

2026 Video Audition Participation Guide



Programs

- Circus & High School Studies
- Circus Arts Programs
(College Diploma or Attestation)
- Preparatory Program



2026 AUDITIONS– STAGE 1

THANK YOU for your interest in the National Circus School and for your trust!

This first audition step is essential, as it allows us to get to know you better and to understand your artistic world. Through this video, we are delighted to discover more about you, to share in your passion, and to learn about your journey.

OBJECTIVES

- Assess your overall physical condition (flexibility, agility, strength) and theatrical expression.
- Identify your specific skills as well as the circus, acrobatic, or athletic disciplines you practice.
- Learn about your background, your ambitions, and what drives you in your artistic journey.

HOW TO PREPARE

- Carefully read this guide, which explains step by step everything you need to know to prepare adequately.
- Watch the audition video (link on the next page).
- Practice only the exercises you have mastered well, to ensure your safety and perform them with confidence.
- Record your video by following the instructions and completing all required sections to the best of your ability.

CONTACT US

For any questions regarding the video participation guide, the selection process, or the audition video, you may contact us by email at registrariat@enc.qc.ca.

VIDEO CONTENT

Your video must include all the elements and meet all the requirements listed below:

- Introduction – 1 minute
- Warm-up – 1 minute
- Acrobatics – 3 minutes
- Flexibility – 2 minutes
- Physical preparation – 1 minute
- Dance and acting – 2 minutes
- Synthesis exercise – 3 minutes
- Submission of the video link

GENERAL INSTRUCTIONS FOR RECORDING (VIDEO)

Your video **must not exceed 13 minutes**. All filmed sequences should be **compiled into a single video file**.

You can watch the [audition video](#) we have made available online to help you clearly understand the steps to follow.

It is important to respect the order of the exercises (**introduction, warm-up, acrobatics, flexibility, physical preparation, dance and acting, synthesis exercise**) as well as the order of the exercises within each section.

Your safety is the priority.

- Wear appropriate clothing that allows you to move freely and safely.
- Take the time to properly warm up before recording to reduce the risk of injury.
- If an exercise is unfamiliar to you or if you do not have a safe space or conditions to perform it, feel free to skip it and move on to the next one.

EXERCISES

INTRODUCTION (duration: 1 minute)

The goal is to get to know you better, understand what motivates you, and discover why you chose the National Circus School (NCS).

Feel free to share your interests in certain disciplines, your approach to teamwork, your creativity, what you wish to explore, and what you believe you can contribute to the NCS by studying here.

Facing the camera, briefly introduce yourself in French or English, following the guidelines below:

- Your first and last name
- Your age
- Your country of origin
- Your sports and/or artistic background in a few words (disciplines, years of experience, studies, etc.)
- Which circus disciplines are you applying for and interested in?
- Why do you want to become a circus artist and pursue training at the ÉNC?
- Tell us about a situation where you demonstrated resilience.
- Tell us about a situation where you played a key role in a team.
- Where do you see yourself after your career as a circus artist?

WARM-UP (duration: less than 1 minute)

Evaluation criteria:

- Smoothness of execution
- Body position and alignment
- Dynamism
- Coordination
- Joint synchronization during movements and running

EXERCISES	POSITION / MOVEMENT
Alternating right-left gallops	Circle
Alternating right-left chasse steps	
Walk on demi-pointe, arms extended aligned with ears	
Small rebounds, arms extended aligned with ears	
3 split jumps, right leg, in place	Left profile
3 split jumps, left leg, in place	Right profile
3 jumping jacks	Front
2 360° jumps, to the right and to the left	

ACROBATICS (duration: 3 minutes)

Evaluation criteria:

During the execution of movements or sequences, we will observe:

- Precision of execution
- Body alignment
- Range of motion
- Stability and control throughout the action

EXERCISES	POSITION
Forward roll, backward roll	Profile
Hanstand / forward roll, half-turn jump, Streuli (backward roll to handstand)	
2 consecutive cartwheels, right and left	
Front walkover and back walkover	
Element without hands (ex. front or side aerial)	
Cartwheel Menichelli or roundoff back handspring	
Front tuck	
Back tuck	
Short acrobatic routine or acro-dance sequence	Choice

FLEXIBILITY (duration: 1 minute)

Evaluation criteria:

- Ease and range of motion
- Body alignment (pointed feet and straight legs, where applicable)
- Hip positioning in splits
- Active flexibility

EXERCISES	POSITION	NOTE
Shoulder opening, feet pointed, knees extended	Profile, seated on the floor	Hold each position for 3 seconds, except for bridge descent.
Pike position, arms aligned with the torso		
Legs open at 90°, pike position, arms aligned with the torso		
Left-leg split	Right profile	
Middle split	Front	
Right-leg split	Left profile	
2 bridges from the floor: Bridge, bringing hands and feet as close as possible Bridge, shoulder opening with legs extended	Profile	
2 bridgedescents from standing, return to standing	Once in profile Once facing backward	
Arabesque, right leg, hands on the floor	Left profile	
Arabesque left leg, hands on the floor	Right profile	
Movement of choice	Choice	

PHYSICAL PREPARATION (duration: less than 1 minute)

Evaluation criteria:

- Fluidity of movement
- Control and stability
- Body alignment and placement
- Range of motion
- Dynamism

EXERCISES	POSITION
5 tuck jumps (arms forward)	Profile
5 push-ups (elbows close to the body)	
10 V-ups	
5 pull-ups	Back
5 leg lifts	Front
Rope climb	Choice

DANCE AND DRAMA (duration: 2 minutes)

Evaluation criteria:

- Expression and exploration of movement
- Sense of rhythm
- Variety of gestures and movement across space
- Interpretation and emotion
- Stage presence

EXERCISES
1-minute improvisation of physical movement and interpretation on one of the following themes: 1. Pendulums 2. The play of gravity 3. The beating heart
1-minute movement composition set to a music piece of your choice

SYNTHESIS EXERCISE (duration: 3 minutes)

Evaluation criteria:

- Creativity
- Innovation
- Control
- Originality
- Technical level

Guidelines:

- Must be filmed in a single take, with no cuts or technical effects, and must be authentic.
- May include music, props, or apparatus.
- May showcase multiple disciplines (video cuts are only allowed if you combine different disciplines).
- If you are applying in an acrobatic discipline at the college level (e.g., teeterboard, Russian bar, etc.), you must also demonstrate your technical level on trampoline. An additional one minute may be added to your video for this presentation.

SUBMITTING THE VIDEO LINK

Before submitting your audition video, **please ensure that it meets the requirements** outlined in the GENERAL INSTRUCTIONS FOR RECORDING (VIDEO) section of this video participation guide.

1. Upload your video to a platform such as YouTube or Vimeo (create a free account if necessary).
2. Name the video as follows: First Name Last Name – ENC 2026 Audition Video (Stage 1)
3. Generate the shareable link for this video*.
4. Copy and paste this video link into the application form.

** Please make sure the link works properly before submitting it. We recommend pasting it into your web browser to test it.*

You will then need to complete the other requested information in the form and pay the application processing fee before clicking the “Submit” button.

You will subsequently receive an automatic email confirming receipt of your information. Please make sure to check your spam/junk folder if necessary.

Thank you for your participation
We wish you all the best

