



GSA Applicant Guide: Dance

I. Program Description

The emphasis of the GSA Dance program is ballet, modern and composition. Taught by GSA faculty and visiting dance professionals, students will receive collegiate and professional level training that is both physically and mentally demanding. Seminars on college programs and dance careers, nutrition, dance science, injury prevention and care, cross training, and dance history will also be scheduled. *If schedule permits*, supplemental class in other dance styles *may* be included. In addition to technique classes, students will learn, rehearse and perform group choreographic work by faculty. Students who are accepted to the program may also apply for the student choreography project and if selected, have their work produced. Faculty and student choreographed work is presented in a public performance on the final day of GSA.

II. Preliminary Round Application Requirements (due January 11th)

Applicants must submit the materials in this section through the online platform [Acceptd](#) no later than January 11th. NOTE: Applicants will be prompted to pay a \$30 application fee when submitting their materials (or \$35 if applying in two art forms). Students on free/reduced lunch may opt to have this fee waived when payment is requested.

NOTE: GSA recognizes that Dance can be an especially unique art form to adjudicate through videos. The following Preliminary Round Requirements have been carefully crafted to get a snapshot of each applicant's technical and artistic skill and are comparable to video audition requirements for many colleges and pre-professional programs across the country. If you need any clarifications, please contact us.

For the Preliminary Round, you must submit the following (*see below for more detail*):

- a. Two Recommendation Forms
- b. Personal Short Essay
- c. Personal Question Video
- d. 1 Ballet Technique Video
- e. 1 Modern Technique Video
- f. 1 Solo Video, either ballet or modern (*Please read specific instructions for each style in the pages below*)

a. Recommendation Forms (*do this first!*)

You will identify two people to fill out recommendation forms for you: a school administrator (e.g. counselor) and a teacher/instructor (see below if those do not apply). You will enter their names and email addresses in your online application, and the individuals will receive emails instructing them on how to complete the recommendation process.

- Please [login into Acceptd](https://app.getacceptd.com/kentuckycentergsa) (<https://app.getacceptd.com/kentuckycentergsa>) to initiate this process as soon as possible so your recommenders have time to complete the forms before the application deadline.
- You do not need to submit letters of recommendation. Recommenders will receive an online form to fill out, which will serve as their recommendation for you.

- If you are home schooled, and/or you otherwise do not have a school administrator or teacher/instructor who can fill out your recommendation forms, please seek out another adult who can speak to your qualities/character/abilities in one way or another; this could include a mentor, a youth minister, a coach, etc.
- Applicants' parents/immediate family may not fill out their recommendation forms.

b. Personal Short Essay (250-word max)

You will provide an answer to the following question in essay form:

As you envision yourself attending GSA, describe to us one thing you will bring to/offer the community, and one thing that you know will challenge you.

Be open, honest, and authentic in your response. You will upload this essay response as a document (as opposed to typing it in a text box, as was done in previous years). Please type out the question at the top of your response, so the question and answer are both in the document. When uploading your essay, title the file "Personal Short Essay."

c. Personal Question Video (90-second max)

You will provide an answer to the following question in video form:

Artists play a vital role in society, ranging from sparking large cultural movements, to facilitating meaningful interpersonal connections. What impact do you seek to make on your community/world as an artist, and why is that an important impact to make? How will GSA help you achieve this?

- Be open, honest, and authentic in your response. While you are encouraged to prepare your thoughts before shooting the video and you may consult notes as you speak, please do not just read off a transcript. We want to get a sense of your personality.
- Record your answer in an interior space that is free from interruptions, noise, etc.
- Shoot straight on, leaving the camera in one location. Review the video to ensure you can be seen AND heard. Ensure the video plays all the way to the end.
- Do not edit or splice the video. You do not need to include an introductory frame or any effects such as fades, etc.
- When uploading your Personal Question Video, title the file "Personal Question Video."

Technique & Solo Videos (d., e., & f.): FOLLOW THESE GUIDELINES FOR THE THREE REMAINING VIDEOS:

- Record your audition in an interior space that is safe for dancing (a dance studio or a stage space are highly preferred, but not required – again, please ensure the space is safe for movement). **Do not record into a mirror.**
- Shoot straight on, leaving the camera in one location. The camera should be placed sufficiently close to the performer so that positioning and movement of all parts of the body are visible, but far enough away that it frames the entire body, capturing movement in place, as well as movement through space. See note on zooming in the next bullet.

