



# 2024 AUDITIONS VIDEO PARTICIPATION GUIDE

HIGH SCHOOL EDUCATION DEGREE  
CES – Circus and High School Studies



# INVITATION TO OUR 2024 AUDITIONS

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

We would like to invite you to participate to our 2024 auditions for a place in one of our programs in circus arts.

## OBJECTIVES OF THE AUDITIONS

- Evaluate your physical condition (flexibility, agility, strenght) and your level of dance.
- To know your specialized skills as well as 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 is accompanying this guide.
- Practice the exercises for the tests.

This guide includes all of the instructions on how to prepare your video audition, the details of each test.

Please read this guide carefully and to understand the expectations of the NCS and the requirements for the audition video.

## CONTACT US

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

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

OVERVIEW

## CONTENT OF THE AUDITION VIDEO

Your audition video must contain all the elements et meet all the conditions of the checklist below.

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

## DOCUMENTS TO PROVIDE

Portrait photo of yourself on a white background in JPEG	
Copy of birth certificate with last name and first names of the parents*	
A copy* of any evidence of experience in a relevant artistic discipline or competitive sport	
Latest academic transcripts available*	
Completed medical questionnaire*	
Completed Choice of disciplines form	

*\*Candidates officially accepted into one of the programs will be required to provide certified copies or originals of each document (the originals will be mailed back to the candidate).*

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

## VIDEO PREPARATION GUIDE

Your audition video **should be no longer than 12 minutes**. The filmed sequences must be assembled into a **single video file**.

You can watch the [audition video](#) that we have put 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, physical preparation, dance, technical sequence**), but also the order of the exercises of each test.

**Your safety is the priority.**

- Please wear **proper, body-fitting clothing** that allows you to move with ease and safety.
- Take the time **to warm-up** before registration to avoid the risk of injury.
- If there is any exercise that you are not familiar with, or you do not have a safe location or conditions to film a particular exercise, **move on to the next one**.

In other words, do your best!

**Please read** the charts on the following pages carefully.

# TESTS

## INTRODUCTION

Maximum time : 1 minute

Evaluation criteria :

- Oral expression
- Physical ease

Stand tall, facing the camera, introduce yourself briefly, in English or French, following the guidelines below.

PRESENT YOURSELF	POSITION
First and last name	Facing the camera
Age	
Country of origin	
Sports and/or artistic background, in a few words (disciplines, years of experience, study, etc.)	
What circus disciplines interest you?	
For what reason(s) do you want to become a professional circus artist and receive your training at the National Circus School?	
Tell us about a situation where you demonstrated resilience.	
Tell us about a situation where you played a key role in a team.	

## WARM-UP

**Maximum time :** less than 1 minute

**Evaluation criteria :**

- Ease of execution
- Body alignment
- Dynamism
- Coordination
- Joint synchronization in the running/moving elements

ELEMENTS	POSITION / MOVEMENT	NOTE
Skips, alternating right and left	Circle	These first four exercises are performed in the shape of 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	
3 Split jumps, left leg, on the spot	Right side	
3 Straddle jumps	Facing the camera	
2 360° jumps, right and left		



## ACROBATICS

Maximum time : 3 minutes

Evaluation criteria :

- Precision in performance
- Body alignment
- Amplitude of movement
- Stable handstand position

ELEMENTS	POSITION	NOTE
Front roll, backward roll	Side	Adapt 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		
Element without hands	Side	
Menichelli or flic-flac		
Front salto		
Back salto	Of your choice	
Acrobatic elements or acrobatic research sequence		

## FLEXIBILITY

Maximum time : 1 minute

Evaluation criteria :

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

ELEMENTS	POSITION	NOTE
Open shoulders, pointed feet, extended knees	Side, sitting on the floor	Hold each position for 3 seconds except when descending into bridge.
Pike position, arms extended in front		
Legs open at 90°, forward bend, arms extended in front (pancake)		
Left split	Right side	
Middle split	Facing	
Right split	Left side	
2 bridges, from the ground: 1) Bridge, bring hands and feet as close together as possible 2) Bridge, pushing into shoulder opening, straight legs	Side	
2 descent into bridge, rise back up to standing	1 from the side 1 from the back	
Hold in needle position, right leg, hands on the ground	Left side	
Hold in needle position, left leg, hands on the ground	Right side	
Other element	Of your choice	

