

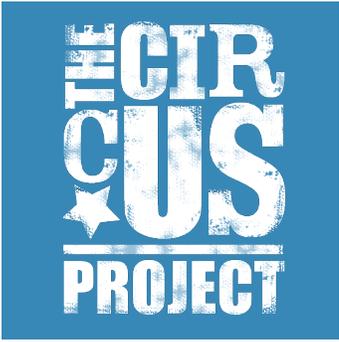
# THE CIRCUS PROJECT



## THE CIRCUS PROJECT

### Youth Programme Handbook

VERSION 1.0 - 01.01.16



## ABOUT US

The Circus Project was founded in 1999 to teach aerial circus skills (trapeze, rope and silks) in the Brighton, Hove and surrounding areas. In 2004 The Circus Project obtained charity status and has gone on to attract and engage a range of people from the wider community, from young individuals to professional circus companies, artists and aerialists. We do this by running classes and workshops, encouraging and supporting new ideas and by working in contemporary circus to produce shows and cabarets that showcase our students' talents.



# YOUTH PROGRAMME

We teach classes to over 70 young people every week and run the Brighton & Hove Youth Circus Company (B&HYCC). We believe that circus can help enrich and positively change young lives and we are proud to play an active part in the future development of youth circus in the UK.

All youth classes are held at :

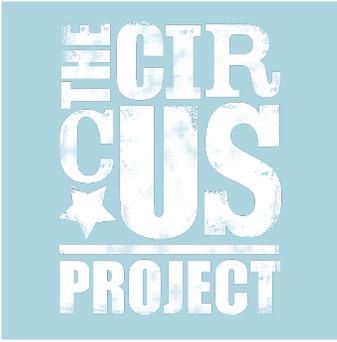
Hangleton Community Centre  
Harmsworth Crescent, Hove, BN3 8BW

In all youth classes we teach aerial circus (trapeze, rope and silks), some floor based activities (hula hoop, tightwire) and the basics of circus theatre (performing/telling stories). We believe anyone can learn circus and we aim to make our classes fun, friendly and non-competitive. We welcome students of ages 7+, of all abilities. We recognise that every individual will progress at a different rate and our teaching reflects this, all students are encouraged to work at their own pace.

## SAFETY

The Circus Project recognises that safety is paramount. Any activity involving motion at height involves an element of risk. To reduce this risk we ask that all students follow our code of conduct (see page 7). All of our instructors are experienced aerialists, and DBS checked.

No one is made to do anything they are uncomfortable with, and everyone is valued equally.



## CLASS INFORMATION

Our classes run in term-time only. Each term consists of between 10-14 weeks, split into two half terms of 5-7 weeks. We follow Brighton & Hove's school term dates closely.

MONDAY 4pm-5pm – 'TOP HATS' - £90.00\* per term  
MONDAY 5pm-6:15pm – 'SHOOTING STARS' - £100.00 per term  
MONDAY 6:15pm-7:30pm – 'RING MASTERS' - £100.00 per term

TUESDAY 4:15pm-5:30pm – 'HALF ANGELS' – £100.00 per term  
TUESDAY 5:30pm-6:45pm – 'HIGH FLYERS' – £100.00 per term

WEDNESDAY 4pm-5:15pm – 'SPINNERS' – £100.00 per term

THURSDAY 4:15pm -5:15pm – 'POPCORN' - £90.00\* per term  
THURSDAY 5:15pm-6:45pm – BRIGHTON & HOVE YOUTH CIRCUS - £100.00 per term

\* The reduced rate of these classes reflects the reduced class length.

## PAYING FEES

Fees are due at the beginning of each term - on the first class back after summer, Christmas or Easter. If payment is not made by this class students will be sent home with a reminder slip. If payment is not made by the second class of term students will be sent home with a letter stating that they will have to sit out of any remaining classes until payment is made. No discounts or refunds will be given if you decide to leave the youth programme before the term ends.

