

SPRINGS DANCE COMPANY

# elevate

## *Prospectus*

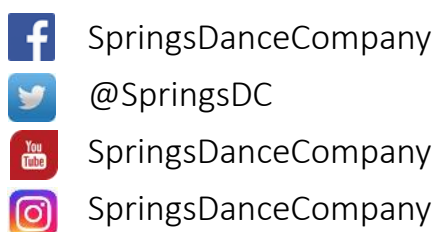


Welcome to the Springs Dance Company Elevate prospectus.

We hope that as you read, you will feel inspired to dance with us one day.

If you have any questions about Springs, or would like to audition for either Elevate Dance Company or Elevate Dance Foundation, please contact us. Get in touch by emailing [elevate@springsdancecompany.org.uk](mailto:elevate@springsdancecompany.org.uk) or call us on 07775 628 442.

Find out more about Springs Dance Company at:  
[springsdancecompany.org.uk/index.php/join-in/elevate-dance-company](http://springsdancecompany.org.uk/index.php/join-in/elevate-dance-company)



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### Disclaimer

The course description below is accurate for the intake 2020-21. We reserve the right to change the content of Elevate Dance Foundation and Elevate Dance Company and their timetables at any time.

## About the Company

Springs Dance Company is a vibrant contemporary dance organisation bringing creative and engaging dance to a diverse range of venues and communities.

Founded over 40 years ago, we are one of the longest-established dance companies in the UK.

We are a unique company working with theatres, schools and church communities. We create, we perform, we teach and we discuss.

We are committed to making excellent dance that is relevant and life enhancing for everyone. Our work has a voice, telling inspiring and challenging stories through dance and theatre. We nurture and connect people and communities, and we encourage those of all ages to enjoy dance.

### IN THEATRES WE:

- Engage intergenerational audiences with visually exciting, imaginative and moving dance theatre
- Create playful, joyful, heart-warming stories
- Work collaboratively to deliver high quality dance and theatre experiences for everyone
- Lead story focused dance workshops for all ages

### IN CHURCHES WE:

- ◇ Breathe life into scripture and worship with faith-filled, generous, accessible dance
- ◇ Help churches reach out to and engage with their local communities through relevant and inspiring performance events
- ◇ Share work that is richly expressive of the Christian faith and values

### IN SCHOOLS WE:

- \* Specialise in cross-curricular dance, in particular RE and PSHE
- \* Deliver creative, inspiring, fun and energetic performances, workshops and assemblies
- \* Grow children's spiritual, moral, social and cultural development through dance
- \* Value young people, giving them a voice and allowing them to thrive

### FROM OUR LONDON HOME WE:

- ◇ Build the next generation of dancers through our training courses
- ◇ Connect, nurture and encourage contemporary dance artists
- ◇ Share our methods of combining dance and faith with dancers and non-dancers alike



Photo: Alicia Clarke

*"Springs Dance Company is an exciting outfit - dedicated and talented artists with a professional attitude to providing something of excellent quality."*

Dance and Religious Studies department, Sion School, Sussex

*"This is one not to miss. You will go home different. Amazing dance and thought provoking choreography... go if you can. You will be spiritually richer for doing so."*

Jane Wheeler, audience member of *Inside Out* performance

*"Powerful & electric. They pour their heart and soul into the performance and it reflects. Enjoyed this immensely."*

Shoria Topping, audience Member



## About Elevate

Elevate is an intensive dance course that focuses on the creation, performance and teaching of contemporary dance work inspired by and expressive of the Christian faith.

There are two courses: *Elevate Dance Company* and *Elevate Dance Foundation*. The courses run alongside each other and offer rigorous dance training in a nurturing Christian environment. Students learn from the extensive professional experience of Springs Dance Company.

***Elevate Dance Company*** is a touring company with an annual intake. Members of Elevate Dance Company are age 18+ and consist of talented young dancers - professionals, graduates and gap-year students - who wish to gain performance and teaching experience and to express their faith in dance. Members of Elevate train and rehearse during the autumn and winter terms before commencing their extensive tour in the summer term. The unique, rich and diverse performances and workshops by Elevate, reach church, school and theatre communities with a powerful message of hope.

***Elevate Dance Foundation*** is a three month course that offers students a chance to develop their dance skills in an enjoyable and supportive environment. The course provides the opportunity to acquire some of the key skills and experiences that will be valuable to those wishing to initiate dance in community settings. The course also supports students to develop their particular interests further through an individual project.