## CONDITIONING

**Maximum time :** less than 1 minute

**Evaluation criteria :**

- Fluidity
- Control and stabilization
- Body alignment
- Movement amplitude
- Dynamism

ELEMENTS	POSITION
5 tuck jumps (arms forward)	Side
5 push-ups (elbows closed)	
10 V-snaps	
5 pull-ups	Back
5 leg raises	Facing
Rope climbing	Of your choice

## DANCE

**Maximum time :** 1 minute

**Evaluation criteria :**

- Sense of rhythm
- Variety of movements

ELEMENTS	NOTE
Movement composition of 1 minute on a music of your choice (dance or other)	Present in one continuous take. Use all the space.

## TECHNICAL SEQUENCE

**Maximum time** : 3 minutes

**Evaluation criteria** :

- Mastery of the discipline practiced
- Creativity

You must present a **short performance of your own**, related to the circus or to the discipline you practice, of a **maximum duration of 3 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 auditions. You may use music, props and/or equipment of your choice.

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

TECHNICAL SEQUENCE	NOTE
Performance of 3 minutes duration related to circus or to the discipline practiced.	Present in one continuous take. Use the entire space.

## **| MORE INFORMATION**

### **COMPLEMENTARY EVALUATION**

The selection committee may request an additional evaluation in one or more disciplines.

### **MOTIVATIONAL INTERVIEW**

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

The complementary evaluation and the motivational interview are at the discretion of the selection committee. You may be invited to both, only one or neither.

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

**THANK YOU** for your participation and we wish you all the best!

## VIDEO SUBMISSION TUTORIAL

Before submitting your audition video, **please ensure that it meets the requirements outlined** in the AUDITION VIDEO PREPARATION section of this guide.

### 1. 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.

### 2. Opening the Dropbox link

- Click on this Dropbox link:  
<https://bit.ly/3CLaudX>
- Then click on "Connect\*".

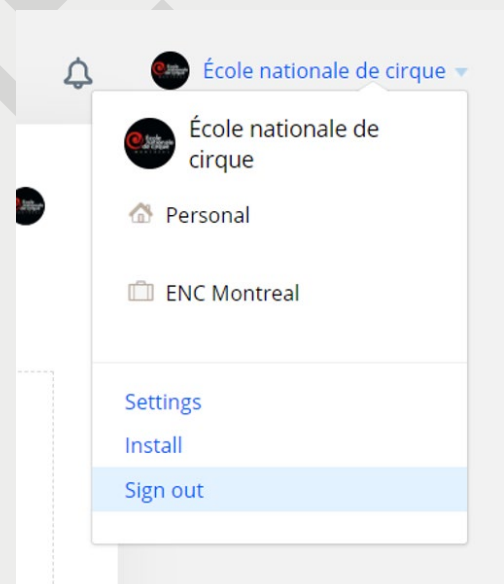
*\* If you are already logged in, click on the account name and then click on "Log out". You will then need to click on the Dropbox link above again.*

### 3. Uploading the video file

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

### 4. 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.





Sign in ▾

École nationale de cirque sent you this request



### Drop your video files here

Please make sure to follow the naming guidelines explained in the participation guide.

▶ 2131234\_lopez\_maria.mp4

⊕ Add more files

Your name

2131234

Your email address

maria.lopez@example.com

Upload

Your files will be uploaded securely to École nationale de cirque's Dropbox account.  
More about [file requests](#) and our [privacy policy](#).

## 5. 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 network.

## 6. 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](#)

Your files will be uploaded securely to École nationale de cirque's Dropbox account.  
More about [file requests](#) and our [privacy policy](#).

If you need help submitting your audition video, you can contact us by email at:  
[registrariat@enc.qc.ca](mailto:registrariat@enc.qc.ca)



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

