



INTENSIVE SUMMER CAMP ADMISSION GUIDE

13 TO 17 YEARS OLD GROUP

SUMMER CAMP ADMISSION GUIDE: 13 TO 17 YEARS OLD

THANK YOU for your interest in the National Circus School's intensive summer camp.

This document includes all the instructions on how to prepare and submit your admission video.

If you have any questions about this document, about the selection process or about the documents to be returned to us, you can contact us by email at registrariat@enc.qc.ca.

Please take the time to read this guide carefully and understand the expectations. We wish you success!

CHECKLIST OF REQUESTED INFORMATION

MAKE SURE THAT ALL THE REQUESTED DOCUMENTS ARE PROVIDED:

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

Portrait photo, passport format (JPEG)	
Copy of birth certificate with the parents' last and first names	
Copy of report cards from the two last years of successful schooling*	

**Only for Canadian candidates wishing to participate in the selection activity that will be held on the last day of the camp to enter the Preparatory Program (PFS) or the Circus and High School (CES) in fall.*

SUBMITTING OF DOCUMENTS

All documents must be submitted via [Omnivox](#), in the admission portal. When you register, you will be asked to indicate three specialties in circus arts that you have already explored. An incomplete application may not be processed.

CONTACT US

If you need help completing your forms or preparing your video, you can contact us by email at: registrariat@enc.qc.ca.

CHECKLIST OF REQUESTED ELEMENTS

MAKE SURE YOU COMPLETE ALL OF THESE STEPS WHEN SUBMITTING YOUR VIDEO.

Presentation	
Acrobatics	
Physical preparation	
Flexibility	
Technical sequence	
Conform video name	
Video upload	

| VIDEO PREPARATION

CLOTHING

You must wear appropriate clothing that allows you to perform in complete safety and comfort. Clothing should be fitted to the body.

SECURITY

If you haven't mastered a skill or don't have a safe place to film the skill, please leave that skill aside and move on to the next one. Always think about safety first.

ATTENTION TO DETAILS

Pay particular attention to the elements and perform them in the described order.

ADMISSION VIDEO CONTENTS

PRESENTATION

You must stand in front of the camera, arms at your sides, legs together, and identify yourself by clearly stating your first name, last name and age in English or French. Your entire body must be visible.

ACROBATICS

You must perform two sequences of acrobatic or dance movements of your choice. This step must last a **maximum of two minutes**.

PHYSICAL PREPARATION

You must perform a series of ten (10) push-ups (on hands and feet) in a single shot.

FLEXIBILITY

You must execute the following series of movements* in one continuous shot, in the defined order, holding each position for 5 seconds:

- Bridge (shoulders)
- Bridge (back)
- Front split, left leg forward
- Front split, right leg forward
- Middle split
- Pike position (standing)
- Pike position (sitting)

**Examples of all these positions are available under the Admission tab on our [website](#).*

TECHNICAL SEQUENCE

Present a short act of a discipline of your choice for a **maximum of one minute**. You can film a new number or use the recording of an act already performed.

This act must represent your current technical level. It is therefore essential that you do not use the recording of a performance that is too old.

VIDEO SUBMISSION

Before submitting your admission video, please ensure that it conforms to this guide. Make sure that all the elements are grouped together in one video and in the order indicated in this document.

We ask that you submit your admission video by following the step-by-step guide outlined in our tutorial, which can be found in the appendix of this guide on page 7.

THANK YOU for your participation and good luck!

APPENDIX

VIDEO SUBMISSION

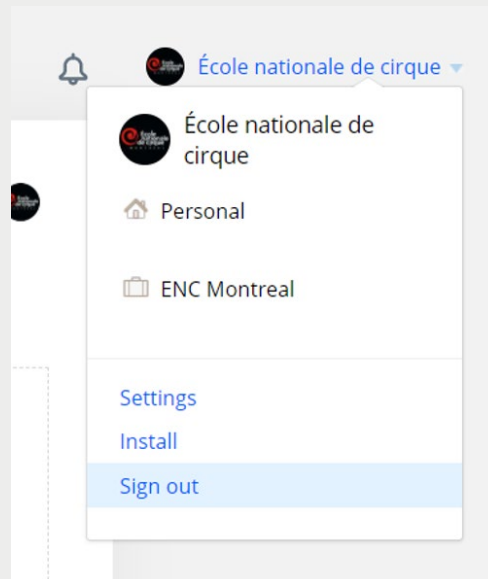
1. Preparing the video file
 - Combine all your recordings into a single video file.
 - Make sure to assemble your recordings in the order requested in the "Checklist of requested elements" section above. These are: presentation, acrobatics, flexibility, physical preparation and technical sequence.
2. Naming the video file
 - Have your application number in hand and name your file according to the following nomenclature:

7 digits from your admission application number_last name_first name

Example: 2131234_lopez_maria

Everything must be written in lower case letters, without accents or spaces.