- For the Ballet Technique Video ONLY, you may splice the video and/or zoom out when transitioning between barre work and center, and/or between center and the optional pointe exercise (if needed). You may also submit an additional video for the optional pointe exercise. There should be no cutting, splicing, or zooming in the Modern Technique or Solo videos.
- Do not include an introductory frame stating your name, etc. or anything outside of what is listed in the requirements.
- Do not submit recordings of recitals, dance concerts, or competitions.
- Review the video before submitting to ensure quality sound and image. Verify that the image is upright (not sideways), plays smoothly, and plays through to the end.

d. Ballet Technique Video (3.5 minutes maximum)

Dance applicants must submit a Ballet video that is a short representation of technique (traditional barre, center floor exercises and optional pointe work).

Music

We recommend using the following music for your Ballet Technique video: *Pirouettes (3T)*; (track #34 on the album *New Music for Ballet Class* by Caleb Fawcett). It can be purchased on iTunes, [found on Spotify](#), or [found on YouTube](https://m.youtube.com/watch?v=QosBmkV2XqY) (<https://m.youtube.com/watch?v=QosBmkV2XqY>). The required barre and center exercises fit this music perfectly as one long movement from barre to center. There are 8 counts that should be used to transition between barre work and center work. If you choose to do the optional pointe exercise, pick music of your choice.

Sample Video

We have provided a [sample video](#) here to demonstrate how to get all the requirements within the maximum time limit. Please replicate this movement series (written out below) in your video. The example video is **not** the standard of technical and artistic skill level required for admission to the program. Applicants are encouraged to go above and beyond what is demonstrated in the video.

Requirements for the Ballet Technique Video are as follows:

Barre Work

- On right side: preparation
- On right side: 2 demi pli , 1 grand pli  in 1st, 2nd and 5th position. Cambr  forward and back, detourn .
- On left side: 1 battement tendu, 3 battement tendu d gag  en croix, detourn .
- On right side: 3 rond de jambe   terre en dehors (2 quick, 1 slow), 1 grand rond de jambe to   la seconde, envelopp  to retir  and close 5th position derri re. Repeat all en dedans, detourn .

- On left side: développé en croix to the front, side and back. Finish with rond de jambe en l'air en dedans, and rond de jambe en l'air en dehors, détourné.
- On right side: in relevé, 1 double frappe, 1 single frappe en croix, détourné.
- On left side: 2 grand battement en croix.

Center Work (use 8 counts to transition from barre to center).

- Adagio: Starting in croisé to downstage left, turn to en face and développé the right leg à la seconde, enveloppé to close 5th derrière. Développé the left leg croisé devant. Passé par terre to arabesque. Promenade en dedans in arabesque to finish in attitude croisé derrière. Relevé in the attitude and balance before closing 5th derrière. Pirouette en dehors with the right leg from 5th position and land in 4th position croisé facing downstage right.
- Waltz and Pirouette: Tombé pas de bourrée to 5th, balancé right and left. Tombé pas de bourrée to 4th, pirouette en dehors (your choice in number of revolutions) landing in 4th position. Détourné to croisé devant, prepare and pirouette en dedans (your choice in number of revolutions), landing in 5th position. Soutenu and balance in soussus or bourrée back in soussus if you need room for your video. Finish in 5th position with plié.
- Petit allegro: Begin with the left leg and glissade assemblé, assemblé, jeté, coupé assemblé, entrechat quatre, changement. Repeat on the right.
- Grand allegro: Pique with the right leg to arabesque, chassé entrelacé, chasse assemble en tournant finishing in soussus croisé devant. *Temp levé, pas de bourrée, glissade, sautechat, contrétemps, sauté arabesque, faillé, glissade, sautechat. (*men can choose to temp levé, pas de bourrée, assemblé, tour on the right side and left instead.)

