



Audition Guide - DEC & DEE

Everyone will participate in the full 2 days of auditions and will be evaluated in all aspects of the audition over this period. There are no eliminations during the audition process.

Audition schedule :

Day 1 : 9:00 à 16:00

- A. Basic skills - circus fundamentals
 - a. Floor Acrobatics
 - b. Flexibility
- B. Technical evaluation in primary circus discipline
- C. Dance
- D. Acting

Day 2 :

- **Be available between 8:30 and 17:00 for a period of 3.5 hours.**
- **Your arrival time for Day 2 will be assigned on Day 1 of auditions.**

- E. Presentation of a number in primary circus discipline
- F. Basic skills – circus fundamentals
 - a. Hand balacing
- G. Physical conditioning

Details :

A. Basic skills - circus fundamentals

- Floor Acrobatics

You will be evaluated based of the following criteria:

- Quality of execution
- Technical precision
- Fluidity or ease of movement

List of requested movements::

- back roll (end in push-up position);
- handstand front roll;
- streuli (back extension, roll to handstand);
- cartwheel right;
- cartwheel left;
- back walkover & walk in bridge pose;
- front handspring;
- front tuck;

- back tuck;
 - roundoff back handspring; OR cartwheel menichelli
 - roundoff back handspring back tuck; OR roundoff back tuck
 - 1 movement of your choice;
 - fluid sequence of 3 or 4 movements;
- Flexibility

You will be evaluated based of the following criteria:

- Quality of execution
- Placement
- Amplitude of movement

List of requested movements:

- active shoulder flex
- straddle split; If you can touch the ground, do also your over split.
- split (on both sides); If you can touch the ground, do also your over split.
- pike stretch & pancake (legs open 90°);
- bridge pose (back and shoulders);
- développés (forward and sideways) from a standing position.

B. Technical assessment of primary circus discipline

- You will have a period to work with ÉCQ teachers of your chosen primary discipline. After a warm-up, they will ask you to perform some of the basic movements of your discipline, to execute additional skills, and to be creative where appropriate.
- The acrobat profile will be evaluated on trampoline and floor acrobatics.

C. Acting

- A group acting period focused on physical theatre techniques
- Group and individual improvisation exercises

D. Dance

- A group dance class in classical and contemporary dance technique
- Group and individual exercises

E. Primary circus discipline presentation :

- Presentation of a short number of maximum 3 minutes in your discipline.
- This number should allow us to evaluate your technical skills in your discipline as well as your artistic qualities as a performer.
- Music - you'll need to bring your own music on a phone, laptop or USB stick. Bring a 3.5mm audio adapter if necessary.

- Pulling - the ÉCQ will provide a teacher if needed to pull the aerial numbers. There will only be a brief moment of rehearsal with this person. Remember to keep your height change cues (if any) simple. ÉCQ will provide the necessary mats.
- Duo/trio disciplines: Anyone wishing to perform a duo discipline (e.g. hand-to-hand) must be accompanied by his or her partner in the number presented, and both must register with the ÉCQ. Each group member must submit an individual application.

F. **Basic skills - circus fundamentals**

- Handstands
 - handstand (30 sec.);
 - handstand half turn (½ waltz);
 - press to handstand;
 - handstand walk (distance of 3 meters).

G. **Physical conditioning**

You will be evaluated on the following aspects of your work :

- Quality of execution
- Placement
- Number of repetitions & tempo

List of movements:

- **Push-ups:**
 - Shoulders should be over the hands, feet on the floor and glued together.
 - The sternum must touch the ball on the floor (about 5 cm from the ground) on each repetition.
 - The back must remain straight throughout the test.
 - Each phase of the movement must be controlled, tempo controlled and regular.
 - The test ends when:
 - The repetition cannot be completed.
 - A pause longer than two (2) seconds is taken at the top of the movement.
- **Pull-ups :**
 - Hands are pronated and slightly wider than shoulders.
 - Each repetition begins with full arm extension and ends when the chin passes the bar.
 - The test ends when:
 - The repetition cannot be completed.
 - A pause longer than two (2) seconds is taken at the bottom of the movement.
- **High jump:**
 - Touch the wall as high as possible and note the starting height.
 - Take off slightly from the wall (place hand on hip to find distance from wall).
 - The jump is made with momentum and the athlete must touch the wall as high as possible.
- **Leg lifts:**
 - The athlete must hang somewhere where his/her whole body is supported (ideally stall bars).
 - Without any run-up, the athlete must raise his/her legs and touch the bar from which he/she is suspended, then return to the initial position.
 - If the athlete does not touch the bar with his/her feet and/or uses a run-up, the repetition does not count.

- The test ends when:
 - The athlete can no longer touch the bar without a run-up.
- **Back muscle endurance:**
 - The athlete positions himself on the GHD with the iliac spines (anterior hip bones) supported by the cushion.
 - The upper limb must remain horizontal throughout the test and the arms are placed above the head (biceps to ears).
 - The test ends when:
 - The position can no longer be maintained
 - The position is maintained for two (2) minutes.
- **Abdominal muscle endurance:**
 - The athlete must sit on the GHD, tailbone at the end of the bench, trunk flexed to 30°, and arms flexed overhead (biceps to ears).
 - The position must be maintained throughout the test.
 - The test ends when:
 - The initial position cannot be maintained.
 - The position is held for two (2) minutes.

If you have any questions, you can email us at the following address: auditions@ecoledecirque.com