

ALVIN AILEY AMERICAN DANCE THEATER CENTRES FOR ADVANCED TRAINING INTENSIVE, AUTUMN 2016



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AILEY COMPANY



AIM 1
To introduce and extend students' understanding of the African-American experience

AIM 2
To introduce and extend students' understanding, knowledge and skills of Ailey's physical training techniques and repertoire

AIM 3
To explore choreographic work inspired by the principles of Ailey's work

AIM 4
To chart changes in students' social and physical confidence

AIM 5
To understand the benefits of the intensive learning model

"I know that dance is for me even more than I did before the Intensive."

Understanding, knowledge and skills

CAT Student

"There are many parts of the technique which feature in the repertoire, so it's really helpful to focus on them in class."

CAT Student

"A big tip that helped me to understand the movement was to shift the hips when in certain positions as it allows your body to go further and elongate more."

CAT Student

"It's not all about technique and training - we all have personalities to express."

CAT Manager

"The students clearly moved from simple replication, to owning the movement and seeing the subtlety and detail. An increasing expansiveness really emerged during the four days."

Choreographic work

CAT Student

"The opportunity to work with such open and able dancers, pushed my own creative responses and ideas to a new level."

CAT Student

"We were encouraged to be generous to our choreographers, I hadn't realised before how much choreographers give to us, I really understand their courage to put themselves on the line like that and in front of their peers too."

CAT Manager

"The choreographic processes were not without their struggles for nearly all the selected choreographers. Not only was this about developing the skills of making material and cohesive dance pieces, but also about managing people, verbal communication, responding to feedback, working with a musician and crucially working to a deadline."

CONFIDENCE

We measured students' confidence (through optimism, mindset, self-esteem and self-efficacy) before and after the intensive. Overall confidence scores were **significantly improved** after the intensive ($p < 0.05$). In particular, **students' optimism significantly improved by 14%** in just 4 intensive days of work.

Critical to enhancing students' confidence was the learning environment. Artists learning names helped students feel valued and acknowledged.

"The relaxed and happy vibe allowed us to relax and be comfortable with each other."

"I have learnt to just go for it and not hold back. The most important thing I have learnt today is not to be afraid."

"Everyone is relaxed and having fun, we are comfortable and can be whomever we want."

Learning Environment

The intensive way of working is a really great contrast to our regular CAT training - both complement each other, having a combination works."

"When Matthew picks you to demonstrate, I feel like he genuinely wants to connect and help."

"The process has been a discovery of how and why I move - a really safe space was created where I can connect to my emotional self."