*'All in all a very special course with very talented teachers and simply an amazing dance company. Am very grateful for having been able to do this course and I feel very blessed and enriched through all the things I have learnt and experienced.'*

Corinna Schafer, Elevate Dance Company student

*'I am so grateful for the experience of Elevate as it has been a truly wonderful and unforgettable year. I have learnt so much and grown as a person, a dancer and in my faith. I have acquired friends for life and it has renewed my sense of self belief and dream of being a dancer. Thank you!'*


Holly Wilmot, Elevate Dance Company student



Elevate Dance Company student performing at  
Project Dance London

Photo: Jolt Photography





*'I joined Elevate in the year straight after Sixth form. I loved dancing and wanted to pursue it as a career but had been unsuccessful at many auditions for various dance schools. In my year with Elevate I gained so much confidence in myself and also in my dancing. The training course gave me a chance to explore my own creativity in a safe environment and also gave me friends who shared the same faith as me. We were taught by talented and experienced dancers and were given training in teaching practice, theology and improvisation.*

*Having the opportunity at the end of the year to do a tour was so much fun and an irreplaceable experience as it gave us the chance to operate as a professional dance company and brought us closer as a group as we performed together. For me, Elevate really was the best year of dancing so far and I was hugely encouraged by the people who were involved in it. I found that my faith and my dancing were deeply connected to each other and as a result I felt like dancing brought me closer to God. I am now in my final year at London Studio Centre doing a BA (Hons) in Theatre Dance. I also teach ballet classes on Saturday mornings for Junior WAC Arts so the teaching practice we did during Elevate has been very helpful to me. I couldn't recommend the training course highly enough as it has only increased my love of dancing and has given me the chance to explore it further.'*

Samantha Constable, Elevate Dance Company student

## About Elevate Dance Company

Elevate is an intensive dance course that focuses on the creation, performance and teaching of contemporary dance work inspired by and expressive of the Christian faith. The ten-month course culminates in a national or international tour.

The course aims to develop the skills required to perform and teach as Springs' daughter company, Elevate.

The course consists of the following:

- Daily prayer and devotions
- Contemporary technique alongside ballet and street dance
- Choreography
- Repertoire
- Opportunities to shadow the Company in rehearsals, workshops and performances
- Improvisation for choreography and in worship
- Teaching practice supported by theory classes
- Community placement
- Supporting academic studies in dance and the Christian faith, and dance science
- An opportunity to take part in improvised worship and performance in a church setting
- A tour, performing and teaching as Elevate Dance Company





## Term 1

In the first term, skills are developed through technique, improvisation, choreography and academic studies. Students will also take part in a community placement.

## Term 2

The second term of the course is geared towards the creation and learning of repertoire, and the design of workshop materials that are inspired by and expressive of the Christian faith. Students will continue to develop the skills learnt in the first term, but will now focus on technical proficiency and performance, as well as building up stamina in preparation for the tour. Students will complete an individual choreography assignment, of which some pieces may be chosen to tour. During this term, there is an opportunity for some students to participate in an exchange programme with Ad Deum Dance Company in Texas, USA.

## Term 3

Students will form Elevate Dance Company and the final part of the course is spent touring a full-length production and teaching workshops to all age groups, in churches, schools, theatres and other venues across the UK and sometimes internationally. In past years, Elevate has toured to Belgium, Germany, USA, Italy, Gran Canaria, Canada and New Zealand.



## Who is the course for?

The course is for people 18 years of age and over who have experience of dance training, particularly as a foundation for anyone wanting to pursue a dance career or take a gap year. It is also an acclaimed foundation for those wanting to explore teaching skills, or to use his or her talents effectively in the church. The focus is on technical proficiency, performance and teaching.

Students are drawn from all over the world. In past years, we have had successful applicants from New Zealand, South Africa, Singapore, Japan, the Philippines, USA, Canada, Austria, Germany, France, the Netherlands, Norway, Belgium, Ireland, and from as close to home as London.

## Graduates

As a result of their experience on the course, graduates from Elevate are now enjoying successful and dynamic careers, undertaking further study, or simply enjoying bringing dance and faith together in their lives and communities.



Elevate Dance Company performance  
Photo: Chris Davies, ColourBlack Productions

### How long is the course?

The course runs for ten months from September until July.

