

APPLICATION PROCESS

This is the Audition Guide for applicants wishing to audition via video only. It is preferable that the audition team see all applicants in person therefore the online video audition is only open for international applicants, as well as local applicants who cannot travel to local auditions.

Applicants who apply via YouTube may also be contacted to conduct a short interview by phone or Skype.

In addition to the academic entry requirement, entry into NICA is by audition, interview and medical assessment.

Online Applications close on Friday 24th August 2018. Video auditions are due on Monday the 10th of September 2018.

International applicants

A copy of the Australian Government's Education Services for Overseas Students (ESOS) regulatory framework can be found from the following link:

<https://docs.education.gov.au/system/files/doc/other/esosstudentfactsheetv3.pdf> so that you understand your rights and responsibilities as an international student before and during your study.

Please note that New Zealand citizens are not considered international applicants and therefore apply as a local applicant.

International applicants must send the following items for each application:

1. Completed Online Application Form – available at <http://www.nica.com.au>
2. Swinburne University International Student application form (and associated documents) available at <http://www.international.swinburne.edu.au/apply/>
3. Private YouTube link clearly labelled with your name and date of taping.
4. Performance Outline that describes your performance piece.

Swinburne University International Student application form (and associated documents) are to be sent to:

Swinburne International
PO Box 218
Hawthorn VIC 3122
Australia

Alternatively, scan and email to international@swinburne.edu.au

NICA audition YouTube link to be emailed to info@nica.com.au

PHYSICAL SKILLS AND ASSESSMENT CRITERIA

Please pay close attention to the skills to be demonstrated and perform them **exactly as stipulated** and **in the set order**. Should you require any further clarification of a skill, please do not hesitate to contact NICA. Performing skills differently to stipulation may be a disadvantage.

Try to attempt as many of the individual skills as you can, but always consider safety first. **Do not attempt any skills with which you are unfamiliar or which are unsafe to complete.**

Applicants must wear close-fitting training clothes while demonstrating skills for the video. We recommend tight-fitting leggings/bike shorts and a crop top, singlet top or leotard. This requirement assists us in making a muscular skeletal assessment.

Each application will be assessed on individual merit. As a guide, applicants should demonstrate a general level of competency in three of the following areas, and a high level of competency in at least one area:

Introduction	While facing the camera, please give an introduction summarising the following: Your name, where you are from, past training and why you want to come to NICA.
Individual Interview	While facing the camera, applicants must answer the following questions: <ol style="list-style-type: none"> 1. Are you aware that the program is for three years full-time and requires a high-level of commitment and intensive physical activity of about 35 hours per week? 2. How do you feel you will be able to manage a full-time load for the next three years? 3. Which two skills are you interested in studying as specialisation skills? Why? 4. Tell us about a circus performance you have seen that inspired you and why it inspired you. 5. Do you have any injuries that may affect your ability to train and maintain fitness? 6. What are your long-term goals? What is your vision for the future? 7. Do you have any plans if you are not accepted into NICA? What are they? Will you consider other courses?

Basic Skill	Individual Skill	Requirements
Flexibility	Splits, right leg forward, keep hips square	Side-on to the camera, hold for 10 seconds.
	Splits, left leg forward, keep hips square	Side-on to the camera, hold for 10 seconds.
	Centre splits	Facing camera, hold for 10 seconds.
	Forward folding sit and reach	Sit side-on to the camera, fold forward, extending hands beyond flexed toes.
	Back Bending	Side on to the camera. Go into back arch from standing. Alternatively, lie on your back and push up into back arch. Keeping heels on the floor walk feet as close as possible to hands. Hold for 10 seconds.
Handstand Balancing	Free Handstand	Hold for up to 30 seconds. Camera side on.
	Tuck Jump to Handstand	Tuck jump to handstand, hold for 2 seconds then lower. Repeat 5 times leaving hands on the floor throughout movement. Camera side on.
	Straddle Jump up to Handstand	Straddle jump to handstand, hold for 2 seconds then lower. Repeat 5 times leaving hands on the floor throughout movement. Camera side on.
	Straddle Press up to Handstand	Straddle press to handstand. Hold for 10 seconds. Attempt to start with feet together. Camera to your back when in handstand.
	L-Hold between two benches/ chairs	Arms straight, legs straight, heels above hips, hold for 20 seconds. Camera side on.
	Handstand against the Wall	Handstand against the wall. Preferred with stomach against the wall. <i>Aim to hold the position for 30 seconds.</i> Camera facing the wall.
Tumbling	Handstand Roll	If possible x 3 - from tuck, straddle and pike. Camera facing down the mat. Travel towards camera.
	Cartwheels x 3 continuously	Camera facing down the mat. Travel towards camera. Start facing forwards. 3 cartwheels and finish side on to camera. Hold the finishing position for 3 seconds.
	Hand Spring	Camera facing side on. Running handspring, landing on 2 feet. Hold standing finish for 2 seconds.
	Standing back flip (back handspring)	Camera facing side on. Standing start on hard or sprung floor (not trampoline). Keep feet together. Hold standing landing for 2 seconds.
	Standing back sault	Camera facing side on. Standing start on hard or sprung floor (not trampoline). Keep feet together. Hold standing landing for 2 seconds.
Tumbling Extra skills	Other skills you may wish to demonstrate could include: backwards roll to handstand, standing dive roll, running dive roll, handspring, round-off flip, round-off sault, round-off flip sault, forwards or backwards walkovers x 3, aerial cartwheel, side sault, full twist, cartwheel front sault.	

