

IMPORTANT : Please note that if you would like to use your equipment, it is mandatory to bring it at the beginning of the first day for inspection.

FIRST STAGE

Physical Tests

- 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. If needed, additional exercises (such as trampoline or balance) may be required. Please find the description at the back.

Artistic Tests

- 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 musical sense. See content of artistic tests on back.

Presentation

The presentation, of a maximum duration of one minute, is designed to demonstrate the candidate's technical and artistic skills. It will be based on the theme chosen by the candidate. The National Circus School can lend some circus equipment if required. A request should be sent a week prior. The candidates can use their music and their accessories.

The candidate should be completely independent and safe during the presentation.

Interview

The interview is designed to understand the candidate's motivations, expectations and personal goals.

The candidate who has succeeded the first stage will be invited to continue during the second stage the following day. The results will be sent out by email at the end of the day.

SECOND STAGE

Postural Evaluation

This process consists of a postural evaluation of the candidates, by a team of athletic therapists, in order to identify potential physical predispositions or problems.

Academic Test

An academic aptitude test will then be conducted. Candidates will be required to pass language and math tests and complete a general knowledge questionnaire. In order to complete the selection process, an in-person or virtual interview may be arranged. The NCS may conditionally accept a candidate.

Content of Physical Tests

Acrobatics and balance

In this test, the difficulty increases from one exercise to the next. Candidate should not perform exercises that they have not mastered. We will evaluate accuracy of execution, body alignment, range of motion and balance position.

- front roll and back roll
- handstand, front roll, half turn, back roll to handstand (struli)
- cartwheels
- front walk over and backwalk over
- front handspring
- forward and backward somersault
- round-off, back handspring
- elements without hands

If necessary, other exercises may be requested by the jury.

Physical conditioning

In this test, we will evaluate fluidity, body alignment/placement, range of motion, dynamism and momentum.

Abdominals

- leg lift : hanging from the bar, legs straight, leg lift without momentum, passing through the pike position, touching the bar between the hands, controlled descent to initial position

Arms

- push-ups
- chin-ups
- rope climbing

Legs

- dynamic repetitions of squat jumps on the spot

If necessary, other exercises may be requested by the jury.

Flexibility

- sitting position: opening at the shoulder, feet pointed, extension of the knees
- sitting position, closing in pike, arms in the prolongation of the torso
- sitting position, legs open to 90°, closing in pike, arms in prolongation of the body
- side split, left leg forward
- front split, hold the position
- side split, right leg forward
- bridge with hands and feet as close together as possible
- bridge open to shoulder with legs straight
- needle, right leg, hand on ground
- needle, left leg, hand on ground
- exercise for shoulders flexibility
- exercises for active flexibility (e.g.: big shuffles, holding the leg at 90° and more, etc.)

If necessary, other exercises may be requested by the jury.

Content of Artistic Tests

Dance

Upon given directions, the candidate will execute different combinations involving rhythmic and coordination sequences. Improvisation exercises will be requested individually or in groups.

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 must wear proper, form-fitting clothing (such as gym shirts, leggings, camisoles or sweaters, shorts that are not baggy) to allow for safe and comfortable movement. Shoes will be required to move around the NCS.

Availability

Candidates should ensure their availability for the entire duration of the auditions. They may be called upon to undergo a more thorough evaluation. Lockers are available in the checkroom but candidates must provide their own lock. Parents and accompanying adults are not permitted to attend the auditions.



Culture,
Communications et
Condition féminine

Québec



Patrimoine
canadien

Canadian
Heritage