

CATCH ME

UPSWING



Marketing Pack 2020



ABOUT UPSWING

TELLING NEW STORIES IN EXTRAORDINARY WAYS

Upswing is a leading contemporary circus company.

Our productions weave aerial, theatre, dance, text and multimedia to create fresh experiences with narrative punch. We use the human body as an expressive tool to entertain, inspire curiosity and ignite a desire to build connection.

We are an award-winning company and committed to creating world-class experiences. We believe circus has the power to impact real change and create space for people to see the incredible potential in themselves and others.

CONTACTS

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CATCH ME

Catch Me is a lively and surprising take on age and gender.

An older woman and younger man balance, climb and jump across a stack of chairs. Together they discover all the possibilities that could exist between them.

Part installation and part performance, *Catch Me* explores ageing and gender in ways that are as playful as they are profound. Who is of value; who is capable of what; who cares for whom? asks how we see each other and who we value.

Join Upswing for an playful mix of dance, circus and chairs. Performed in public spaces for the entire family.

Running time: 15 - 20 minutes

Suitable for all ages

[Click here to view the trailer](#)

Full-length show video available upon request

PERFORMANCE INFO

The show is performed by two performers.

Running time is 18 minutes.

Our performers require rest time of 2hrs30mins between performances.

The performance begins with all the chairs stacked around a central column formed by the three bespoke built chairs. During the performance the stack is dismantled by the performers and the chairs are distributed around the performance floor.

At the end of the performance the chairs will be set into an “installation” arrangement. Some of the chairs will then have battery powered Bluetooth speakers with MP3 players connected fitted beneath them by our SM, and music / spoken word will be played on a loop.

The audience will be invited to walk through and sit in the installation and listen.

We will require one steward to assist with monitoring this.

ACCESS

Catch Me is a static performance with no additional staging. Upswing recommends having a cordoned off area for wheelchairs and those that require seating to watch the performance.

Catch Me contains no text but the installation contains recorded text, this is not intrinsic to the understanding of the show but a transcript of the Installation can be provided on request.

Catch Me is a visual circus/dance piece, and is therefore suitable for hearing impaired audiences.

COMPANY COPY

70 Words

Upswing

Telling New Stories, in Extraordinary Ways

Upswing is a leading, award-winning, contemporary circus company based in the UK.

We use the human body as an expressive tool to entertain, inspire curiosity and ignite a desire to build connection. Upswing's shows fuse spectacular and poetic aerial work with acrobatics, dance and theatre to tell powerful stories.

We specialise in bringing extraordinary circus stories to meet the audiences who inspire us.

50 words

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SHOW COPY

70 words

Catch Me is a intimate and surprising take on age and gender.

An older women and younger man balance, climb and jump across a stack of chairs. Together they discover all the people they can be.

Part installation and part performance, *Catch Me* asks how we see each other and who we value.

Join Upswing for an poetic and joyful mix of dance, circus and chairs. Performed in public spaces for the entire family.

50 words

Catch Me is a surprising take on age and gender.

An older women and younger man balance and jump across a stack of chairs. Together they discover all the people they can be.

Part installation, part performance - *Catch Me* asks how we see each other and who we value.

25 words

Catch Me is a surprising take on age and gender.

An older women and younger man discover all the people they can be.



Directed & Choreographed by
Vicki Amedume / Upswing

Designed by Becky Minto

Sound design & composition by
Finn Anderson

Partners and Supporters

Supported by **Without Walls**, **Jacksons Lane** and **Arts Council England**.
Commissioned by **Norfolk & Norwich Festival** and **Festival of Creative Ageing**.
Produced at **101 Creation Space**.

TECH REQUIREMENTS

ON TOUR

Four people on the road.

GET IN TIME

2 hours

TECH + DRESS

2 hours

GET OUT TIME

2 hours

VEHICLE ACCESS

For large sized van for unloading and loading. Nearby secure parking required including overnight.

GROUND

The show required flat, hard standing. The set will have a footprint of 6m x 6m, with a clearance space of 4.5m.

CREW REQUIREMENTS

The event organisers will need to provide 1 crew person for 2 hours during erection and for de-rig to at pre-agreed times.

1 festival steward is required monitor the audience interacting with the installation after the performance.

We will need Technical assistance to ensure our company laptop is working with the P.A.

SOUND & LIGHTS

PA with amplifier and USB/MP3/CD playback. Power required for company laptop.

No lighting requirements.

HEALTH & SAFETY REQUIREMENTS

There are no pyrotechnics, live flame or smoke effects. There is no working at height involved in set up or performance.

ADDITIONAL REQUIREMENTS

- Safe storage space for equipment and personal items
- A heated, dry location (such as a heated marquee or dressing room) large enough for 4 people to warm up in and within walking distance from performance area
- Access to toilets within walking distance of dressing rooms
- Bottled water for performers and crew

PREVIOUS REVIEWS

“Their connection was electric and their perfect balance of weight and stacking of gravity allowed an effortless performance...eclectic mix of beauty through generations”

Review Number 9

"Consistently engaging. Age in the mind. The imagination accepting, rejecting, creating. Encompassing the entrenched and the totally free.'

Audience member, Age Against the Machine Festival, Deptford

“I thought Catch Me was a beautiful and poignant exploration of relationships and human potential. The show is visually simple but very effective. The dynamic between the younger male and the older female performer is really compelling and their relationship and movement with each other felt very authentic. It really challenged perceptions for circus and physical theatre and was a perfect fit for the Festival.”

Rachel Nelkin, Head of Creative Programmes, The Albany

On previous shows:

"Understated contemporary circus with real emotional weight ... Magic.”

★★★★

The Stage

“Telling a story through contemporary circus is a feat attempted by many... Upswing Theatre make it look easy”

★★★★

The Stage

“A very beautiful, dynamic and well-crafted show”

★★★★

The Scotsman

PRESS AND MARKETING IDEAS

The *Catch Me* shared marketing Dropbox contains press releases, show images, company and cast bio's and more. Please follow the link for access:

<https://www.dropbox.com/sh/ap1fqazu0a6kwvw/AACkdmrV3kUdEul3gmbmQZUTa?dl=0>

Potential interview or feature ideas:

- One of the UK's leading circus companies
- The show explores universal themes of gender, age and race
- Profile piece on Upswing's Vicki Amedume, the UK's leading BAME circus artist
- Piece about the design aspects of the show, created by Becky Minto, who recently won the Silver Award for Space Design at the World Stage Design Awards 2017 and will be representing Britain at the Prague Quadrennial In 2019.



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NORTH LONDON'S
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Supported using public funding by
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& NORWICH
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