**The Circus Project is a registered charity that occasionally receives grants for one-off projects. However, our weekly children's classes are not funded, so it is important that classes are full and that all places are paid for.**

**Cash:** Please put cash in an envelope with student's name on the back and give directly to the instructor. Please be aware cash will not be taken if it is not given in an envelope.

**Cheques:** These should be made out to 'The Circus Project' with the student's name on the back of the cheque. These should be handed directly to the instructor. Please DO NOT send cheques in the post.

**Bank Transfer:** Sort Code 20-12-80, Account Number 00798509 (Please use student name as reference). Please also send an email to [mail@thecircusproject.co.uk](mailto:mail@thecircusproject.co.uk) to let us know this payment has been made.



# BRIGHTON & HOVE YOUTH CIRCUS COMPANY

Brighton & Hove Youth Circus Company (B&HYCC) is The Circus Project's contemporary youth circus company. The company is for highly skilled young people (usually over the age of 14) who aspire to a career in circus and are passionate about training at an advanced level to develop to their full potential. B&HYCC provides high quality aerial circus theatre training and performance opportunities. Students are invited to join the company if their teacher thinks they may be ready for this level of training. Company members attend weekly technical classes and sometimes periods of intensive rehearsals to produce new performance work. They have opportunities to work alongside high profile contemporary circus companies and artists. The company experience devising theatre, creative writing, choreography and creating characters and stories using circus, theatre, dance and more recently, animation, film and multimedia. The company has performed at theatres, international circus festivals, local events, outdoors and indoors, and at all sorts of other venues and sites. The Circus Project has established links with the circus sector all over the UK and is actively involved in the development of UK youth circus. We are interested in raising the standard of youth circus, nurturing talent and encouraging innovation and excellence.

# JOINING B&H YOUTH CIRCUS CO

We would love for all the young people we teach to aspire to join the youth circus company eventually, but we are aware that not all young people would enjoy or be ready for this level of training. To join they must be over 14, with extremely strong aerial and performance skills, a high level of commitment and drive and the ability to cope with long periods of intensive rehearsals in school holidays and weekends. The criterion for joining the company is not a fixed thing. Company places are limited but students will be invited to join if a space is available and if their teacher feels they are ready. We are looking for students who:

- Have strong aerial technique and style,
- Have a wide skillset of moves on trapeze, rope and silks,
- Have a good understanding of how to link moves together,
- Can perform with energy and enjoyment,
- Have an inquisitive and creative approach,
- Are aware of the audience,
- Understand how to work with music,
- Can express emotion in performance,
- Can understand and take direction,
- Work well in a team,
- Have commitment and drive, and
- Participate in games and exercises with enthusiasm.



# CODE OF CONDUCT

Please make sure your child has also read through and has understood this code of conduct



## GENERAL/EQUIPMENT

- Use aerial equipment only when under supervision of an aerial teacher
- Do not pass on skills or moves to others in the class
- Do not try anything that has not been taught to you by your teacher
- Always use crash mats or at least 2 x layers of thin gymnastic mats
- Work on low bars when trying something new
- Never walk on, lean on or sit on mats when someone is working above the mat

## BEHAVIOUR

- We expect students to come to class with a good attitude and not to distract or disrupt others
- We don't allow any bullying or name-calling and reserve the right to remove/bar participants for disruptive behaviour
- If the teacher feels that a student is distracting class mates or endangering themselves or others, they will be asked to sit to the side of the session
- We always play a quick game. Games are a vital part of learning about circus, performance and about working with the group, and we expect students to participate fully in all games and exercises
- We allow students to chat quietly when waiting for their "go", but noise levels must be kept down for safety reasons
- Phones and other electronic devices must be switched off as soon as students enter the training space

# CODE OF CONDUCT

## CLOTHING/DRESS

- Students should wear appropriate clothing, which does not impede freedom of movement and is not too loose
- No belts, scarves, buckles or clasps
- Long hair should be tied back
- Participants should work in bare feet
- No socks for games/running
- Long fingernails present a risk so must be kept short
- Risks associated with wearing spectacles can be minimised by wearing flexible frames or contact lens or ensuring glasses are secure
- Sensitivity to religious beliefs should be afforded with regard to the dress code but safety is paramount and any clothing that is considered by the instructor to be a safety hazard should be changed or participation may be prohibited
- No body jewellery. Raised adornments on leotards may also present a risk

