



# 2022 ENTRANCE EXAM PARTICIPATION GUIDE

**HIGH SCHOOL EDUCATION DEGREE**  
CES – Circus and High School Program



# **INVITATION TO OUR 2022 ENTRANCE EXAM**

**THANK YOU** for applying to study at the National Circus School.

We would like to invite you to audition for a place in one of our programs.

## **OBJECTIVES FOR THE ENTRANCE EXAM**

- Evaluate your physical condition (flexibility, agility, strength) and your performance level.
- To know your specialized skills as well as the circus, acrobatic or sports disciplines you practice.
- Learn more about your background, aspirations and ambitions.
- Discuss injury management and previous injuries, if any.

## **HOW TO PREPARE FOR THE AUDITION**

- Watch the [audition video](#) that comes with this guide.
- Practice the test exercises.
- Attend one of our information sessions to be held on November 13, 2021, December 8, 2021 and January 8, 2022.

This participation guide includes instructions for preparing your audition video, the details of each stage.

Please read this document in its entirety to ensure that you fully understand the expectations of the NCS and the requirements for the audition video.

## CONTACT US

If you have any questions about the participation guide, the selection process, the audition video or the documents to be provided, contact us by email at [registrariat@enc.qc.ca](mailto:registrariat@enc.qc.ca).

**Take the time to read this guide and understand the expectations. We wish you success!**

PREVIEW

## AUDITION VIDEO CONTENTS

Your audition video must contain all the elements and meet all the criteria in the checklist below.

Introduction – 1 minute	
Warm-up – 1 minute	
Acrobatics – 3 minutes	
Flexibility – 2 minutes	
Conditioning – 1 minute	
Dance – 1 minutes	
Technical sequence – 2 minutes (optionnal)	
Video name conformity	
Video deposit	

## DOCUMENTS TO BE PROVIDED

An identity photo on a white background in JPEG format (portrait)	
A copy of your birth certificate* with the first and last names of your parents	
A copy* of any certificate proving your experience in a relevant artistic discipline or competitive sport	
The latest academic transcripts available*	
Our completed medical questionnaire*	
Our completed Choice of Disciplines form	

*\* Persons officially admitted to one of our programs will be required to provide certified true copies or originals of each of the requested documents (originals will be returned by mail).*

All documents that are written in a language other than French or English must be accompanied by a translation.

## AUDITION VIDEO PREPARATION

Your audition video **should not last more than 12 minutes**. Filmed sequences must be assembled in a **single video file**.

You may watch the [demonstration video](#) that we have made available online to help you understand the steps to follow and the order of the tests.

It is important to respect the order of the tests (**introduction, warm-up, acrobatics, flexibility, conditioning, dance and acting, synthesis evaluation**), but also the order of the exercises in each test.

### Your safety comes first.

- You must wear **appropriate clothing** that allows you to perform in complete safety and comfort. Clothing should **be fitted** to the body.
- Take the time to **warm up** before recording to avoid the risk of injury.
- If there is an exercise or skill you're not familiar with, or if you don't have a safe place or conditions to film a particular exercise, **move on to the next one**.

In short, do your best!

Please read the following pages **carefully**.

# TESTS

## INTRODUCTION

**Length:** 1 minute

**Evaluation criteria:**

- Oral expression
- Physical ease and comfort

Facing the camera, stand with your arms at your sides and your legs together. Introduce yourself briefly, in French or English, following the guidelines below.

INTRODUCE YOURSELF	POSITION	NOTE
Your first and last name	Facing the camera (body shot from head to toe)	To be taken in one continuous shot.
you're age		
Your country of origin		
Your sports and/or artistic background in a few words (disciplines, years of experience, studies, etc.)		
What circus disciplines are you interested in?		
Why do you want to become a circus artist and train at the ENC?		

