

AUDITION PACK

Bachelor of Circus Arts Certificate IV in Circus Arts

NICA ED - AUDITION PACK







The National Institute of Circus Arts is supported by the Australian Government.



CRICOS Provider Code: 00111D TOID: 3059







You're invited

to audition at NICA

Thank you for applying to study at the National Institute of Circus Arts (NICA)

Congratulations! We are thrilled to formally invite you to audition for a place in one of our programs.

What now?

This Audition Pack gives you instructions on how to prepare for your audition, as well as all the necessary application forms you will need to complete and return to us.

We understand this process can be a little overwhelming – don't worry, we're here to help! If you have any queries about anything in this document, the audition process or NICA in general, please do not hesitate to contact us at **auditions@nica.com.au**

Deadlines

IN-PERSON AUDITIONS

If you are attending an in-person audition, you will need to return all completed forms to auditions@nica.com.au by no later than **Friday 2 September 2022**

Email subject: YOUR NAME | NICA Auditions Forms

VIDEO AUDITIONS

If you are completing a video audition, you will need to return all completed forms to auditions@nica.com.au by no later than **Friday 9 September 2022**

Email subject: YOUR NAME | NICA Auditions Forms



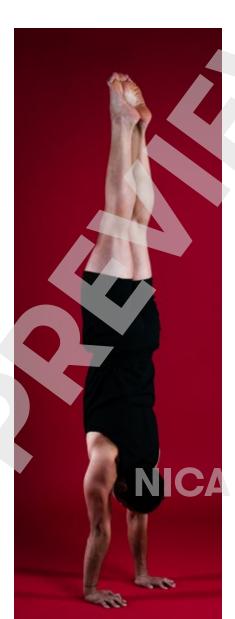
THE AUDITION PROCESS

What can I expect?

Auditions for entry into NICA's accredited courses will be held from mid-September to early October annually in Melbourne and capital cities throughout Australia.

It is recommended that you attend an audition in person. Auditions via online video footage are accepted for international and geographically remote / inaccessible applicants.

- We want to know about your discipline/s (Circus, Gymnastics, Dance, Tricking, Parkour)
- We want to see your specialty skills
- · We want to measure your physical capacity for Circus Arts
- We want to measure your strength, flexibility and coordination
- We want to see you perform
- We want to hear about your journey to date and your future ambitions
- We will assess your physical condition and discuss pre-existing injuries and injury management



NICA ED - AUDITION PACK

THE AUDITION PROCESS

When, where and how can I audition?

NICA holds auditions at our home training facilities in Prahran, Melbourne and at partner organisations in cities around Australia depending on demand. Below is a list of the audition dates and locations.

How it works:

- We will automatically allocate you to the closest audition venue based on your application information.
- · We will notify you via email of the date and time of your audition.
- If you'd prefer to audition at a different location or by video, please reach out to us at auditions@nica.com.au to indicate your preference.
- · We recommend that you try to attend an audition in-person if possible.
- There is no advantage in travelling to NICA to audition rather than your closest venue unless you wish to view/use our facilities.

**Please note: We understand that government restrictions may impact your ability to attend your audition at short notice. We ask you NOT to attend your audition in-person if you have been instructed to quarantine by the Department of Health, or if you are unwell or are experiencing any symptoms of COVID-19.

Please contact **auditions@nica.com.au** as soon as you are aware you may not be able to attend to arrange an alternative. You will not be at a disadvantage if you must cancel at short notice for health and safety reasons.



THE AUDITION TOUR

Our current venues

19–21 September	MATIONAL INSTITUTE OF CIRCUS ARTS Melbourne	39-59 Green Street, Prahran, VIC 3181
22 September	CORRUGATED IRON Northern Territory	Nightcliff Community Centre 18 Bauhinia Street, Nightcliff, NT 0814
23 September	CYCAS CIRCUS Queensland	5/74 Telford St, Earlville QLD 4870
26 September	CIRKIDZ South Australia	27 Fifth St, Bowden SA 5007
27 September	CIRCUS WA Western Australia	The Freo Big Top 90 Adelaide St, Fremantle WA 6959
30 September	FLIPSIDE CIRCUS Queensland	33 Macarthur Avenue, Hamilton QLD 4007
03 October	SPAGHETTI CIRCUS New South Wales	18 Chinbible Avenue, Mullumbimby NSW 2482
04 October	AERIALISE New South Wales	7-9 Close Street, Canterbury NSW 2193
09 October	WAREHOUSE CIRCUS Australian Capitol Territory	70 Maclaurin Crescent, Canberra ACT 2606
10 October	SLIPSTREAM Tasmania	Ulverstone Sports and Leisure Centre. Flora St, West Ulverstone, TAS 7315
Q	NICA ED	AUDITION PACK

THE AUDITION PROCESS

How can I prepare?