The majority of the teaching takes place Monday to Wednesday. On Thursdays in the first term, students join Springs Dance Company for company class. Community placement and some teaching input/practice sessions take place on Thursdays and Fridays. There are also some occasional weekend dates.

Elevate Dance Company tours intensively from April to July with scheduled periods of rest.

### Where does the course take place?

The course takes place in London, one of the world's greatest cities for dance. We currently rehearse and teach mostly from our base in Lee Green, not far from Greenwich.

### What does it cost?

The Elevate Dance Company course fees are £4,485.



Photo: Steve Johnstone



Photo: Laura Milligan



Elevate Dance Company performing at The Scoop as part of Project Dance London.

Photo: Jolt Photography



*You gain really good friendships, excellent skills in teaching and the opportunity to tour and all the experiences that come with that.'*

Zoë, Elevate Dance Company student

*'It was definitely the right choice for me coming out of my A levels - university wasn't for me and this year gave me the chance to decide what I really wanted to do. I also feel like I am part of a family now and I couldn't have asked for better teachers and friends.'*

Sami, Elevate Dance Company student



## About Elevate Dance Foundation

Elevate Dance Foundation is a three-month course from September - December. It is an opportunity to develop your dance skills and explore the connection between dance and faith, within an enjoyable and supportive environment.

The course consists of the following:

- Daily prayer and devotions
- Contemporary technique alongside ballet and street dance
- Choreography
- Repertoire
- Improvisation for choreography and in worship
- Teaching practice supported by theory classes
- Community placement
- Supporting academic study of dance and the Christian faith, and dance science
- An opportunity to take part in improvised worship and performance in a church setting
- An independent project designed to support students in developing their particular interests in dance and faith



Photo: Steve Johnstone



Photo: Laura Milligan

### **Who is the course for?**

The course is for people 18 years of age and over. You do not need to have extensive training to audition for this course, but you do need a passion for dance. It is a good foundation for anyone wanting to use dance effectively in the church or community.

Students are drawn from all over the world. In past years, we have had successful applicants from New Zealand, South Africa, Singapore, Japan, the Philippines, USA, Canada, Austria, Germany, France, the Netherlands, Norway, Belgium, Ireland, and from as close to home as London.

### **How long is the course?**

Elevate Dance Foundation runs for three months from September until December.

The majority of the teaching takes place Monday to Wednesday, with a community placement on Thursday or Friday and some weekend dates.

### **Where does the course take place?**

The course takes place in London, one of the world's greatest cities for dance. We currently rehearse and teach mostly from our base in Lee Green, not far from Greenwich.

### **How much will it cost?**

The Elevate Dance Foundation fees are £2,090.

*'...the teachers were all really good, it was a positive, encouraging environment and I feel like we got so much out of the three months'.*

Serena, Elevate Dance Foundation student

*'I did the Foundation Course as part of my gap year. It was a challenging, fun-filled course in which I learned a lot and made good friends. Although I knew that I did not want to go into dance professionally (I am now studying medicine) the course gave me the opportunity to take time to focus on dance intensively. The teachers were amazing! Their personal feedback and encouragement increased my confidence and being taught by such amazing performers was inspiring! Being able to practice teaching was great - much of what I learned I have been able to use again in different dance teaching settings. It was amazing to be in an environment where people are seeking to glorify God with dance and to be free to explore new ideas in a safe place.'*

Esther Lawrence, Elevate Dance Foundation student



Photo: Chris Davies, ColourBlack Productions

## Faculty

### **Ruth Hughes** BA (Hons), PGCE, QTS

Ruth trained in dance at Trinity Laban and then qualified as a teacher from Brighton University. Ruth became a dancer with Springs Dance Company in 1997, and took up the position of Artistic Director in 2003. Ruth has also danced for Marina Collard and Suzannah West Dance Company. UK teaching venues include Hextable Secondary School, Brighton University, the University of Hertfordshire, Lewisham College and Laban. She oversees and guides the artistic elements of Elevate, and delivers the teaching practice modules, passing on more than 20 years' experience of teaching dance in primary and secondary schools.