Optional Pointe Work (Female Applicants Only)

You are not required to dance en pointe to audition or be accepted for GSA. Please only include pointe work in your video if you have had at least two years of ample training and possess sufficient technical strength/development. If you choose to include pointe work, your total ballet technique video may extend slightly past the 3.5-minute time limit, but only by as much as needed to include the elements described below. If you wish to include pointe work, please use the following parameters:

- In no more than two eight-counts, a combination to include: relevés (two feet to one foot and single leg relevés), passé relevés, échappés, and a pirouette.
- You may use music of your choice.

Required Apparel for Ballet Videos

All dancers must wear a color that contrasts with the background of the video. Costumes, rehearsal tutus, skirts, jewelry, and warm up clothes are not permitted.

Women

- Pink or skin-toned tights
- Leotard in a contrasting color from video background
- Soft ballet slippers, pointe shoes only for pointe work
- Long hair secured in a bun, hair in general pulled away from the face

Men

- Leotard or unitard, or tight-fitting t-shirt/tank top tucked into tights in contrasting color from video background
- Soft ballet shoes
- Hair, if long pulled away from the face

e. Modern Technique Video (2.5 minutes maximum)

Dance applicants must submit a Modern video comprised of a short presentation of technique (which should include Graham, Horton, Limon, and/or release technique). The video should include movement in place and through space, reveal your technical range, and showcase your expressiveness and musicality.

Music

We recommend using the following music for your video: *Walk Too 1* (track #9 on the album *Music for BiPedal Movement* by Geoff Bennett). It can be purchased on iTunes, [found on Spotify](#), or [found on YouTube](https://www.youtube.com/watch?v=HfeZlvx9Ow) (<https://www.youtube.com/watch?v=HfeZlvx9Ow>). This music can encompass all the requirements listed in one long phrase combination. If you are unfamiliar with modern technique, we recommend researching the wealth of information available on the internet.

Sample Video

We have provided a [sample video](#) here to demonstrate how to get all the requirements within the maximum time limit. The example video is not the standard of technical and artistic skill level required for admission to the program. Applicants are encouraged to go above and beyond what is demonstrated in the video.

Unlike the Ballet Technique sample video, *we are not asking you to replicate the specific movement series in this video*. The Modern Technique sample video is just one example of how to demonstrate all the requirements listed below. *We encourage you to create your own movement based off the requirements*, and to be creative in how you choose to combine these requirements. Movements do not need to be in the order listed below.

Requirements for the Modern Technique Video are as follows (create your own movements that demonstrate these, in any order):

- Demonstrate foot and leg work that emphasizes the articulation of the feet, ankles and knees with parallel legs and rotated (or turned out) legs.
- Demonstrate legwork that shows strength and control
- Demonstrate a fall and recovery of your choice
- Demonstrate floor work
- Demonstrate contraction and release of the torso (in profile)
- Demonstrate triplets and triplet turns across the floor
- Demonstrate shift of weight and off-balance movement
- Demonstrate a range of small and large jumps

Required Apparel for Modern Videos

All dancers must wear a color that contrasts with the background of the video. Costumes, skirts, jewelry, and warm up clothes are not permitted.

Women

- Leotard, unitard or biketard in a contrasting color from video background
- Pink or skin-toned footless tights or tight-fitting bike shorts in a contrasting color from video background
- No shoes or socks
- Long hair secured in a bun or ponytail, hair in general pulled away from the face

Men

- Leotard or unitard or tight-fitting shirt in contrasting color from video background
- Footless Tights or bike shorts in contrasting color from video background
- No shoes or socks
- Hair, if long pulled away from the face

f. Prepared Solo with Music – Ballet OR Modern (90 seconds maximum)

The third video is the applicant's choice of a prepared ballet solo or a prepared modern solo, not both. Your solo should showcase your range as a technician and your artistry as a performer. Recordings of competition solos will not be considered. The requirements for the video are as follows:

Choreography

Your solo does not need to be newly choreographed, nor do you need an outside choreographer. GSA highly encourages applicants to create their own choreography based on their existing movement vocabulary. Choose

music that is inspiring and draw from subject matter that is meaningful to you so that your unique style is evident. The GSA dance program is looking for students who are creative, willing to take risks, and push themselves out of their comfort zone. If you feel your technical strengths lie in one genre (ballet or modern), we recommend, but do not require, your solo be in the other genre to showcase your range and versatility.

