

## Common College Dance Team Recruitment Video

Video Element	Specifications	Time	Notes
Introduction	<p>Name Age Hometown Studio/Team Brief Dance Background</p> <p>Answer the following questions:</p> <ul style="list-style-type: none"> <li>• Why do you want to be on a college dance team?</li> <li>• Why do you think you would be a good candidate for a college dance team?</li> <li>• What is your intended major?</li> </ul>	30 second minimum, 3 minute maximum	
Skill Demonstration: Required Elements	<p><u>Turns:</u></p> <ul style="list-style-type: none"> <li>• Triple (3) Parallel Pirouette (Right)</li> <li>• Quadruple (4) Parallel Pirouette (Right)</li> <li>• Quintuple (5) Parallel Pirouette (Right)</li> <li>• Triple (3) Parallel Pirouette (Left)</li> <li>• A la seconde turn combination (showcasing a la seconde turns, changing spots, floats, variation in arm and leg position, speed, pirouette and other technical elements) - minimum 3 counts of 8 in length</li> </ul> <p><u>Jumps/Leaps:</u></p> <ul style="list-style-type: none"> <li>• Right Open Second Leap</li> <li>• Right Calypso or Turning Jete Attitude</li> <li>• Switch Leaps - Minimum of 2</li> <li>• (Any variation - regular switch leap, switch tilt, switch arabesque, switch open, either side)</li> <li>• Single Toe Touch</li> <li>• Double Toe Touch</li> </ul> <p><u>Flexibility:</u> Side tilt Penche Leg Turn (any variety)</p>	Film continuously in one take.	<p>Skill Demonstration Filming Requirements:</p> <ul style="list-style-type: none"> <li>• Dancer may repeat the skill if necessary, a maximum of two attempts</li> <li>• Videos do not need to be professionally edited.</li> <li>• Subject should be well lit.</li> <li>• Full body should be visible in the frame.</li> <li>• Consider filming straight on for best angle.</li> <li>• Female Attire:</li> <li>• Black Sports Bra or Tank Top &amp; Black Shorts</li> <li>• Male Attire: All Black.</li> </ul>

	<u>Acro:</u> Walkover (front or back) Side Aerial (right and left)		
Skill Demonstration: Optional Elements	Front Aerial Standing Back Tuck Back Handspring Headspring Kip Up Rubberband Scorpion Advanced Technical Elements or Specialty Skills of Choice	Optional elements; 3 minute maximum	Please be sure to include any of the items that you can safely and successfully execute to demonstrate your skill range.
Style Combinations:	Three (3) 45-second combinations demonstrating different styles: Jazz, Pom and Hip Hop	30-second minimum, 45 second maximum per style	Dancers may add layers for hip hop demonstration.
Optional Solo Entry	One (1) solo performance of any style.	3 minute maximum	Can be filmed in studio or submitted from a competition (needs to be from within 6 months of submission).