There are a number of things you can do to give yourself the best chance of success.

Watch the Audition Skills Guide video on NICA's YouTube and practice using our guide below. Don't be alarmed if you can't perform all these skills yet, we are looking for your potential as a circus performer.

Sign up to our *Inside Track* newsletter to be notified of our NICA Entrance Masterclass and get inside tips on the audition process.

PRO TIP: Attend the NICA Entrance Masterclass

This masterclass prepares you for your NICA Audition to give you the best chance of acceptance.

The masterclass is ideal for prospective students to get feedback on their progress and what areas they might need to work on to increase their chances of being accepted into the Institute.

For those with previous experience, this is an opportunity to polish their application with inside knowledge, and ensure they are putting their best foot forward prior to audition.

The NICA Entrance Masterclass is a one-day intensive workshop designed to assist all applicants of various skill and experience levels in 'what' and 'how' to prepare for the NICA auditions. The program includes:

- · Performance and dance classes.
- Circus training (including handstands, flexibility, tumbling, strength, manipulation, and basic partner work)
- Information about auditions, facilities, and student life at NICA.

Information about our Entrance Masterclasses and how to register will be available in *Inside Track*.

How much does it cost to audition?

There is a one-off administration fee of \$50.00

In addition to preparing for your audition, we suggest you also invest some time in:

- Collecting medical information
- Thinking about your performance and writing a brief description for the audition panel
- Preparing your body and mind based on the video audition guides and the NICA video application guide.

THE AUDITION CHECKLIST

You MUST provide the following to NICA

Medical Form (signed off by your practitioner) & Musculo-skeletal body photos	
Performance outline form	
Confirmation of bank transfer for audition payment	g
Indemnity form	
Photo and video release permission form	g
Received confirmation from NICA of your audition location and time (if you are attending an audition in-person)	
Link to your completed video audition hosted online (if you are submitting a video audition)	

Contacting us

For further information about the Bachelor of Circus Arts or the Certificate IV in Circus Arts, please contact NICA Auditions.

Please include your Family Name, First Name and Swinburne Student ID (if you have one) in the email subject.

Email to: auditions@nica.com.au

or mail to:

National Institute of Circus Arts PO Box 1277 Windsor, VIC, 3181

Street address: 39-59 Green Street, Prahran VIC 3181

NICA operating hours: Monday to Friday, 9.00am to 5.30pm

Video Auditions

If you are submitting a video audition, please prepare your video according to this guide.

Please ensure you edit together your audition in the order set out in this document.

To submit your video audition, please publish your audition as one video to YouTube or a video hosting platform of your choice and include a link to the video when you return these forms.

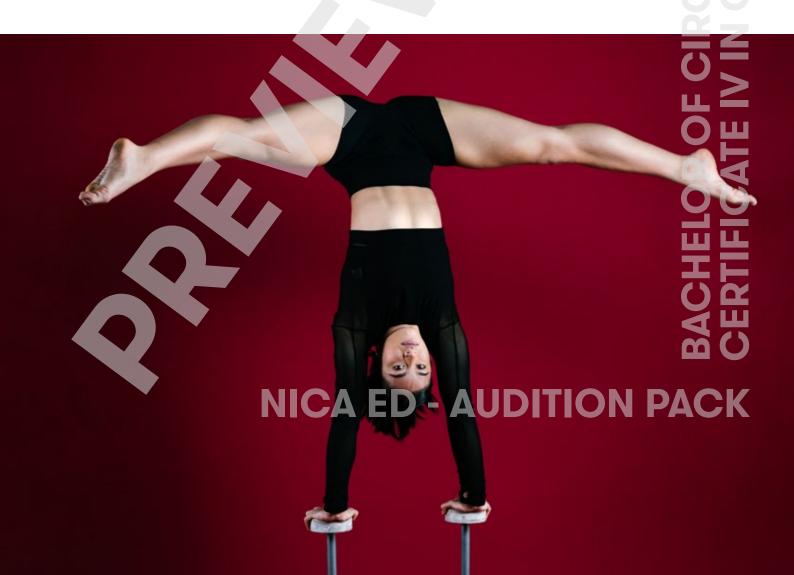
If you need assistance with any technical aspects of preparing the video audition such as editing or publishing online, please get in touch with NICA at auditions@nica.com.au

THE AUDITION GUIDE

In-Person Auditions

If you are attending an in-person audition, you can use this guide to understand what to expect at your audition.