Requirements for the Prepared Solo Video are as follows (choose Ballet OR Modern):

Ballet Solo

- Perform a prepared classical piece or ballet variation.
- Indicate the name of the piece, the ballet it is from (if applicable) and the choreographer in the video description window provided to you in the application upload. You may use choreography you learn from teachers or videos, but please credit accordingly.

OR

Modern Solo

- Perform a prepared dance within the modern dance vernacular.
- Indicate the name of the piece and the choreographer in the description window provided to you in the application upload. You may use choreography you learn from teachers or videos, but please credit accordingly.

Required Apparel for Solo Videos

All dancers must wear a color that contrasts with the background of the video. Costumes, skirts, jewelry, and warm up clothes are *not* permitted. If performing a ballet solo, please follow the apparel guidelines for the Ballet Technique Video. If performing a modern solo, please follow the apparel guidelines for the Modern Technique Video.

III. Final Round Requirements

Some applicants will be invited to participate in the Final Round of GSA Auditions/Reviews, which will consist of the elements described below. All applicants will be notified on February 27th of whether they are invited to the Final Round. If you are selected to participate in the Final Round, you will be required to attend in-person on March 22nd or 23rd in Danville, KY as scheduled by GSA.

The Final Round for Dance will include:

- a. Questionnaire
- b. Masterclass
- c. Interview

a. Questionnaire

When you arrive at the main registration table for your auditions/reviews, you will receive and complete a one to two-page questionnaire. This questionnaire may cover a range of topics, including your previous experience in your art form, your favorite artists, and/or your college and career goals. The questionnaire is not a quiz and is not scored, but it is a way for adjudicators to get to know you. The questionnaire may be used to customize questions in your interview.

b. Masterclass

Lasting approximately three and a half hours the master class includes ballet, modern and improvisation. Although previous experiences in all of those areas are not a requirement for acceptance to GSA, experience in some form of dance style (ballet, modern, jazz, hip hop, etc.) and the dance classroom atmosphere is preferred. The dance studio will be open 30 minutes prior to the assigned start time for those wanting to warm-up. The dance auditions will be recorded for use by the adjudicators in the selection process **only** and will not be reproduced for other viewing.

Ballet

The ballet portion of class will consist of a traditional ballet barre, center floor exercises and pointe work. For the safety of those auditioning, applicants must demonstrate sufficient technical strength and development and have two (2) years of pointe technique training before being permitted to participate in the pointe section. **You are not required to dance en pointe in order to audition for or be accepted to GSA.**

Modern

The modern portion of the class will consist of a warm-up, floorwork combinations, center combinations, and movement phrases across the floor.

Improvisation

The improvisation portion of the class will consist of one or more prompts to inspire solo or group work that showcases creativity, a willingness to take risks, the ability to communicate ideas, and skills for working independently or with others.

What to Wear for the Masterclass

Women

- Pink or skin - toned convertible tights, dark colored leotard
- Long hair secured in a bun for ballet and pony tail for modern; hair otherwise away from face
- Ballet shoes (ballet portion only—modern is danced in bare feet).

Men

- Dark convertible tights with dance belt
- White fitted t-shirt
- Ballet shoes (ballet portion only—modern is danced in bare feet).

c. Interview

Following the master class, adjudicators will lead small group interviews with applicants lasting 20-30 minutes.

What to Wear for the Interview

Business casual for all dancers. Please do not wear dance attire or warm-ups for this portion of the finalist audition. Look your best!

IV. Criteria

The work of each student will be given an objective review by the adjudicators as to how they fulfill each of the following criteria in both ballet and modern:

Technical Skills

The ideal applicant has the skills to execute the demands of the exercises and choreography with proficiency and apparent ease. Additionally, this dancer exhibits alignment, flexibility, balance and correct muscular and skeletal execution.

Core Strength

The mindful building and sustaining of core strength is very important. An ideal applicant shows full awareness of muscles and skeleton with consistent body control and placement to maintain dynamic body alignment.

Execution of Exercises and Choreography

The skill to perform complex dance exercises, combinations and/or phrases with accuracy, and pay attention to detail. Additionally, the ideal applicant exhibits well-coordinated movement of the entire body.

