

## Professional Ballet Program Entry Procedures

The School offers three full-time programs: the Professional Ballet/Academic Program, for students entering academic grades 6 through 12; the Post-Secondary Program, for pre-professional students who have completed high school; and the Teacher Training Program, for educating dance teachers at the post-secondary level.

Admission to the School's full time program is by audition.

**DVD** auditions can be arranged for students living abroad, or for those unable to attend any of the scheduled auditions, by following the instructions in the attached document.

Applicants from outside Canada will avoid customs charges and delays by making the following declaration on the envelope: **"Personal Audition DVD — No Commercial Value"**

Please address your application package to **The Registrar, 400 Jarvis Street, Toronto, ON, M4Y 2G6**  
(Do not mention The National Ballet School in the address)

Applications must be received by **March 31** to be considered for the **next** school year. Applicants will be notified by email, as to whether or not they have been selected to attend **Summer School**. Summer School is specifically for students who are hoping to be selected for the full-time programs. At the end of Summer School, selected students will be invited to join the full-time Professional Ballet Program. Students entering grade 5 who thrive at Summer School will be encouraged to audition again the following year. This initial Summer School experience will enable them to settle, comfortably and confidently, into the two stage audition process the following year. Dancers are also selected for the Post-Secondary Program at this time. Students selected from the audition class for the Teacher Training Program will attend a further four-day assessment at NBS in May rather than the July Summer School.

Classes begin in September for those accepted into the full-time program and continue to June, with breaks in October, December, and April. Accommodation is available at the School for Professional Ballet/Academic Program students. Post-Secondary and Teacher Training students are responsible for their own accommodations.

Financial assistance, based on family means, is available to Canadian and Permanent Residence students in the full-time Professional Ballet/Academic Program. Limited assistance may also be extended to non-Canadian students. Application forms are available at the time of acceptance into any full-time program.

Should you have any further questions, please contact the Registrar at 416-964-3780. A toll-free line is available for callers within Canada — 1-800-387-0785.

## DVD Audition Requirements for entry to Professional Ballet Program Grades 6 and 7

DVD format (Region 1 or Region Free DVD's are preferred. Alternatively, please use the NTSC format.)

**NOTE:** Applicants should do all of the following, beginners should only do the exercises marked by an \*  
ALL applicants should submit a 4 x 6 photograph of themselves in tendu in 2nd position.

**1. \* ONE CLOSE-UP SHOT OF FACE AND FIGURE.**

Please position the camera in front of the applicant to show **FULL** height and breadth in all the following shots (moves/positions).

**2. \* POSTURE**

- \* a) Stand facing the camera with feet together and arms at sides.
- \* b) Face the wall to the right, same stance.
- \* c) Face the back, same stance.
- \* d) Face the wall to the left, same stance.

**3.** Face the camera with feet in 1st position. Arms can be either in 2nd position or with hands on hips.

- a) Extend right leg to the side (tendu 2nd) and point foot. Hold position and then close.
- b) Extend left leg to the side and point foot. Hold position and close.
- c) Rise on to demi-pointe. Hold and lower.
- d) If the applicant has learned arabesque, please stand facing the right side, hands on shoulders, extend left leg to the back and hold position.
- e) Repeat exercise standing facing left side.

**4. \* STRETCHES** — The applicant should sit facing the wall to the left.

- \* a) Sit upright with right leg extended straight in front of the body, with the left leg bent, knee to ceiling, foot flat on floor. Arms can hug the bent leg. Pointe the extended foot as hard as possible and hold.
- \* b) Repeat exercise with other leg.
- \* c) Sit upright with both legs extended in front of body and arms extended above head. Bend torso over legs, attempting to place chest on thighs while keeping knees fully stretched. Arms should reach out beyond feet. Hold position.
- \* d) Lie flat on back. Extend right leg on the floor in front of body and lift the left leg straight up off the floor. Take hold of the raised leg with hands and pull it towards chest. **KNEES SHOULD NOT BEND.** Hips should remain on the floor. Hold position and lower.
- \* e) Repeat exercise with other leg
- \* f) Lie flat on back. Bend both knees with feet flat on floor, let legs flop open to the sides. The soles of your feet should face each other. Keep center of back flat against the floor.
- \* g) Sit on the floor with legs open to the side as far as possible. Lean body forward and try to place chest on the floor with arms reaching straight out on the floor in front.