## WARM-UP

**Length:** less than 1 minute

### Evaluation criteria:

- Ease of execution
- Body alignment
- Impulsion
- Coordination
- Joint synchronism in the running/moving elements

EXERCICES	POSITION / MOVEMENT	NOTE
Skips, alternating right and left	In a circle	Perform these four exercises in a circle 3 meters in diameter.
Chassés, alternating right and left		
Walk in demi-pointes, straight arms close to the ears		
Little rebounds, straight arms, aligned with the ears		
3 Split jumps, right leg, on the spot	Left side facing the camera	
3 Split jumps, left leg, on the spot	Right side facing the camera	
3 Straddle jumps	Facing the camera	
2 360° jumps, right and left sides	Facing the camera	



## ACROBATICS

**Length:** 3 minutes

### Evaluation criteria:

- Precision in the execution
- Body alignment
- Movement amplitude
- Balancing stability

EXERCICES	POSITION	NOTE
Front roll, backward roll	Side to the camera	Adapt the movements to the space you have available.
Handstand/front roll, half-turn jump, Streuli		
2 Connected cartwheels, right and left		
2 Connected walkovers, front and back		
<b>OPTIONAL ELEMENTS</b>		
Aerial element	Side to the camera	
Menichelli or flic flac		
Front salto		
Back salto	Of your choice	
Acrobatic elements or acrobatic research sequence		

## FLEXIBILITY

**Length:** 1 minute

### Evaluation criteria:

- Ease and amplitude
- Body alignment ( pointed feet and straight legs when possible)
- Hip position while stretching
- Active flexibility

EXERCICES	POSITION	NOTE
Seated: open shoulders, pointed feet, extended knees	Side to the camera	Hold each position for 3 seconds, except for the bridge descent.
Seated: pike position, arms extended in front		
Seated: legs open at 90°, forward bend, arms extended in front (pancake)		
Left split	Right side to the camera	
Middle split	Facing the camera	
Right split	Left side to the camera	
2 bridges from the ground up : 1) Bridge, hands and feet as close together as possible 2) Bridge, shoulders open with straight legs	Side to the camera	
From standing, descend to bridge and return to standing, two times	One time back to the camera One time side to the camera	
Needle scale with right leg raised, hands on floor	Left side to the camera	
Needle scale with left leg raised, hands on floor	Right side to the camera	
Optional element	Of your choice	

## CONDITIONING

**Length:** less than 1 minute

**Evaluation criteria:**

- Fluidity
- Sequence memorization
- Body alignment
- Movement amplitude
- Dynamics
- Impulsion

EXERCICES	POSITION	NOTE
5 tuck jumps (arms forward)	Side to the camera	Perform in a single sequence, without interruption between each movement.
5 push-ups (elbows closed)		
10 V-snaps		
<b>OPTIONAL ELEMENTS</b>		
5 pull-ups	Back to the camera	
5 leg raises	Facing the camera	
Rope climbing	Of your choice	

## DANCE

**Length:** 1 minute

**Evaluation criteria:**

- Variety of danced movements
- Sense of rythm

<b>EXERCICES</b>	<b>NOTE</b>
Composition in movement of 1 minute on a music of your choice (dance or other)	In one continuous take. Use the entire space.

PREVIEW

## TECHNICAL SEQUENCE

**Length:** 2 minutes

### Evaluation criteria :

- Proficiency in the practiced discipline
- Creativity

You must present a **short performance of your own**, related to circus or to the discipline you practice, of a **maximum duration of 2 minutes**.

You must be autonomous during the entire performance, which must correspond to the one you described in your application for admission or participation in the entrance exam. You may use music, props and/or apparatus of your choice.

In order for the jury to properly evaluate you, the video recording must be authentic and the performance must be uninterrupted and without technical effects.

SYNTHESIS EVALUATION	NOTE
2-minute performance related to circus or in the practiced discipline.	In one continuous take. Use the entire space.

## **ADDITIONAL INFORMATION**

### **COMPLEMENTARY EVALUATION**

The jury may request a complementary evaluation in one or more disciplines.

### **MOTIVATIONAL INTERVIEW**

It is possible that the jury will invite you to attend a motivational interview. The purpose of this interview is to learn more about your motivations, your expectations and your goals.

The complementary evaluation and the motivational interview are at the discretion of the jury. You may be asked to attend both, only one or neither.

If you have any questions about admission, you can contact us by email at: [registrariat@enc.qc.ca](mailto:registrariat@enc.qc.ca)

**THANK YOU for your participation and good luck!**

PREVIEW



**THANK YOU FOR YOUR PARTICIPATION, WE WISH YOU  
ALL THE BEST!**