3. Opening the Dropbox link
 - Click on this Dropbox link:
<http://bit.ly/3u7EYmw>
 - Once the link is open, in the Dropbox window of your browser, look in the upper right corner and make sure you are not already logged in to a Dropbox account.
If you see "Sign out", you are ready to proceed to the next step.
If you are logged into an account, click on the account name and choose the "Logout" option. You will then have to click again on the Dropbox link mentioned in point 3.

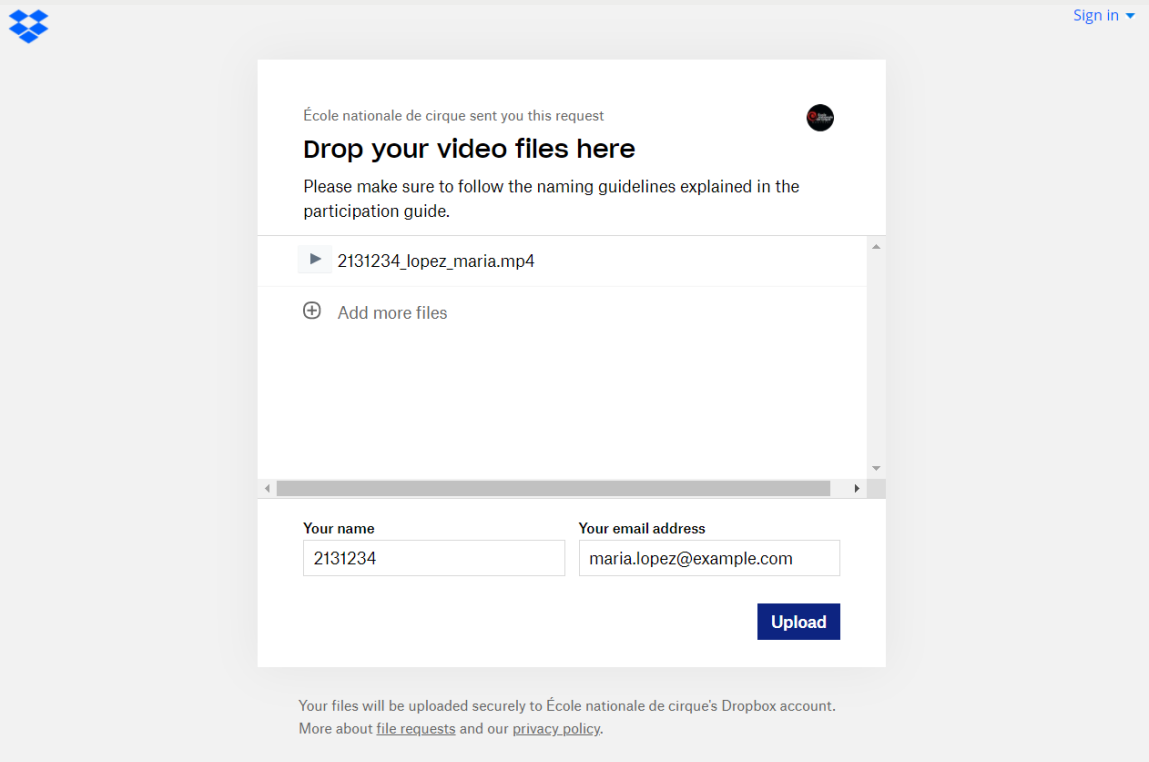


4. Uploading the video file

- In the open Dropbox window, drag or upload your video file into the provided area.

5. Entering your information

- Write your **admission application number** without dashes in the "Your Name" box.
- Enter the email address you provided when you applied for admission in the "Your email address" box.
- Validate that the information you have provided is accurate and identical to the information provided in your application. Once the file has been transmitted, you will no longer be able to modify it.



The screenshot shows a web interface for uploading a video file. At the top left is a blue diamond logo, and at the top right is a "Sign in" link with a dropdown arrow. The main content area has a header "École nationale de cirque sent you this request" with a profile picture icon. Below this is the heading "Drop your video files here" followed by a note: "Please make sure to follow the naming guidelines explained in the participation guide." A file named "2131234_lopez_maria.mp4" is shown in a list with a play button icon. Below the list is a button with a plus icon and the text "Add more files". At the bottom, there are two input fields: "Your name" with the value "2131234" and "Your email address" with the value "maria.lopez@example.com". To the right of these fields is a blue "Upload" button. At the very bottom, a small disclaimer states: "Your files will be uploaded securely to École nationale de cirque's Dropbox account. More about [file requests](#) and our [privacy policy](#)."

6. Uploading the video file

- Click on the "Upload" button once your video file has been added and both boxes have been filled in correctly as requested in point 5.
Uploading your video file could take several minutes depending on the size of the file and the speed of your Internet connection.

7. Upload confirmation

- Once completed, Dropbox will display "Finished uploading" and send you an email confirming the transfer of your file. We recommend that you keep this confirmation email.



[Sign in](#) ▾



Finished uploading

We'll let École nationale de cirque know you uploaded files.

[Upload more files](#)

[Try Dropbox free](#)

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More about [file requests](#) and our [privacy policy](#).

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