

## BATC 2025 Preselection procedure

Do you want to become a professional circus artist? Every year, ENACR recruits promising talents through its rigorous selection process. Combining technical excellence and artistic creativity, our training prepares future artists to shine on stages worldwide.

This year, ENACR has established a new partnership with UPEC, allowing our future talents to benefit from student status (after payment of university enrollment fees).

### Competition Schedule Reminder

- Application deadline: **March 31, 2025**
- Announcement of selected applications: **End of April 2025**
- Selection workshop at ENACR: **May 26 to May 30, 2025**
- Announcement of admitted candidates: **May 30, 2025** (last day of the selection workshop)

### Procedure

- Complete the administrative application on Hello Asso
- Create your videos (see explanations below).
- Preselection phase (based on the administrative application and submitted videos)
- Selection phase: one-week workshop

**\*\*\* VIDEO 1 \*\*\***

For this first video, you must present the following four elements:

**1) Balances, Acrobatics :**

1. Back positioning: tucked, split, straight
2. Handstand/front roll (3 times)
3. 3 cartwheels in a row
4. Front handspring
5. Cartwheel to two feet
6. Round off
7. Flic flac
8. Round off – or Round off back salto
9. acrobatic research sequence : 3 three dynamic elements linked together

**2) Trampoline :**

1. 5 straight jumps
2. Landing seated
3. Landing on back
4. Landing belly
5. Backward somersault
6. Front somersault
7. Free figures 3 maximum

### **3) Physical training and flexibility :**

1. Pull-ups: maximum in 30 seconds
2. Push-ups: maximum in 30 seconds
3. Leg raises : maximum in 30 seconds
4. Middle split / box split
5. Left split
6. Right split
7. Seated: pike position
8. Bridge

### **4) Performance :**

Performance (2 ou 3mn) in your circus speciality

**\* \* \* VIDEO 2 \* \* \***

For this second video, you must present two sections: one for dance and one for theatrical performance.

#### **1) Danse :**

As you know, both contemporary and classical dance are taught at ENACR. This discipline adds a different dimension to body work and opens many technical and artistic possibilities. That is why we ask you to work on danced movement. Whether you have practiced before or not, trust your body and imagination. We are not looking for dance technicians but want to see your basics, interpretation, and a different side of you.

### Guidelines :

Using the photograph below, taken from the film *Suspiria*, choreographed by Damien Jalet and inspired by his piece *Les Médusés*, create a 2-3 minute composition (both written and improvised). You may choose the sound and location. The dancer's position in the foreground should be your starting and ending position. It should reappear in your dance as a leitmotif. You may also take inspiration from the movements of other dancers in the background.

Consider speed variations (acceleration, slowing, pausing), space (high, low, diagonals, directions), amplitude (large, small). Play with repetition, different qualities, intentions, and the joy of expressing yourself sincerely through movement. The camera must remain fixed, without editing, showing your entire body.



## 2) Theater :

Video length: 3 to 5 minutes

Write and memorize a text to introduce yourself (at least 5 lines)—a text that amuses you, moves you, or represents you.

**You will recite the same introduction 4 times in different ways:**

To do this, define 4 different spaces within the same area (for example, a chair and the area immediately around it could form a space within a living room).

- **1st space:** you speak as naturally as possible, simply as you are.
- **2nd space:** same text, but with anger.
- **3rd space:** same text, but with joy and laughter.
- **4th space:** same text, but this time in movement. Movement can be danced, acrobatic, “emotional”, all at once...

***Note for non-French speakers :*** *Feel free to speak in your native language. If you choose this, add a small step: in the first space, present yourself first in your language, then attempt to say the same text in French. For the other spaces, speak only in your language.*

### Points to note:

- This is a sequence shot (no cuts, no editing).
- You can choose an indoor or outdoor location.
- Start by carefully checking these elements:
- “What’s my frame? ”

- “Can you see me well?” (No backlighting!).
- “Can I be heard well?”
- You address the camera.
- You're allowed to repeat certain words. Not to add new ones.
- When you say “anger”, it can go as far as rage. When you say “laugh”, it can go as far as giggling.
- Look for the “transition” between spaces. And therefore between emotions...

**Don't forget to have fun!**

**We remind you that for the videos, failure to pass a figure is not eliminatory, nor is the fact of having practiced little or no dance or theater.**

**Documents to be submitted via Hello Asso :**

- A medical certificate (less than 3 months old) confirming no contraindications for physical activity
- A copy of an ID (front and back) or passport
- A passport-size photo (35mm x 45mm)
- A technical requirements sheet for your performance
- Proof of insurance coverage
- Parental authorization (for minors)



**For selected candidates :**

Candidates who pass the preselection phase will attend a one-week selection workshop.

- The workshop begins on Monday, May 26, at 9:30 AM and ends on Friday, May 30, at 6:00 PM, held at ENACR.
- Preselected candidates must arrange their own accommodation and meals.
- Participation in all courses during the workshop is mandatory.

During this week, candidates must:

- Participate in group workshops: circus techniques, foundations, physical preparation, dance, and acting.
- Attend an individual interview with the management and educational team.
- Perform a 3-minute act at: