

# Entrance examination description

DEC - **Diploma of Collegial Studies in Circus Arts**  
DEE - **Diploma of National Circus School Studies**

## FIRST STAGE

### Physical Tests

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- **Acrobatics and Balance**
- **Physical conditioning**
- **Flexibility**

These tests assess the candidate's skills and physical potential. They are also used to evaluate muscle tone, body alignment, motor coordination, strength, spatial orientation, concentration, flexibility and ease of movement. See content of physical tests on back. If needed, additional exercises (trampoline, dance, acting, balancing, etc.) may be required for the first part of the test.

The candidate who has succeeded the first part of the test may continue with the second part.

## SECOND STAGE

### Comprehensive Test

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The Entrance Examination serves to spotlight applicants' talents as creators and performers as well as their ability to integrate the technical and artistic skills they have acquired.

During the Entrance Exam, candidates will present a short performance, no more than three minutes long, that they have previously created and practiced. They may use accessories and apparatus as well as the music of their choice in MP3 format stored on a USB stick. (No other form will be accepted). Each candidate must perform the Entrance Exam work on his or her own and in a safety-conscious manner. If necessary, the candidate may use some of the School's equipment. For applicants using aerial apparatus, the School will ensure that a qualified person is on hand to spot them.

**IMPORTANT:** Please note that if you wish to use your own equipment during the second step, it is mandatory to have it with you when you arrive for the first stage for approval.

A candidate who has successfully passed the first and second steps of the Entrance Examination will be invited to continue on to third stage.

## THIRD STAGE

### Artistic Tests

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- **Dance**
- **Acting**

These tests assess the candidate's artistic potential and talents. The acting exercises give candidates the opportunity to demonstrate imagination, initiative, the ability to listen, stage presence and body language. The dance exercises evaluate the candidate's coordination, body awareness, ability to memorize movements and musical sense. See content of artistic tests on back.

The candidate who has succeeded the first and the second part of the test may continue with the third part.

### Interview

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The comprehensive test begins with an oral presentation (one minute maximum) to the jury and is followed by an interview designed to elicit more information about the candidate's motivations, expectations and personal goals.

## Content of physical tests

### 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
- handstand, front roll, half turn, back roll to handstand (struli)
- cartwheels
- forward and backward handsprings
- front handspring
- forward and backward somersault
- round-off, back handspring
- movement without hands

If needed, additional exercises may be required.

### Physical conditioning

#### Abdominals

- maximum lift of legs. Suspension from the barre with pronation of extended legs, lifting the legs, passing through in jackknife position, touching the barre between the hands, controlled descent to the starting position.
- other exercises, as selected.

If needed, additional exercises may be required.

#### Arms

- push-ups, maximum 35
- maximum number of chin-ups with pronation grip or supination
- rope climbing

#### Legs

- 2 series of 15 repetitions of squat jumps on the spot

### Flexibility

- seated position, legs tight together and extended, toes pointed
- seated position, legs together, bending at the waist to the floor, hold the position
- seated position, legs spread at a 90° angle, bending at the waist to the floor, hold the position
- side split, left leg forward, hold the position, right leg forward, hold the position
- bridge
- front split, hold the position
- exercise for shoulders flexibility
- exercises for flexibility of movement; e.g. grands battements, holding the legs at a 90° angle or greater, etc.

If needed, additional exercises may be required.

### Trampoline or balancing

If needed, additional exercises may be required in those disciplines.

## Content of artistic tests

### Dance

Upon given directions, the candidate will execute an adagio as well as different combinations involving rhythmic and coordination sequences. The combinations are done individually or in a group with percussion accompaniment.

### Acting

Upon given directions, the candidate will improvise movements and short scenes portraying characters and emotions. The exercises are performed individually or in a group.

## Dress Code

Candidates should wear suitable gym clothes allowing them to perform in comfort and safely. Clothes should be close-fitting (such as gymnastics leotard or bodysuit, leggings, camisole, fitted sweater, close-fitting shorts). Ballet slippers or gym shoes are recommended. All candidates must wear socks.

## Availability and Schedule

Candidates should ensure their availability for the entire duration of the entrance examination. The School opens at 8 a.m. to allow for warm-up. Lockers are available in the locker-rooms but candidates should bring their own lock.

Candidates' parents or accompanying adults should leave the School during the tests. The School reserves the right to disqualify any candidate at any stage of the Entrance Examination.

