

Northern School of
Contemporary Dance

CENTRE for
ADVANCED
TRAINING

Prospectus 2023



About Centre for Advanced Training

Centre for Advanced Training (CAT) at Northern School of Contemporary Dance offers high quality extra-curricular dance training for young people aged between 13-17.

The scheme is part of an innovative national programme, set up and part-funded by the Department for Education, Music and Dance Scheme with centres across the country aimed at developing and inspiring the next generation of dance talent.

You don't need to have lots of previous experience in dance to gain a place on the scheme. Instead, we look for enthusiastic, passionate and motivated young people who are ready to commit to a regular and intensive programme of dance training.

Means-tested grants are available to cover fees, meaning anyone can access the scheme, regardless of financial circumstance.

Students completing CAT go on to earn sought-after places at leading dance conservatoires and universities, in the UK and internationally.

Is NSCD CAT for me?

- I am aged between 13-17
- I am enthusiastic about dance and want to learn more
- I am motivated and keen to develop transferable skills



“CAT has taught me so many valuable skills and provided me with endless opportunities which I am grateful for. CAT has not only helped me develop as a dancer but as a person too and NSCD has been a second home to me for 4 years”

OLIVIA CLARK
current student



Training

Our training gives students a strong grounding in technical and creative skills, in preparing them for full-time vocational dance training. Students attend classes three times a week during term time, approximately eight hours a week. Our tuition covers four key areas:

- Dance Technique (Contemporary, Ballet and other styles)
- Choreography/creative skills
- Performance skills
- Dance fitness and health

The majority of our technique classes are accompanied by live musicians.

In addition to our regular classes, we also offer:

- Holiday intensives with guest artists
- Cultural activities, eg theatre trips
- Careers advice & audition preparation
- Opportunities to perform at least twice a year
- Individual tutorial support

Day	Time	Class
Monday	6.15 - 7.45pm	Ballet
Wednesday	6.15 - 7.45pm	Complementary activity
Saturday	10.30am - 4.15pm	Contemporary Choreography/creative Complementary activity Tutorials

Student Support

Our team offers Individual Training Plans (ITPs) for all students to aid their development and identify personal goals. These are created in consultation with parents/carers and help to ensure a balance between academic studies, dance training and personal life.

Performance

Our annual CAT End of Year Show in June sees our students perform at the Riley Theatre* or Stanley Audrey Burton Theatre in works by invited professional choreographers, to an audience comprising family, friends and members of the public. This is shared platform with the CAT scheme based at Northern Ballet.

Students also perform in the NSCD Learning & Participation Annual showcase.

In any one-year students may also take part in a range of performance opportunities and projects off-site. Intensives throughout the year outside of term-time broaden our students' exposure to current practices and artistic thinking.

Previous guest choreographers/companies include:

- Hofesh Schechter Company
- Feet off The Ground
- Studio Wayne McGregor
- Glenn Graham Dance
- Phoenix Dance Theatre
- 2 Faced Dance Company
- Candoco Dance Company
- Company Chameleon
- Keira Martin Dance
- Northern Rascals
- Alleyne Dance
- Extended Play
- James Cousins Dance
- James Wilton Dance

*Riley Theatre is NSCD's very own performance space, and the largest dedicated dance venue in Yorkshire.







Progression & career routes

CAT has an outstanding track record of successfully preparing students for full-time vocational dance training in Higher Education. All our students are supported to discover their own progression route, and many go on to gain places with leading conservatoires and universities.

Alumni have been offered places on undergraduate programmes at:

- Northern School of Contemporary Dance
- London Contemporary Dance School
- Rambert School
- Trinity Laban Conservatoire of Music and Dance
- Salzburg Academy of Experimental Dance (SEAD)
- Urdang
- Bird College
- LIPA
- Royal Conservatoire Antwerp

Some of our students graduate from the programme and choose to go into other fields, having enjoyed dancing and making new friends, knowing that their passion for dance and the experiences they've shared will continue to enrich their lives well into the future.

