



Dance – Guidelines for Support Material

Who may apply?

- ☐ Applicants who demonstrate the commitment to pursue a career in dance and who are not yet established in their field.

Video:

- ☐ Applicants for Dance **must** upload a video that represents the best of their performance ability.

Written support material:

- ☐ Artist statement (max. 500 words).
- ☐ Budget, as directed in the online application.
- ☐ Artist résumé (usually one page long, in PDF format).
- ☐ Index listing the order and length of all video selections (PDF format).

How should the video be shot and submitted?

- ☐ Use the highest quality lighting. Light from the front and sides, not the back or in front of a window.
- ☐ Use the highest quality sound recording.
- ☐ Do not cut off your head or your feet.
- ☐ Use a **neutral background**. (Dance Studio logos and mirrors distract from your performance; please cover them.)
- ☐ Include full body movement and use of long shots as well as close-ups.
- ☐ Be sure the excerpts or short works you've picked for Parts 1-4 demonstrate the full range of styles of which you are capable.
- ☐ Limit total number of performers to no more than 6. Clearly identify yourself and all others.
- ☐ Ensure dancers wear leotards (not skirts) for Parts 2, 3, and 4. If possible, dancers should not wear eyeglasses.
- ☐ Provide a YouTube or Vimeo link to your video in your application.
- ☐ Include the date that all works were completed/recorded. **All submissions of work must be from the 12-month time period prior to the application date.** If your materials predate this timeframe, please explain why.
- ☐ **Ensure the total run time does not exceed 10 minutes.**

MODERN, JAZZ, etc. dance applicants: You must include the following elements in your video:

- ☐ PART 1: Solo dance performance (1-3 minutes).
- ☐ PART 2: Improvisation (2-3 minutes).
- ☐ PART 3: Sequence of movements across the floor that demonstrates turning, jumping, and, if appropriate, use of the floor (30 seconds-1 minute).
- ☐ PART 4: Presentation standing at the barre or centre, showing a composed sequence of movements that demonstrate alignment, flexibility, and strength (30 seconds-1 minute).

BALLET dance applicants: You must include the following elements in your video:

- ☐ PART 1: Solo dance performance (2-3 minutes).
- ☐ PART 2: Improvisation (2-3 minutes). Can be a style other than ballet.
- ☐ PART 3: Sequence of movements across the floor that demonstrate turning, jumping, and, if appropriate, use of the floor (30 seconds-1 minute).
- ☐ PART 4: Presentation standing at the barre or centre, showing a composed sequence of movements that demonstrate alignment, flexibility, and strength (30 seconds-1 minute).

By following these guidelines, you will ensure you provide submissions that clearly demonstrate ability and potential, and relate directly to the program proposed in the application. Ask your teacher/mentor for guidance. For more information or clarification, contact NSTT's Scholarship Program Coordinator at scholarship@nstalenttrust.ns.ca.