Artistic Choices

The skill to create meaning for movement (e.g. connects with the music and expresses with face as well as with body). An ideal applicant is creative and thoughtful about the choices they make about how they use space by moving in multiple pathways, changing levels, and making different shapes in their own personal space. An ideal applicant is also thoughtful and creative about movement choices they make with regards to dynamics and rhythm.

Dedication to Art Form, Growth, and Community

An ideal applicant demonstrates a commitment to and passion for their art form, as well as a desire and ability to grow as an artist. The applicant can thoughtfully and authentically explain why they want to attend GSA and how they are uniquely qualified to contribute to a robust, diverse community of artists.

Dance Corrections (Final Round only)

Assimilating information and corrections into performance; utilizing corrections to change aesthetics or meaning. A successful applicant will ensure they understand given corrections and implement corrections in real time.

Dance Vocabulary (Final Round only)

A successful applicant will understand and demonstrate dance vocabulary with no visual cues.

Improvisation (Final Round only)

Proficiency in and understanding of original movement that is novel and spontaneous. A successful applicant will exhibit an ability to act on impulse and take risks, creating a story that is clear and reaches resolution.

V. Tips

These tips are suggestions. They are NOT eligibility requirements for admittance to GSA.

- If any terms above are unfamiliar to you, **try researching online to expand your vocabulary.**

- If you are unfamiliar with **modern warm up and class movements**, try researching online for modern dance resources. Some good search terms to use include “modern dance class warm up”, “modern dance technique”, “Cunningham technique class”, “Martha Graham across the floor”, “Horton floor work”, “Limon dance technique” and “Release Technique”. Be sure to mix up the combinations of these searches and use reputable dance company videos as source material.
- It is **not necessary to create overly complicated combinations or phrases** in your video audition. It is more important that you demonstrate your technical and artistic prowess. That being said, you should demonstrate the skills of an intermediate- to advanced-trained dancer.
- You are **permitted to have the assistance of teacher or mentor** to help you understand the video audition requirements (e.g. meaning of steps, concepts or choreography), however your video should reflect your skills and understanding of the requirements.
- While we have provided examples for the application videos, **your technical and artistic skills should go above and beyond** what is demonstrated. The example videos just demonstrate how to get all the requirements within the maximum time limit. The example video is not the standard of technical and artistic level required for admission into the program.
- If you are invited to the Final Round, **be early**. Nothing is more nerve-racking than not having enough time to complete the questionnaire before the masterclass or do your own personal physical and mental warm-up.
- At the Final Round, **present yourself well**. Show the adjudicators that you care about yourself and getting into the program. Make your appearance as professional as possible (e.g. clean shoes and tights with no holes, hair neatly pulled back, etc.). For the interview, dress as you would for a job or collegiate interview.
- At the Final Round, **be mindful of dance class etiquette**. Be respectful of the teachers and your peers. You will be given a number that indicates the order applicants will perform exercises. Always be ready to go and in the correct space and numbered order. Do not create unnecessary delays as there is limited time to showcase your dancing.
- While you are allowed to ask questions during the masterclass for clarification, keep in mind you should be **demonstrating your ability to pick up combinations quickly and perform with accuracy**.
- At the Final Round you may be asked to execute steps and ideas that may be new to you. Remember the adjudicators already believe you are a talented dancer - do not be timid, hesitant, or unsure of yourself. Be confident and **show that, if nothing else, you are willing to try**.
- During the interview, **answer questions sincerely and honestly**. Don't tell the adjudicators what you think they want to hear.
- **Pay close attention to the adjudication criteria**. While GSA students are accepted based on their holistic identity as a young artist, the criteria are the foundation of how you are being scored.
- **Remember the adjudicators are very excited to see your work and they want you to do well!** We know it takes hard work to submit this application, and that it can be scary to “put yourself out there.”

We have faith in you, so put your best foot forward and don't be afraid to show us the wonderful artist you are. You prove a level of dedication just by submitting your application, and you should be proud of yourself.

**For technical support with the application
contact Acceptd**

Email: support@getacceptd.com

Phone: 1.888.725.2122, press 2

**For questions about Summer Program, the content and/or requirements of the application,
contact GSA**

Email: gsainfo@kentuckycenter.org

Phone: 502.566.5192