## ILLNESS & INJURY

Coming to class with a minor injury is ok as long as the student 1) tells the teacher at the beginning of the session and 2) is attentive of the injury, stopping work if the injury seems to be getting worse. Students shouldn't come to class if they are unwell. If a student starts to feel unwell during class, they will be made as comfortable as possible while parents are informed. It is normal for students to get bruises and rope burns when in aerial training! Wearing leotards, snug layers, leg warmers, socks with the toes and heels cut away, jazz boots and ankle straps may help.

## LATENESS

All participants must warm up thoroughly before using aerial equipment. Therefore, if a student has arrived late or missed the warm up for any other reason, they may have to sit out of the class. Sometimes there will be a way around this, but if the circumstances make it difficult for the latecomer to warm up, the teacher will be firm in not allowing them to participate.

# Meet the Team



## Vicki McManus (Artistic Director/Head Instructor)

In 1998 Vicki was inspired to learn trapeze after graduating with a BA Hon degree in performing arts. It wasn't long before she was performing aerial professionally with many contemporary circus companies in theatres at festivals and corporate events across the UK and internationally. Vicki's' experience has been vast and she has been teaching aerial skills for many years, being inspired by the energy, enthusiasm and creativity of her students engaging in aerial circus.



## Shereen Hussain (Senior Aerial Instructor)

Shereen started practicing ground-based circus skills in 2008 and has performed for independent companies and at festivals, around Brighton and London. Shereen has since been working with circus and youth companies across Sussex, teaching ground -based circus and hula-hoop. She started training in rope, silks and trapeze in 2011 and joined The Circus Project in 2013. This has led to her taking on a teaching position in the adults and youth classes.

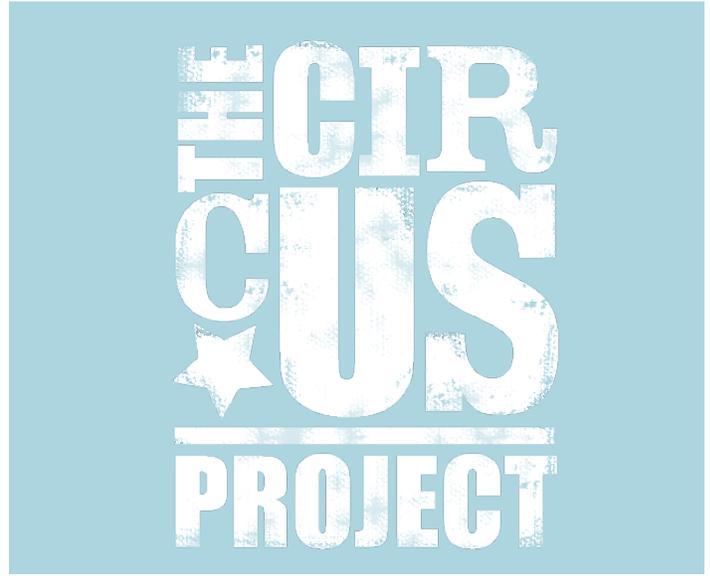


## Alex Poulter (Head Rigger)

Alex Poulter has been a professional performer for over two decades specialising in circus and aerial arts. His most recent credits are for choreography in a Sony Expedia Commercial (Beautifully thin) and the Winter Olympic Opening Ceremony, and as an aerial, circus and special skills consultant in the London 2012 Olympic and Paralympic Opening and Closing Ceremonies.

## Naomi Simpson (Administrator)

Naomi joined The Circus Project team in 2013 after being a student of The Circus Project since 2008. Eager to engage in the world of circus she began by assisting performances and productions and then was brought on board to utilise her creative and organisational skills to help behind the scenes.



# THE CIRCUS PROJECT

HANGLETON COMMUNITY CENTRE

HARMSWORTH CRESCENT - HOVE - BN3 8BW

01273 739106

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