Body Strength & Conditioning	Rope Climb x 6 metres.	Facing camera. Aim to just use your arms, no legs (straddle up and down) to sit on floor. Climb as high as you can. Alternatively, climb up using arms and legs and descend in straddle position just using arms, to sit on floor.
	Wall Bar Lift (use wall bar, high bar or trapeze)	Camera side on. From hanging position, lift straight legs as high as possible – aiming for toes to bar. Repeat 5-10 times.
	Pistols	Camera side on. One leg squat from standing, other leg held out straight. Attempt to squat down as low as possible and stand back up. Try to leave standing leg heel on floor. Repeat 3 times on each leg.
	Pull Ups (Chin-Ups)	Show full body shot. Facing camera. Hands in overhand grip (palms facing away), not reverse or underhand grip. Do as many pull-ups as you can, but not for speed. Take your time, chin above the bar, and come down to fully straight arms. Attempt to raise and lower slowly and in control.
	Push Ups	Camera side on. Perform 10-15 FULL push-ups. KEEP ELBOWS IN AND KNEES OFF FLOOR. Looking for good form.
Coordination	Balls or clubs	Progressively demonstrate juggling 3, 4, 5 and above with a minimum of 15 catches. Also incorporate a variety of patterns and tricks, if able (eg. reverse cascade, flourishes, back crosses.).
	Stick Balance	Demonstrate balancing of a stick on various parts of your body for a minimum of 10 seconds. The stick should be a maximum of 50 cm in length.
	Fit Ball Balance	Demonstrate ability to balance on a fit ball for up to 30 seconds. Aim to be standing up straight. Alternatives include kneeling or sitting.
Strength & Posture (This section must be done in bare feet - shorts and singlets/crop-tops for females and shorts only for males)	Stand facing towards camera	Raise both arms to front as high as possible, raise both arms to side as high as possible, squat down on both legs to ground keeping back straight, squat down on left leg to ground holding right leg straight out in front, squat down on right leg to ground holding left leg straight out in front.
	Stand right side on to camera	Repeat as above.
	Stand left side on to camera	Repeat as above.
	Stand back to camera	Repeat as above.
	Standing squat	Arms out forward. Feet hip width apart. Squat down to floor and stand up. Controlled raise and lower for 5 seconds each. Camera side on.
Performance & Circus Act	Create/devise on your own, a short performance piece (no longer than 3-4 minutes) that utilises any circus or physical skills that you have. If you possess	

	<p>other skills, for example in dance, drama or martial arts, you may centre your piece on those and it may include things like existing text (comic or dramatic), singing and music. If you can play a portable musical instrument, you may choose to utilise that skill as well during your audition piece.</p> <p>Use these short presentations as an opportunity to demonstrate your performance potential. Try to incorporate as many different skills as possible. Applicants are encouraged to devise new material for presentation at audition rather than, for example, a previously devised gym routine.</p> <p><i>Applicants must complete a Performance Outline and send this with their video link.</i></p>
Dance & Movement	<p>Demonstrate any skills you have in dance and/or movement through presenting an improvisation to music (of no longer than 3-4 minutes). You can draw on any dance training you have had, or you can just creatively explore various ways of moving through space using changes in rhythm, speed, direction and height. Show how you can transfer weight through jumping, turning and changing body shape. We will be particularly interested in how you respond to the music.</p>
Other	<p>Feel free to demonstrate any additional skills you would like us to see – for example, musical or vocal skills. This routine or demonstration should not exceed 5 minutes.</p>

View a short video about NICA that explains the audition process:

<https://youtu.be/6NaC842qclw>

Contact

For further information about the Bachelor of Circus Arts, please contact the NICA Student Administration Officer on 0011613 9214 6537 or info@nica.com.au

Any enquiries regarding Swinburne International, you can call on 0011 61 3 8676 7002.

Operating hours are Monday to Friday from 9.00 am to 5.30 pm, Australian Eastern Standard Time. You can also email the team: international@swinburne.edu.au