You do not need to prepare a video audition if you are scheduled to attend an in-person audition.



How to make a video audition

Link to your video audition:



INTRODUCTION

Relax, be yourself and keep it simple. Please keep this to under 2 minutes.

While facing the camera, please give an introduction summarising the following:

- Your name
- Where you are from
- Past training
- · Why you want to come to NICA



INDIVIDUAL INTERVIEW

Please keep this to under 10 minutes.

- 7. Do you have any plans if you are not accepted into NICA? What are they? Will you consider other courses?
- 6. What are your long-term goals? What is your vision for the future?
- 5. Do you have any injuries that may affect your ability to train and maintain fitness?

While facing the camera, applicants must answer the following questions:

 The course is physically intense and requires a high level of commitment from successful participants.

In your own words, please explain how you think you will cope with the intense physical nature of the course and how you will be committed to the training required to complete the course.

- 2. How do you feel you will be able to manage a full-time load for the next year or 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.

Physical skills & assessment criteria

View the NICA Audition video that explains the requirements: here

Please pay close attention to the skills to be demonstrated and perform them exactly as stipulated below, and in the set order. If you are unfamiliar with a skill or don't have a safe place in which to film the skill, please leave that skill out and continue to the next listed skill.

Try to attempt as many of the individual skills as you can, but always consider safety first. We want to see what you do in your everyday training practice.

We understand everyone is at a different level, so please do not attempt anything you have not trained in before or that could be unsafe. If you can't perform the skill exactly as described, do the best that you can.

The audition will involve:

- Performance and physical theatre workshop
- Movement and choreography workshop
- Physical testing and assessments including areas of strength, coordination, balance, and flexibility
- · Circus skills and acrobatics workshop
- · Physiotherapy screening
- Entry interview
- The audition panel will also be looking for ensemble and teamwork attributes, articulate and passionate responses when describing your creative approach and ability to incorporate and apply knowledge and feedback to physical movement.





IICA ED - AUDITION PACK

How to make a video audition

Applicants must wear close-fitting training clothes while demonstrating skills for the video. We recommend tight-fitting leggings/bike shorts and either no shirt or 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.

BASIC SKILL

INDIVIDUAL SKILL

REQUIREMENTS



POSTURE AND ALIGNMENT

This section must be done in bare feet with tight fitting shorts and singlets or crop-tops Scapula

Shoulder Tracking

Knees

•

Ankle alignment Slowly raise both arms to front as high as possible, raise both arms to side as high as possible. Camera front view and back view.

For this section we want to see the movement of your scapula so we recommend wearing no shirt or a racer back bra or singlet.

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.



(continued next page)

Splits Right leg

+

Splits Left leg

Right leg forward, keep hips square.
Side-on to the camera,
hold for 10 seconds.

Left leg forward, keep hips square. Side-on to the camera, hold for 10 seconds.

NICA ED - AUDITION PACK



Centre Splits	: :	acing camera, old for 10 seconds.
Forward folding sit and reach		it side-on to the camera. old forward, extending hands eyond flexed toes.

Pancake

Sit side-on to the camera.

Legs straddle at 90 degrees and fold forward, extending hands in front.

Back Bending

| Side-on to the camera.
| Go into back bridge from standing.
| Alternatively, lie on your back and push up into back bridge.

Keeping heels on the floor walk feet as close as possible to hands. Hold for 10 seconds.



HAND-BALANCING

(continued next page)

Straddle Press up to Handstand x5 (description below) Free Handstand x 60 seconds

Tuck Jump to Handstand x10

Straddle Jump to Handstand x5 Hold for up to 60 seconds. Camera side-on.

Tuck jump to handstand, hold for 2 seconds then lower. Repeat 10 times leaving hands on the floor throughout movement. Camera side on.

