DanceEast CAT until they leave full-time education, usually aged 18 years, or up to the age of 24 if d/Deaf or disabled.

Q WHO TEACHES FOR YOU?

A The quality of teaching is paramount to the success of the programme. Our teaching team is made up of teachers, artists, and choreographers of the highest calibre. Our students also have the opportunity to work with guest artists, which provides a greater insight into the wider dance profession. All technique classes are accompanied by musicians.

Q DO YOU SUPPORT STUDENTS WITH A DISABILITY AND ADDITIONAL NEEDS?

A We welcome applications from all young people, including those with disabilities and additional needs. If you have any access or additional needs, please contact us so that we can find out how best to support you. Young people with disabilities may be able to remain on the CAT beyond the age of 18 years, usually up to the age of 24 if d/Deaf or disabled.



FIND OUT MORE
DANCEEAST.CO.UK/CAT-FAQ





**APPLICATION DEADLINE:
SUNDAY 5
MAY, 5PM**

AUDITION

If you would like to join the DanceEast CAT, you will need to attend an audition. The auditions are designed to be accessible and fun for everyone. There are Audition Support



Workshops available to help guide you through the process and answer any questions you may have.

There is a two-stage audition process for September 2024 entry. All eligible young people aged 10-16 years on 1 September 2024 will be invited to a stage one audition. The stage one auditions include creative and technique workshops and have been designed to be accessible and fun, regardless of your previous experience. You may then be invited to a stage two audition.

We encourage everyone who is interested in joining the CAT to apply to audition. You do not need to have previous dance experience; we look for potential.

AUDITION SUPPORT WORKSHOP | SATURDAY 11 MAY 2024

This is an optional workshop for those who have applied to audition and would like some extra support.

AUDITIONS

Stage One Auditions

Saturday 18 May
Tuesday 28 May
Wednesday 29 May

Everyone who applies, and is eligible, will be invited to attend a stage one audition. You will only need to attend one of the dates above.

Stage Two Auditions (invitation only)

Saturday 8 June
Sunday 9 June

You will only need to attend one of the dates above. You do not need to prepare anything in advance.



APPLY

There are two ways to apply:

■ OPTION 1: ONLINE FORM

Complete the online form, which can be found at danceeast.co.uk/cat-how-to-apply or scan the QR code.

■ OPTION 2: PAPER FORM

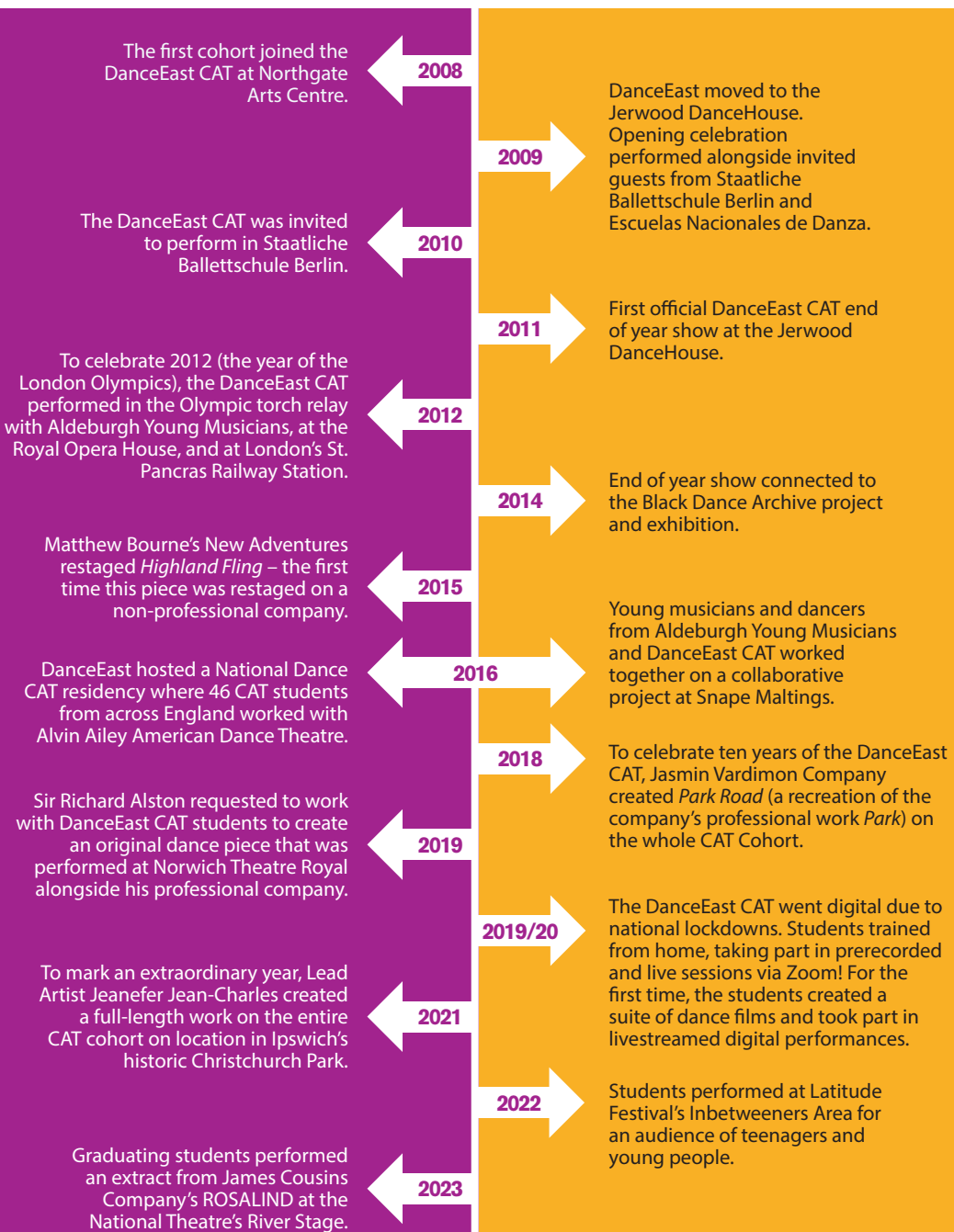
Fill in the attached application form and post to DanceEast CAT, Jerwood DanceHouse, Foundry Lane, Ipswich, Suffolk, IP4 1DW



APPLY ONLINE
DANCEEAST.CO.UK/CAT-HOW-TO-APPLY

CAT TIMELINE

HIGHLIGHTS FROM THE DANCEEAST CAT



DANCE CATs

NATIONAL CENTRES FOR ADVANCED TRAINING



Supported by



LEVERHULME TRUST

All photography by Alicia Clarke and Rachel Cherry
Design by Creative Bonfire

This brochure is for guidance. All information and fees were correct at the original date of publishing.