

# A Day In The Life of Katy Roy at Tring Park School of Performing Arts

## Q&A and all things Katy!

### What is Tring Park like?

Life at Tring Park is so much fun. Everybody is so welcoming and there is an amazing sense of community as everyone gets on so well!

We all have a common interest in the performing arts and, as the school has 2/3rds boarders, there is a real sense of family throughout the school.

Some pupils attending the school are as young as 8! Other 6<sup>th</sup> form courses finish when pupils are 18 but my dance course is spanned over 3 years so pupils can be as old as 19.



### What courses are you studying?

Since starting at Tring Park in September 2020, I feel I have already improved greatly, training 6 days a week towards my Level 6 Diploma in Dance. In my first term at Tring, I was chuffed to receive some amazing marks in my dance assessments in ballet, contemporary and jazz. We have these assessments every term and, as we progress through the school, additional assessments are added such as solos.



I am also studying for 2 A-Levels so my days can be rather hectic...

### What does the week look like for you?

On Mondays to Fridays, we spend our mornings doing academics from 8:30 - 1pm before a quick lunch break.

Whilst dancing online, during the COVID-19 pandemic, I often found myself in a private lesson in the mornings as not so many people were able (or willing) to come to these classes! This has been amazing for my progress and I am very grateful for this!



Additionally, we are offered extra dance and singing classes in the mornings if we have any free periods. As I only do 2 A-levels, I am lucky enough to be able to attend a fair few of these classes.

In the afternoon we dance from 1:45 – 6:30. We always have a ballet class before having 2 more classes. These can consist of any of the following disciplines: contemporary, commercial, jazz, pas de deux, repertoire, solos, pointe, Pilates, flexibility, fitness or floor barre.

During the school day I have a great time being with my friends but really missed their support throughout the long school days, and especially during dance classes, whilst studying from home due to COVID-19!

On Saturdays, we normally have the choice to do RAD ballet classes and

ISTD modern and tap classes. When we are back at school and in the studios, I will be doing Advanced 1 and Advanced 2 RAD ballet classes along with both modern and tap classes every weekend. Additionally, we watch a lot of professional performances in the theatre when they are able to open.

### What other courses are offered at Tring?

There are 3 other courses in sixth form: the commercial music course, the acting course and the musical theatre course.

It's really nice to have other courses in the school as I find it so interesting to learn about their slightly different field. In normal times, we also get the chance to watch our friends perform multiple times a year in their own shows which is so inspiring.

### Do you get to perform on stage?

In the 3<sup>rd</sup> year on the dance course, we get the chance to do the encore/grad



show which tours around the UK. The show is completely run by the students from choreography and casting to sets, sound and costuming! The opportunity to work closely with industry professionals for this show really excites me and I am really looking forward to being able to do this.

Other performance opportunities at Tring include: the annual choreographic show, chances to audition for professional jobs whilst still being at school, competitions, the annual senior dance show and other shows too, I am so excited to be back at school following the third National COVID-19 Lockdown, so we can enjoy these experiences!

### What is the 'best bit' for you?

I am far more confident in my dancing since starting at Tring and really make the most of all the feedback from teachers and the brilliant classes they provide us with. It is such a positive environment to be in, I have never felt so supported and encouraged by pupils and school teachers alike (as well as my dance teachers of course.) Every day feels like another chance to be the best dancer I can be and I feel so excited to be training at Tring.



*Written by Katy Roy, former Lyme School of Ballet pupil, in March 2021 as she return to on-site learning at Tring Park School for the Performing Arts.*