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 to handstand, hold for 2 seconds and then slowly lower feet back to floor. Repeat 5 times leaving hands on floor throughout movement.

Attempt to start with feet together and lift into straddle handstand position slowly without any jump. Camera to your back when in handstand position.

HAND-BALANCING	L-Hold between two benches/ chairs	Arms straight, legs straight, heels above hips. Hold for 30 seconds. Camera side-on.
	Handstand against the Wall x 90 seconds	Preferred with stomach against the wall. Aim to hold the position for 90 seconds. Camera facing the wall.
TUMBLING	Handstand Forward Roll	Camera facing down the mat. Travel towards camera. If possible x 4 - kick to handstand forward roll, tuck to handstand forward roll, straddle to handstand forward roll, and pike to handstand forward roll.
	Cartwheels	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.
	Round Off	Camera facing down the mat. Travel towards camera. Round Off from standing or running with rebound. Hold finish position for 3 seconds.
	Handspring	Camera facing side on. Running handspring, landing on 2 feet. Hold standing finish for 2 seconds.
	Standing back flip (back handspring) x 3 continuously	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). Alternatively you can demonstrate standing pike sault or standing back tuck full.



TUMBLING

EXTRA SKILLS

Demonstrate three of your best tumbling skills not already presented for the panel.

These can include:

- 01. Back Roll Handstand
- 02. Standing Dive Roll
- 03. Running Dive Roll
- 04. Forward Walk overs
- 05. Back Walk overs
- 06. Head Spring
- 07. Aerial Cartwheel
- 08. Side Sault
- 09. Front Sault
- 10. Cartwheel Front Sault
- 11. Round off Back Flip
- 12. Round off flip, Sault
- 13. Round off Full Twist



STRENGTH

+

CONDITIONING

(continued next page)

Rope Climb x 6 metres Facing camera.

Start sitting on the floor.

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.

Leg Lift (use wall bar, high bar or trapeze) x 10 Camera side-on.

From hanging position, lift straight legs as high as possible – aiming for toes to bar. Repeat x 10

Pistol squats x 5

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 5 times on each leg.

Push Ups x 20

Camera side-on.

Keep elbows in and knees off floor. Looking for good form.

STRENGTH + CONDITION	ING
2 75	

COORDINATION

Chin-Ups x 10	Show full body shot. Facing camera. Hands in overhand grip (palms facing away from face), not reverse or underhand grip.
	Do as many chin-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.
Juggling Balls or Clubs	Demonstrate juggling 3 or more balls or clubs with a minimum of 15 catches. Also incorporate a variety of patterns and tricks, if able (eg. reverse cascade, flourishes, back crosses.)
Stick Balance x 10 seconds	Demonstrate balancing of a stick on various parts of your body (e.g. hand, elbow, forehead, foot) for a minimum of 10 seconds. The stick should be approximately 50 cm in length, (eg. broomstick or staff).
Fit Ball balance x 30 seconds	Demonstrate ability to get to standing and balance on a fit ball for up to 30 seconds. Aim to be standing up

Demonstrate ability to get to standing and balance on a fit ball for up to 30 seconds. Aim to be standing up straight. Alternatives include kneeling or sitting. You are advised to use a spotter for safety for this activity.

Acrobalance

Demonstrate a 10 second thigh stand both as base and as flyer.

Hula Hoops

Sustained around stomach.

If possible move up body to hand.

Aim to continue for 60 seconds.



PARTY TRICKS

If you have any other unique skills or party tricks, please share them with us. This could include playing a musical instrument, singing, magic tricks, etc.

Please keep this under 2 minutes



PERFORMANCE

CIRCUS ACT

Create and present a short physical performance.

Please keep this under 3 minutes

Incorporate any performance and/or acrobatic skills you would like to showcase to the panel. This can include dance, martial arts, drama, live music, puppetry, clowning and circus skills.

Please showcase the performance skills you are most proud of.



MOVEMENT

IMPROVISATION:

Demonstrate any skills you have in dance and/or movement through presenting an improvised dance to the following music link.

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 levels.

CHOREOGRAPHY:

We would also like to see how well you pick up set choreography. Please look at the following video and record yourself undertaking the same movement patterns. Show how you can transfer weight through jumping, turning and changing body shape.

You can find a video of the set choreography here.



