

# Pre-selection process

## Reminder of the competition calendar

- Online application form : 30 January 2023
- Submission of applications deadline 31 March 2023 (questionnaire to be completed and videos to be sent)
- Announcement of successful candidates 14 April 2023
- Selection course at ENACR from 16 to 20 May 2023
- Announcement of successful candidates on the last day of the selection course

## How to apply

- Fill in the online information form
- Attach a certificate of circus practice or gymnastic, acrobatic, choreographic practice, for a minimum of 2 years, with a mention of the hourly volume
- Make two videos, give us the Youtube links to access them

The videos give a general idea of your physical level, your circus practice, your artistic bases. They allow us to get to know you from different angles. Not succeeding in a figure is not eliminatory ; nor the fact of not having practiced a lot of dance or theater.

## \*\*\* VIDEO 1\*\*\*

## Handstand and acrobatics

- 1) Handstand/front roll (3 times)
- 2) Front roll tuck up to handstand : tuck, straddle, pike
- 3) 3 cartwheels in a row
- 4) Front handspring
- 5) Cartwheel to two feet
- 6) Round off
- 7) Flic flac
- 8) Round off – or Round off back salto
- 9) acrobatic research sequence : 3 three dynamic elements linked together

## Physical training and flexibility

- 10) 5 pull ups
- 11) 5 push-ups
- 12) 5 leg raises
- 13) Middle split / box split
- 14) Left split
- 15) Right split
- 16) Seated: pike position,
- 17) Bridge

18) a Free routine to the trampoline. (if a trampoline is at your disposal)

19) Performance (2 ou 3mn) in your circus speciality

### \*\*\*VIDEO 2\*\*\*

#### 20) **Dance Moves**

Theme : PUSH and PULL : 1 to 3 mn.

You should perform in the space and the sound system of your choice.

Film: editing is not allowed, the camera is not allowed to move (all your body should be visible)

For instance, you can work on :

- The impact of your movement on your surroundings : pushing or pulling an object, pushing off the ground, going towards something and bringing something back to you.
- The impact of your surroundings on yourself (being pushed and being pulled). It could be interesting to offer a range of actions using speed (speed up, slow down, stop), space (top, bottom, directions), width (big, small) and repetition.
- Beware of the quality (fluid, jerky, strong, soft, heavy...) and the intentions and the feelings you want to spread.

#### 21) **Theater**

Theme : ATTRACT, BE ATTRACTED, REPEL, BE REPELLED : 1 to 3 mn.

Speak to the camera, create a situation. Compose this work after the dance one.

Film: editing is not allowed

- The camera is your partner. It can be for example a person, or an animal, or an object, or other.
  - Keep the storytelling simple and create a scene with clear beginning and ending.
  - You can speak, if you wish, in your mother tongue.
  - You can choose an indoor or outdoor location. Check the frame of the camera, and if you can be seen well, if you can be heard well.
- Don't forget to have fun!

**Competition fees : 80€ (by transfer to ENACR)**

The selection for the workshop from may 16 to 20

The shortlisted candidates have to send :

- For minors, the parental authorization
- 1 medical certificate permitting intense physical activity, issued within the last

three months

- A photocopy of the front and the back of your ID or passport;
- An ID photo
- A list of the technical needs for the circus act.

The training program is from Monday (at 9 am) to Saturday (6 pm) :

- Group exercises : circus specialities, circus bases, theater, dance, physical training
- Individual interview with the direction
- Circus act (3mn)