



FLIC
SCUOLA
CIRCO
TORINO

a project of the



REALE SOCIETÀ GINNASTICA
di Torino

Contemporary Circus Artist Training Programme

AUDITIONS 2021: 12 - 13 - 14 - 15 - 16 July

www.en.flicscuolacirco.it



To be admitted to audition, it is mandatory to fill the online Form on the website (see the button “SIGN UP HERE”), before the 28th of June 2021

Requested documents:

1	Application form (to fill up online)
2	Privacy policy (to download, to fill, to sign and to load– format doc, docx, pdf)
3	Recent photo, full shot (to load– format pdf, jpg, png)
4	Motivation Letter (to load– format doc, docx, pdf, jpg, png)
5	Artistic/Sport Curriculum Vitae (to load– format doc, docx, pdf, jpg, png)
6	Medical certificate authorising the practice of performing arts at a professional level (to load - format doc, docx, pdf, jpg, png)
7	Copy of Identity Card or valid passport (to load– format doc, docx, pdf, jpg, png)
8	<ul style="list-style-type: none">• EU citizens: copy of TEAM Card (European Health Insurance Card) (to load - format doc, docx, pdf, jpg, png)• Non EU citizens: copy of health insurance (to load - format doc, docx, pdf, jpg, png)
9	Requested Videos(*)
10	<u>Only for the application for the Third Artistic Year : detailed description of the personal artistic project</u> (to load– format doc, docx, pdf, jpg, png)

(*)VIDEOS TO SEND

Each candidate must send the link of each video, by using Vimeo or YouTube platforms. Videos sent as an attachment via email will not be accepted.

▪ VIDEO N. 1: PHYSICAL TEST - CARDIO CIRCUIT

LINK: <https://youtu.be/GxuFt3Ppf9g>

Cardio circuit

Perform the cardio circuit, trying to reach the maximum number of repetitions for each station - 20 seconds of work and 10 seconds of recovery.

- ✓ Squat jump
- ✓ Push-ups with body held in plank
- ✓ Upper abs lying on back (straight legs at 90° - lift upper body to a maximum number of repetitions with arms forward)
- ✓ Upper back (with legs held to the floor - lift upper body to a maximum number of repetitions with arms straight above head)
- ✓ Leg raisers on wall bars (legs straight throughout) or when wall bars are not available: V-ab crunch with straight legs (lying on back, crunch using upper body and straight legs, touch your feet each time) - **VIDEO 1A SPECIFIC TEST** - LINK: <https://youtu.be/I1ys5nwxN7c>
- ✓ Lower back (with the upper body static, maximum elevation of legs with straight legs)
- ✓ Rope skipping (jumps using only the ankle, maintain legs straight)
- ✓ Chin-ups on a bar (with your palms facing you), or, in absence of a bar, other versions are possible such as using a table... **VIDEO 1A SPECIFIC TEST** - LINK: <https://youtu.be/I1ys5nwxN7c>

▪ VIDEO N. 2: FLEXIBILITY TEST

LINK: <https://youtu.be/FpZRJ6cqweC>

Flexibility:

- ✓ Right splits
- ✓ Left splits
- ✓ Box splits
- ✓ Pike with legs together
- ✓ Straddle split with legs at 90°
- ✓ Bridge

▪ VIDEO N. 3: HANDSTAND TEST

LINK: https://youtu.be/z_s8KEEm6j8

LINK: <https://youtu.be/dhnVMqkhEOA>

- ✓ Straight handstand from lunge – minimum time in handstand is 5 seconds to a maximum of 10 seconds.
- ✓ Press handstand from standing (in straddle form) – hold for 2 seconds and lower legs through straddle.

▪ **VIDEO N. 4 ACROBATICS TEST**

For all candidates:

- ✓ Forward and back roll
- ✓ Cartwheel
- ✓ Handstand to forward roll
- ✓ Round-off
- ✓ Hand-spring
- ✓ Acrobatic movements – choices of candidates

Optional:

- ✓ Round-off back handspring
- ✓ Forward somersault
- ✓ Back somersault
- ✓ Round-off, back handspring, back somersault

▪ **VIDEO N. 5: DANCE:**

A 2-minute improvisation video is required. The entire body must be always visible in the video.

- ✓ Wear loose clothing but keeping face and hands clearly visible (no hats or sweaters with sleeves beyond the wrist), bare feet (shoes allowed only if strictly necessary for the type of movement)
- ✓ The audio must be clearly audible
- ✓ The first minute is completely free, select a song / music that can help you express your personality through free movement
- ✓ Second minute without a music track, the focus is the breath and the consequential dynamics of the movement. In this case, if you have a specific technique (classical, contemporary, modern-jazz, hip hop, tip tap, afro etc.), you may start from it
- ✓ Do not repeat the same sequence in both videos.

▪ **VIDEO N. 6: STAGE PRESENCE TEST WITH YOUR CIRCUS DISCIPLINE**

A video of technique using your circus equipment is required, in which there are also artistic components and stage presence. The video must contain your own work, with a maximum duration of 3 minutes. The presentation is free, the candidate can therefore use accessories, personal items, music. The video needs to have been filmed recently, where this is not possible, a previously recorded video you have closest to the present date.

[The Commission will evaluate the profile of every candidate and will confirm via email the admission to the online interview.](#)

➤ **INTERVIEW WITH THE EDUCATIONAL COMMITTEE**

The commission will organize an online interview with each selected candidate via an online platform Zoom. During the interview, a part relating to the circus actor will be requested and further additions to the tests contained in the videos may be requested, which will be made live by the candidate during the interview.

In this regard, a good Internet connection, video camera, microphone, adequate space to move and sports clothing are required. To overcome problems related to time differences, the candidate must communicate in advance the country in which he is located. A connection test will be carried out in the days preceding the official interview. Specific information will be sent before the online interview.

SELECTED STUDENTS FOR THE YEAR 2021/2022

IMPORTANT !!! To all the candidates who pass the selections will deliver at secretariat the following documents:

MEDICAL CERTIFICATE FOR SPORTING ACTIVITIES-COMPETITIONS ISSUED IN ITALY (CERTIFICATO MEDICO DI IDONEITÀ AGONISTICA)

Students may submit a request via e-mail at info@flicscuolacirco.it contacting the secretary office that will schedule the visit in a sporting medical center (cost 40 €).

Italian Students	<ul style="list-style-type: none"> • Domicile address within the first 7 days of attendance • Medical certificate for sporting activities-competitions (including stress ECG) issued in Italy.
Foreign Students (EU)	<p>- within the first 7 days of attendance</p> <ul style="list-style-type: none"> • Domicile address • Codice fiscale (<i>Italian tax code</i>) <ul style="list-style-type: none"> ➤ Agenzia delle Entrate, corso Bolzano n°31 – TORINO • Medical certificate for sporting activities-competitions (including stress ECG) issued in Italy.
Foreign Students (non EU)	<p>- within the first 7 days of attendance</p> <ul style="list-style-type: none"> • Domicile address • Codice fiscale (<i>Italian Tax Code</i>) <ul style="list-style-type: none"> ➤ Agenzia delle Entrate, corso Bolzano n°31 – TORINO • Medical certificate for sporting activities-competitions (including stress ECG) issued in Italy. <p>- within the first 30 days of attendance</p> <ul style="list-style-type: none"> • Application of residence permit (permesso di soggiorno) <ul style="list-style-type: none"> ➤ CISL, via Madama Cristina 50 – TORINO