For further information about the Bachelor of Circus Arts or the Certificate IV in Circus Arts, please contact NIC auditions@nica.com.au

Street address:

39-59 Green Street, Prahran VIC 3181

NICA hours:

Monday to Friday 9.00am to 5.30pm, Australian Eastern Standard Time.

DITION PACK

SECTION A: MEDICAL INFORMATION

This section must be completed by a Medical Practitioner

We realise that physical training at a high level may lead to students suffering some injuries.

NICA collects your medical information to assess and manage the risk of serious injury occurring during the course of your enrolment at NICA.

Your medical information is collected and stored in your confidential medical file. The information will only be used by NICA staff relevant to your course and will be kept strictly confidential. Failure to disclose your medical information, or providing incomplete medical details, will disqualify your entry into the course.

The following questions should be completed by a General Practitioner or Physiotherapist who has known you for at least five years. If you have not known a single practitioner for at least five years, the practitioner who has known you for the longest period of time should complete the questions.

The responses must be provided on letterhead from the practitioner and attached to this application or completed on the application accompanied by a practitioner's stamp. The practitioner must complete each question. In cases of chronic illness/injury we may require further medical reports from relevant health specialists. Please include any medical reports, x-rays or MRIs undertaken in the last five years with your application.

	pplication.	
1.	When did the applicant first attend the practice?	
2.	. How long have you known the applicant?	
3.	• Has the applicant suffered any musculo-skeletal injuries in the last five years? Please list and described Disclosing an injury will not automatically exclude the applicant from entry to this course.	be.
		4
Ĺ	· Has the applicant required and received any treatment or surgery for any injuries in the last five ye	
	Please list and describe.	ars?
		ars?
		ars?

What is the applicant	s height, weight and BMI (Body Mass Index)?	
• Is there any history o	the following?	(J)
Performance Anxiety	Depression Self-harm Allerg	jies
Minor physical or psychological illness	Major physical Dependence on medication Disor illness	_
ther:		
	PRACTITION STAMP	NER'S
	Application without a start not be considered.	mp will
	o members of the NICA Medical Team contacting my treating practitioners past or current medical conditions, as needed to manage these conditions	
ne NICA program. I und ICA Medical Team.	erstand that I can withdraw this consent at any time by written instruction t	o the
	,	<u> </u>
pplicant Name:		
pplicant Signature:	Date:	
	NICA ED - AUDITION P	Δ
Ooctor's Name:		

SECTION B: MUSKULO-SKELETAL

This assessment & questionnaire must be completed by the applicant

1. Previous injuries, when they (sprained ankles, muscle te		y, treatment you received.	
2. Any current injuries or trea	tment you are/were having	before coming to NICA	
			2
3. Any injuries or repetitive st	rains, sprains or pains that	come on with over-training	S <
· 			
4. Are there any areas you th		can help you with?	
(E.g. flexibility, core streng	:h, balance etc.)		
5. Please attach two full-lengt		rop top, singlet top or leotard. This req	Uniromont S
		etal assessment to determine suitabili	
			O C
			<u> </u>
			36
INSERT SIDE PHOTOGRAPI	i i	INSERT FRONT-VIEW PHOTOGRAPH HERE	A C
	NICA ED		PACK

SECTION C: PERFORMANCE OUTLINE FORM

Getting to know you

This document is for you to explain the background, inspiration, ideas and any conceptual content for the performance piece included in your video/in-person audition.

You could include things like:

- · Ideas you are exploring and your personal response to them
- Music you have chosen and how it relates to the piece
- The background about how you developed any non-circus related skills **and** why you chose to include them
- · Any message or emotional response you are trying to convey in the piece

NOTE: Both in-personal and video applicants will need to complete and submit this form prior to their audition.

Link to your video au (if you are not audition		S	
Full Name:			
Performance Title:			
Please discuss the co	entent and ideas that inspired your act:	00	
		3	
		4	
		OH	
		900	
		XE	
		A	
		m C	
		PACK	

SECTION D: AUDITION PAYMENT FORM

There is a non-refundable AUD \$50.00 Administration Fee payable prior to auditions (this applies to both in-person and video applications)

You can pay via Direct Deposit using the following details:

Payment amount:	AUD\$50		
Bank Name:	WESTPAC		
Account Name:	NATIONAL INSTITUTE OF	CIRCUS ARTS	
BSB Number:	033072	Account Number:	377764
SWIFT Number:	WPACAU2S		

Please include a screenshot of bank transfer or a remittance advice as confirmation of payment when you return this Audition Pack.