- 5. MOVEMENT STEPS** — These movements require space and music.
- \* 1) Stand facing the camera, feet in first position. Do 16 jumps in first position, jumping as high as possible while staying in time with the music
  - \* 2) Starting from the back corner (either side), do 2 circles of skips and/or gallops, hands on waist.
  - \* 3) Starting from the back corner, do 2 circles of runs using expressive arm movements.
  - 4) Stand facing camera and perform a simple port de bras with use of head to show style and sense of movement.
  - 5) If applicant has learned chaîné turns or pirouettes, please demonstrate on best side.
- 6.** For applicants wishing to enter Academic Grade 7. Please do all of the above and add:
- 1) Travelling steps or simple enchainment which include temps levé in arabesque, balancé, waltzes. Simple arm movement can be used.

**DVD Audition Requirements  
for entry to Professional Ballet Program  
Grades 8 and 9**

DVD format (Region 1 or Region Free DVD's are preferred. Alternatively, please use the NTSC format.)

**FEMALE**

1. One close-up shot of face and figure in each position as per photo chart on the last page.
2. **Barre work**  
Please position the camera in front of the applicant to show FULL height and breadth in pliés and port de bras. Please position the camera halfway between front and side for all other sections of the barre to show full range of movements.  
  
**5 minutes of simple Barre work to cover:**
  - a) pliés and port de bras
  - b) tendus and jetés ( glissés, degagés)
  - c) adage with fondus
  - d) grands battements
3. **Centre Practice — 5 minutes of Centre Practice, Adage and Pirouettes**
  - a) Centre Practice must show battement tendu combined with battement jeté in croisé, en face and effacé, devant and derrière.
  - b) Adage must include releve lent or développé in big poses including 1st arabesque.
  - c) Pirouettes may be from 5th, 2nd, or 4th position and must be done on the right and the left sides, en dehors and en dedans.
4. **Allegro — 5 minutes of Allegro to cover:**
  - a) 1 enchaînement terre à terre (quick steps).
  - b) 1 enchaînement showing basic batterie.
  - c) 1 enchaînement showing travelling jumps including waltzes, temps levé in arabesque and jeté en avant.
5. **Pointe Work — 5 minutes of Pointe Work to include:**
  - a) slow rise and hold on pointe facing the barre with the camera positioned in front.
  - b) simple echappé relevé in 2nd and 4th, retiré relevé and passé relevé ( beginners should do it holding the barre)
  - b) courru en diagonale (bourrée)

**MALE**

**Numbers 1 to 4 inclusive plus:**

- a) tour en l'air

**BOTH FEMALE AND MALE**

6. **STRETCHES — The applicant should sit facing the wall to the left.**
  - a) Sit upright with right leg extended straight in front of the body, with the left leg bent, knee to ceiling, foot flat on floor. Arms can hug the bent leg. Pointe the extended foot as hard as possible and hold.
  - b) Repeat exercise with other leg.
  - c) Sit upright with both legs extended in front of body and arms extended above head. Bend torso over legs, attempting to place chest on thighs while keeping knees fully stretched. Arms should reach out beyond feet. Hold position.
  - d) Lie flat on back. Extend right leg on the floor in front of body and lift the left leg straight up off the floor. Take hold of the raised leg with hands and pull it towards chest. KNEES SHOULD NOT BEND. Hips should remain on the floor. Hold position and lower.
  - e) Repeat exercise with other leg
  - f) Lie flat on back. Bend both knees with feet flat on floor, let legs flop open to the sides. The soles of your feet should face each other. Keep center of back flat against the floor.
  - g) Sit on the floor with legs open to the side as far as possible. Lean body forward and try to place chest on the floor with arms reaching straight out on the floor in front.