“The CAT scheme has taught me how to train effectively and build a determined mindset. I have become a leader in my work, I have more self-confidence and this enabled me to communicate better and achieve my ambitions.”

KIERON FALLER
2014 - 2018

Alumni stories



EMMA HOLT 2014-2015

After CAT, Emma went on to study contemporary dance at Trinity Laban Conservatoire of Music and Dance. Now a professional artist, she has had the opportunity to perform on stage, for TV and film. Credits include performing in the TV series *Peaky Blinders*, music videos for George Ezra, Calum Scott and Lorde, performing in the of the *Commonwealth Games Opening Ceremony* and ad campaigns for fashion brands including Hermes and Nike. She is currently part of the Prologue cast on the West End Production of *Cabaret* at the Playhouse Theatre.



ANNIE-ROSE GRANTHAM 2012-2015

After CAT, Annie went on to study at Bird College for Professional Dance & Musical Theatre. On graduating she worked with Stoppap Dance Company, with whom she continues to work professionally. She has performed in the *Paralympics Homecoming Ceremony*, the *Commonwealth Games Opening Ceremony*, and in TV adverts. She hopes to inspire other people who have a disability by showing it does not stop you from achieving your goals.



MAX COOKWARD 2015-2016

Max continued his training after CAT at Rambert School of Ballet and Contemporary Dance. Max was a category finalist in the 2019 BBC Young Dancer competition and in 2022 won a Ciclope Award for their work as a choreographer. They have created work for clients including the V&A, Dua Lipa, MSGM Milano, Tappan Collective, Jordan Luca and Tim Walker. Max has performed internationally in works by artists including Ohad Naharin, Damien Jalet + Sidi Larbi, Andrea Miller, Magnus Westwell, Theo Adams Company, Benoit Swan Pouffer, Malikiscrycrycry and illyr. Max is passionate about creating high-quality work that tackles ableism and uplifts LGBTQ+ and disabled communities.



KIERON FALLER 2014-2018

Kieron joined CAT after being talent-spotted in a school workshop. Following CAT, Kieron progressed to the degree course at NSCD. Now a graduate, he is currently working as a freelance dancer, teaching and performing across Europe. One of his future aspirations is to be a part of Team GB for Breaking at the Olympic Games. Kieron is also known as @bboylitefoot and performs with Primal Instincts Crew and Shepherd Gang. Kieron is passionate about fusing contemporary and hip hop dance styles.



DANIELLE MAY SELWOOD 2005-2009

Daniella May trained on CAT and continued onto the degree course at Northern School of Contemporary Dance. She has toured nationally and internationally working with companies such as: ZooNation – The Kate Prince Company, Stomp, Company K, Grounded Movement, Uchenna Dance, Tavaziva Dance and Southpaw Dance Company. In 2019 she performed in Idris Elba and Kwame Kwei-Armah's production *Tree*.



ANNA HOLMES 2010-2013

After CAT, Anna continued her studies at Northern School of Contemporary Dance, before joining postgraduate company JV2, led by Jasmin Vardimon and Marilena Dara. She subsequently established her own company with fellow dance artist Sam Ford - Northern Rascals, which has a strong following across the UK with their unique blend of theatre and contemporary dance. Together they have worked as resident artists at The Civic Barnsley, been Choreodrome Artists at The Place and been shortlisted artists for The Hodgkiss Award at Royal Exchange Manchester.

Fees and financial support

We offer grants towards the cost of training through the Department for Education (DfE), helping to ensure young people can access the CAT scheme regardless of financial circumstance. Grants are means-tested based on a family's annual earnings per tax year, with deductions and allowances made for dependents.

Income*	Grant amount awarded by DfE
Up to £31,481	Full Grant
£31,482 to £69,260	Partial grant (scale)
£69,260 and above	No Grant

*After deducting £2,156 per dependent including the grant holder

To qualify for a grant, the applicant must meet one of the following criteria:

- resident in the UK for three years prior
- the European Economic Area/Switzerland
- be a refugee or the child of a refugee
- be granted special 'Calais Leave'
- be relocated to the UK under Section 67 of the immigration Act 2016 (conditions apply)

Further information on income bands and grant award amounts can be found on the [National Dance CATs website](#).