IX E IVII I 17	ANCE ADVIC	EEXAMPLE		
Example Studer		Payment Date:	Nation	al Institute
l Example Street Melbourne VIC (06 June 2021	of Circ	us Arts NICA
vielbourne vic v	5000	Sent Date:	Attn: No	ational Institute
		06 June 2021	of Circ	us Arts NICA
		ABN:	РО Вох	c 1277
		80 084 913 235	WINDS	OR VIC 3181
		Total AUD		50.00
nvoice Date	Reference	Payment Reference	Total	Amount Paid
06 June 2021	NICA Audition 2021	Payment	50.00	50.00

SECTION E: ASSUMPTION OF RISK WAIVER & INDEMNITY

This is a critical document that affects your legal rights and obligations.

Please read and review this document carefully and DO NOT sign it unless you are satisfied that you understand and are able to comply with the stipulated content.

This Document must be completed in full prior to the commencement of any performance or work performed by all participants and returned to NICA by email, mail or in person. For participants aged 18 years of age, this Document must be completed by a parent or legal guardian on their behalf.

In consideration of the National Institute of Circus Arts ("NICA") and Swinburne University ("Swinburne") permitting me to participate in, take part, or complete the Activity in any way, I, the undersigned, for myself, my personal representatives, heirs and next of kin:

Participant's First Name:	Surname:			
Parent's First Name:	Surname:			
	(if participant is aged under 18 years of age)			
Participant's DOB:				
Contact phone number:				
Participant's Address:				
Participant's Email:				
Scheduled activities:	Activities at NICA may include any of the following activities:			
	Acrobalance, handstands, tumbling, juggling, rope, spinning plates, diabolo, hula hoops, solo or double trapeze, static or swinging trapeze, web, hoop diving, pyramids, cloudswing, unicycle, aerial ring, chinese poles, tissu, contortion, mini trampoline, devil sticks, stilts, tightwire, flying trapeze, slapstick, clowning and physical comedy, flexibility training, strength building exercises, games and other physical activities.			
Emergency Contact's Full Name:				
	(Name of a relative or friend who may be contacted in an emergency)			
Contact phone number:				
Acknowledgment that the intended activities that make up the Activity (as referred to under "Scheduled Activities" above) are inherently dangerous and may result in serious personal injury (including permanent disability) and/or death and/or property damage.				
 I give permission for NICA/Swinburne to seek appropriate medical attention in the event that I am/my child is injured. I understand that any personal injuries incured may be compounded or increased by not only my actions but from the actions and/or omissions of negligence of others. 				
Participant's Signature:	Date:			

SECTION F: PHOTOGRAPHY & MOVING IMAGE RELEASE FORM

Please complete either Part A if you are over 18 years of age, OR Part B if you are a parent, or legal guardian of a participant/student aged under 18 years of age.

PART A

Please complete and sign if you are over 18 years of age.

I agree to have my photograph and/or moving images containing my image taken by the National Institute of Circus Arts (NICA).

I agree that NICA will have full ownership of my image and I grant NICA permission to use the photos/moving image in marketing material and for use by NICA funders, sponsors and all NICA commercial operations.

This may include using the photo/moving images on the NICA website; on NICA social media channels; in advertising and promotional material; in NICA publications; in NICA teaching and assessment manuals, and; as part of the monthly *e-News*.

Applicant Name:				
Applicant Signature:		Date:		
		92		
PART B For participant's/student legal guardian on their b	ts aged under 18 years of age, this form must be ehalf.	e completed by a parent, or		
I agree to have my child's photograph and/or moving images containing my image taken by the National Institute of Circus Arts (NICA).				
I agree that NICA will have full ownership of my image and I grant NICA permission to use the photos/moving image in marketing material and for use by NICA funders, sponsors and all NICA commercial operations.				
This may include using the photo/moving images on the NICA website; on NICA social media channels; in advertising and promotional material; in NICA publications; in NICA teaching and assessment manuals, and; as part of the monthly e-News.				
Applicant Name:				
Program:				
Name: (Parent/Guardian)	NICA ED - AU	DITION PACK		
Signature: (Parent/Guardian)		Date:		



For further information ab please contact NICA: auditions@nica.com.au

Street address:

39-59 Green Street, Prahran VIC 3181