### **Emily Baines** BA (Hons)

Emily started dancing at the age of three at local dance schools in Leicester and Peterborough. She was also a Junior Associate of the Royal Ballet School and a Cecchetti Scholar. Emily then went on to train at Rambert School, where she had the opportunity to work with Christopher Bruce and Robert Cohan. After graduating with a First Class Honours degree, Emily has enjoyed dancing with Springs Dance Company, English National Opera, Off The Map, The Knotted Project and Hawk Dance Theatre. As well as performing, Emily has a passion for teaching dance, especially to children and young people. It brings Emily joy when dance brings communities together – she was delighted to be involved with Springs in Nine Elms Arts Ministry's event Refugee: A Christmas Story - a community event which used dance and the arts to explore the topic of displacement.

### **Ella Fleetwood** BA (Hons)

Ella is a contemporary dance artist based in London. She trained on the CAT scheme at The Place and graduated from Laban in 2016. She teaches in a range of community settings, with accessibility and play at the heart of her teaching practice. Ella creates bold dance work for theatres, outdoor spaces and galleries. She creates her own choreographic work through her company, ella&co., connecting people through her socially engaged choreographic practice. She has performed for a range of companies and contexts, including the Victoria and Albert museum, Lakes Alive Festival and Southbank Centre. Her work has been supported by Arts Council England, Big Ideas and The Point.



### **Maggie Ho-Ki Kwan BFA (Hons), MA**

Maggie has performed, choreographed and taught throughout her dance career after finishing her MA in dance performance at London Contemporary Dance School. She is now a freelance artist based in London, originally from Hong Kong and trained at HKAPA. Maggie has worked with a number of dance companies and artists over the years including Candoco Dance Co, Anhng Dance, Union Dance, Freddie Opoku-Addaie, Sakoba Dance Theatre and in the West End production *The King and I*. Maggie performed as a dancer with Springs for seven years and has since continued teaching on Springs' training courses.

### **Daniel 7**

Daniel is an award-winning professional dance choreographer and the creator of DanceCoachUK. He has been a professional dancer and teacher for over 15 years now, teaching all over the globe to over 5,000 students. He has trained at top dance schools and companies. Daniel specialises in the following styles: Hip-hop/Street, Commercial, Freestyle, Themed workshops, K-pop, Contemporary, and partner work (Salsa, ballroom, cultural dances etc). He enjoys seeing students who are total beginners grow, have fun and achieve their dream goals. His experience ranges from teaching aspiring dancers to social dancing and wedding dances. Credits include: X-factor, BBC, MTV, Sadler's Wells Theatre, Royal Academy of Dance.

### **Holly Wilmot BA (Hons)**

Holly is a dancer and teacher specialising in contemporary dance and performing arts. After graduating in 2012 with a dance degree from York St John University, she continued her training as a member of Elevate 2013. Since then, she has worked as a dancer on numerous performance projects including film, site specific and photography. Performance credits include The Edinburgh Fringe Festival, *Fresh: North East*, *ICON*, *Resolution* and *Project Dance: Paris*. Holly is currently working as a performing arts practitioner for Artis Foundation and teaches community dance with DanceWest. She is also a member of the Springs Dance Company schools teaching team.

**Katie Albon BA (Hons)**

Katie graduated from Laban with a First Class BA (Hons) in 2013. She then achieved a Distinction for her MA in Dance Performance at the University of Chichester, touring internationally with MAP Dance performing works by Kerry Nichols, Gary Clarke, Yael Flexer, Liz Agiss and Hagit Bar. Katie has been working and performing with Springs Dance Company since 2016 and has also performed with Autin Dance Theatre, Here We Are

Dance at the Birmingham International Dance Festival, The Natashas Project, Dance Equation and at Sensibility Festival with InterACTION. Katie is also passionate about inclusive arts and is a facilitator for Open Theatre Company delivering non-verbal physical theatre sessions for young people with learning disabilities.

**Sarah Gaul BA (Hons)**

Began her professional training at London Contemporary Dance School, graduating with a BA (Hons) Degree. She then joined Transitions Dance Company at Trinity Laban, graduating with an MA in Dance Performance. Since then, Sarah has worked as a freelance dancer and teacher. She is the Restorative Workshop Manager and performer for The Natasha's Project; a dance company raising awareness of sex trafficking through their work. Sarah also has years of experience leading dance workshops for adults with learning disabilities.

## Exchange Programme

Springs offers an exciting exchange opportunity as part of the training course, with members of Elevate Dance Company given the chance to apply to 'exchange' their lives for two weeks with those of the apprentices from Ad Deum, a professional modern dance company based in Houston, Texas.