The current fee for the academic year 2022/23 is £3,840, paid in three termly instalments or over ten months by monthly standing order. This fee covers the cost of classes, enrichment activities, health and wellbeing support, guest artists, costumes and performance opportunities.

Travel & Dancewear costs

If you receive funding from the DfE you may also be eligible to apply for additional benefits, such as bursaries towards the cost of travel and equipment/clothing.





National Centres for Advanced Training in Dance

Since 2004 the National Centres for Advanced Training in Dance (CAT schemes) have been engaging talented young dancers across the country. Each scheme provides exceptional dance training for young people aged 10 - 18 , regardless of personal circumstance.

Each centre operates from a host organisation, recognised for their excellence and commitment to the arts and vocational training. Each partner is unique in their delivery of the scheme, with some embracing Contemporary Dance and others focusing on Ballet, Circus Arts, South Asian Dance and Street Dance as their core technique.

The National Dance CATs are:

- Dance City | Newcastle
- DanceEast | Ipswich
- Fabric | West Midlands, East Midlands & Yuva Gati
- National Centre for Circus Arts | London
- Northern Ballet Academy | 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

Students work together on national projects and initiatives across the National Dance CAT partnership, enabling students to meet like-minded peers across the country.

FAQs

How old do I have to be to apply?

The NSCD CAT is for 13 – 17 year olds.

Does it matter if I haven't had a lot of experience in dance?

You don't need to have had previous formal dance experience. Instead, we are looking for enthusiastic and motivated young people with exceptional potential and an interest in pursuing dance as a career.

How often will I attend classes?

There are 3 classes per week, Monday and Wednesday evenings and Saturdays.

How will I fit this in with my school work?

All classes take place outside of school hours. Our course leaders and/or mentors can help you plan your time using an Individual Training Plan (ITP) so that you can balance both your school work and dance training.

What if I don't know if a career in dance is for me?

The scheme will give you the dance training and information you need to help you decide if a career in dance is for you.

What do I wear for the audition?

Ideally a leotard and dance tights (footless), or tight fitting cycling shorts, however jogging bottoms and a t-shirt are acceptable. We need to see your body moving in the audition so large baggy clothes are not advised. Extra layers and all jewellery should be removed and long hair must be tied back.

What if I need help with my application?

We are happy to help and answer any further questions you may have about CAT. Please contact us directly at cat@nscd.ac.uk or 0113 219 3025



Northumbria School of
Contemporary Dance
Centre for Advanced Study

Find out more

CAT outreach workshops – October - March

These free workshops for schools, colleges and youth dance groups give students a feel for our training. Talented students from these workshops are invited to attend a session at NSCD to learn more about the scheme and subsequently attend an audition.

Taster Workshops - February

These workshops are for anyone aged 13 - 17, who has potential and a passion for dance. No previous dance training is required.

Free to attend – book online. See our website for more details.

nscd.ac.uk/cat



How to apply

We encourage everyone to apply and audition, regardless of previous dance experience. We work hard to make sure our auditions are as fun and accessible as possible.

Apply online: nscd.ac.uk/cat

Our simple application form asks for:

- Personal details
- Estimate of annual family income
- Academic education / home schooling details
- Next of kin

Auditions

CAT Auditions take place in May each year for a September start. We understand auditioning can be a daunting process and work to ensure a safe, supportive environment.

Audition prep

Free Audition Preparation Classes are available in the lead up to the auditions for those who wish to receive extra support. These take place in person at NSCD and online on zoom for those who are unable to travel to Leeds midweek.

Contact us if you have any questions:

cat@nscd.ac.uk | 0113 219 3025



“The CAT scheme really set the foundations for me to be where I am now. I was lucky not just to receive constant training from great teachers, but also to have different experiences like performing in London and working with many people already in the professional industry at the time.”

DANIELLA MAY SELWOOD
2005 - 2009

nscd.ac.uk/cat



Department
for Education