

Participation to the Entrance Exam Via Video

DEC - Diploma of Collegial Studies in Circus Arts

DEE - Diploma of National Circus School Studies

Guide to Submitting Videos

A candidate who has a valid reason (distance, health, family reasons, school refused permission, confidentiality concerns, etc.) may be exempted from being physically present at the Entrance Examination. In such a case, the application must be accompanied by a video with content that meets the exam requirements.

Dress code

Candidates should wear suitable gym clothes allowing them to perform in comfort and safety. Clothes should be close-fitting. Ballet slippers or gym shoes are required.

Presentation

The candidate stands facing the camera, with his arms by his sides and legs together, and identifies himself by clearly stating his last name and first name and his height and weight. He then says a few words about himself in French.

Content

All of the following exercises are mandatory, executed sideways to the camera in the order shown here.

Acrobatics

The exercises in this test become progressively more difficult. Candidates are not required to perform exercises they have not mastered.

- front roll and back roll
- back roll to handstand (struli)
- cartwheel
- front walkover and back walkover
- front handspring
- forward and backward somersault
- round-off, back handspring
- other exercise of your choice

Trampoline (optional)

This test is performed on a large trampoline.

- straight jump
- tuck jumps, pike jumps, straddle jumps
- full twist jump
- other exercise of your choice

Balance

- handstand, press to the handstand, legs spread
- headstand (tripod)
- other exercise of your choice

Physical conditioning

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| <p>Abdominals</p> <ul style="list-style-type: none"> • maximum leg lift. Suspension from the barre with pronation of extended legs, lifting the legs held tightly together in position, passing through in jackknife position, touching the barre between the hands, controlled descent to the starting position. • other exercise of your choice | <p>Arms</p> <ul style="list-style-type: none"> • push-ups, maximum 35 • maximum number of chin-ups with underhand grip | <p>Legs</p> <ul style="list-style-type: none"> • 15 dynamic repetitions of squat jumps on the spot • other exercise of your choice |
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Flexibility

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| <ul style="list-style-type: none"> • bridge • seated position, legs spread at a 90° angle, bending at the waist to the floor, hold the position 10 seconds | <ul style="list-style-type: none"> • standing position, legs and feet together, close trunk and legs, hold the position 10 seconds • side split, left leg forward, hold the position 10 seconds, right leg forward, hold the position 10 seconds | <ul style="list-style-type: none"> • exercises for flexibility of movement; e.g. grands battements, holding the legs at a 90° angle or greater, etc. • front split, hold the position 10 seconds • other exercise of your choice |
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Comprehensive test

The candidate gives an oral presentation (in French or English) in front of the camera and then performs a short act lasting up to three minutes that he has devised and prepared in advance. Candidates may use the music of their choice and accessories or equipment. The candidate must perform the test unaided. Standing sideways to the camera is not compulsory.

Candidates must perform the act they described in the general questionnaire enclosed with the entrance examination application. To allow the jury to assess the act objectively, the video must be authentic and not include unnecessary and distracting technical effects.

Note

The video of an act does not replace actual attendance at the entrance examination. Candidates who attend the examination have the chance to showcase not only their skills but also their personality, which is more difficult to assess on tape. Candidates who are granted the participation via video dispensation are therefore advised to include as much information as possible in their file, including all the appropriate supporting documents.

Conditional Admission

Final admission to the program may be conditional on a medical evaluation and/or further evaluation in a single or several disciplines.

SUBMISSION

In the following, please copy and paste a URL link to where your video may be viewed. The link may lead to either the YouTube or Vimeo site, as you prefer. For a Vimeo tutorial, please see the instructions below.

To complete the procedure, save this video transmittal file and attach it to the required documents as outlined in the admission application.

For questions about your submission, please contact:

Johanne Larose, Technician Registrar
514-982-0859 ext. 239 | 1 800 267-0859 ext. 239
registraire@enc.qc.ca

VIMEO TUTORIAL

1. Sign up at www.vimeo.com and choose the "Vimeo Basic" free option.
You will need to confirm your registration via email before adding videos.
2. Go to the "Registraire ENC" account: In the search bar type "Registraire ENC" and then click the "People" submenu on the left-hand side. Click on the ENC icon to open the account.
3. Click on "Upload Video" and follow the instructions.
4. In the video title field, please enter the candidate's first and family names.
5. Go to the "Privacy" tab and in response to the question "Who can watch this video?" Select "Only people I choose," adding Registraire ENC (For this, you must have completed step 2).
6. Save the changes and copy-paste the URL of your video to the field on the online form.