‘The mission of Ad Deum is to create and perform excellent and vital works of dance that serve to wash over the heart and soul of humanity with relevant meaning and redemptive hope.’ Randall Flinn, Artistic Director of Ad Deum Dance Company

An student from Springs dancing with  
Ad Deum in Texas



Dancers exchange homes, friends, repertoire and the dance culture of their respective country and company over a couple of weeks that leave all involved (hosts as well as visitors) excited about a different dance angle and refreshed in their journey.

More information and the chance to apply takes place in the first term of the course.

*'As part of the course, we had the incredible opportunity to visit Houston, Texas, for a two week exchange with Ad Deum dance company. It was an amazing experience (and comes with a great story of God's provision)! We were inspired by beautiful dancers and encouraged by their devotion to worship and being an 'Army of Artists' for God. We joined in with their ballet and contemporary classes as well as evenings of two-stepping and line dancing; a real Texan experience. It was a highlight of the year for me, and I returned to London with a greater passion for performance, worship and dedication to the art of dance. I would fully recommend the Ad Deum exchange to anyone considering it.'*

Naomi Brehm, Elevate Dance Company student





## Frequently Asked Questions

### How can I fund it?

Students over the years have fundraised successfully from many sources including:

- Their local church, who often see it as investing in outreach or training a member of their congregation in skills they can bring back to the church
- Family and friends
- Fundraising events
- Savings
- Part-time work
- Local grant-making trusts
- Social media such as fundraising pages on sites such as GoFundMe or JustGiving, and sharing it on personal social media

We can provide:

- Letters of place confirmation, for grants and churches
- Images of Springs and Elevate for social media and fundraising events

### Where do I live?

Students source and fund their own accommodation. We put those interested in sharing accommodation in touch with each other before the start of term.

Some other options are:

- Lodging with a family - we have contacts with several people who have hosted students in the past.
- Flatshare through a site such as [www.christianflatshare.org](http://www.christianflatshare.org)
- Staying with local friends / family

### Can I take on part-time work whilst on the course?

Yes, but it is up to you how much you feel you can manage. This is a full-time and intensive course with some evenings, and most weekends free. Once you

have your timetable for each term, you can work out if/when you would like to work. Elevate Dance Company members should be free of any work or other commitments for the duration of tour.

(Please note that for overseas students, the ability to work is subject to visa restrictions).

### **Where does Elevate Dance Company go on tour?**

That depends on you! Each year, the majority of the Elevate Dance Company tour is hosted by venues known to course members. Family, friends, churches and schools local to students are usually keen to host a performance, workshop or residency. This is a wonderful way to give back to the communities that may well have supported you through your training. Tour venues include churches, schools, festivals and youth/after school clubs. Previous students have toured to America, Canada, New Zealand, Austria, and Italy as well as across the UK and London.



An member of Elevate talks with the audience following a performance

Photo: Philip Anthony

On successful completion of the course, you will receive a detailed report and a certificate.

For Elevate Dance Foundation, you will also receive a basic foundation in contemporary dance, as well as Ballet, Street Dance, Choreography, Repertoire, Improvisation, Teaching Practice and academic subjects including Dance and the Christian Faith, and Dance Science.

For Elevate Dance Company, you will also receive:

- an intensive dance training
- the experience of having performed and taught to a broad spectrum of the community.
- experience of some aspect of tour management, such as a basic understanding of the sound and lighting, stage management of dance floor and backdrop, front of house or costume.
- Completion of a teaching in schools module.



## How to apply

You can apply online via our website for both Elevate Dance Company and Elevate Dance Foundation .

Once we have received your application form, we will contact you with information about our next audition date, which will be held at our base in south east London.

If you are an overseas applicant or are unable to attend an audition, please contact the office for alternative options.

## Contact and social media

If you have any more questions about either of the courses, please do not hesitate to get in touch via one of the following methods:

Tel: 07775 628 442

Email: [elevate@springsdancecompany.org.uk](mailto:elevate@springsdancecompany.org.uk)

Web: [www.springsdancecompany.org.uk](http://www.springsdancecompany.org.uk)

You can also follow or like us on social media to keep up to date with what the Company and current students are up to.



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Photo: Chris Davies, ColourBlack Productions



Photo: Philip Anthony