**DVD Audition Requirements  
for entry to Professional Ballet Program  
Grades 10, 11, 12 and Post-secondary**

DVD format (Region 1 or Region Free DVD's are preferred. Alternatively, please use the NTSC format.)

**FEMALE**

1. One close-up shot of face and figure in each position as per photo chart on the last page.
  
2. **Barre work**  
Please position the camera in front of the applicant to show **FULL** height and breadth in pliés and port de bras. Please position the camera halfway between front and side for all other sections of the barre to show full range of movements.  
**5 minutes of Barre work to cover:**
  - a) pliés and port de bras
  - b) tendus and glissés (jetés, degagés)
  - c) adage with fondus
  - d) grands battements and battements en clôche
  
3. **Centre Practice — 10 minutes of Centre Practice, Adage and Pirouettes**
  - a) Centre Practice must show battement tendu combined with battement jeté in croisé, en face and effacé, devant and derrière.
  - b) Adage must include grands ronds de jambe en l'air, a promenade in either à la seconde or arabesque, and a penché in 1st arabesque.
  - c) Pirouettes may be from 5th, 2nd, or 4th position, but must be done on the right and the left sides, en dehors and en dedans.
  
4. **Allegro — 5 to 10 minutes of Allegro to cover:**
  - a) 2 enchaînement terre à terre (quick steps).
  - b) 2 enchaînement showing batterie including entrechant six.
  - c) 1 enchaînement showing travelling jumps including waltzes, grand jeté en tournant and jeté en avant.
  
5. **Pointe Work — 5 minutes of Pointe Work to include:**
  - a) simple echappé relevé in 2nd and 4th, retiré relevé and passé relevé.
  - b) simple pirouettes from 4th position.
  - c) courru en diagonale (bourrée)
  - d) diagonal of piqué turns.

**MALE**

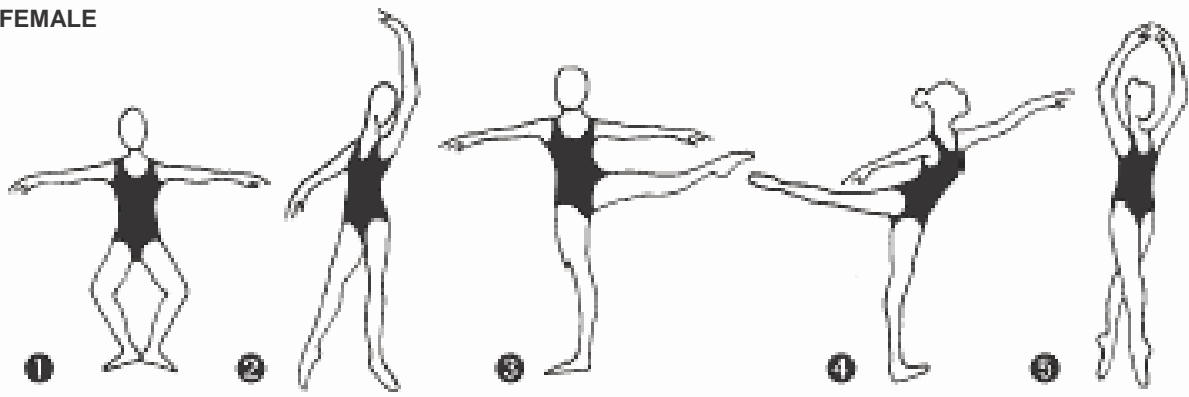
**Numbers 1 to 4 inclusive plus:**

- a) tour en l'air, single or double.
- b) entrechant six.

**BOTH FEMALE AND MALE**

If a classical and/or contemporary variation is known, please present either or both.

FEMALE



MALE

