



ELITE PERFORMERS Audition Practice Guide

What to Wear to Audition

No Bellies, Boobies, or Booties Showing

- Gals -
 - Tights
 - Leotard with Adequate Coverage
 - Shorts or Skirt
 - Sports Bra (as Needed)
 - Shoes - Lyrical, Jazz, or Ballet
- Guys -
 - Athletic Shorts or Sweatpants
 - Athletic Shirt
 - Dance Belt (as Needed)
 - Shoes - Lyrical, Jazz, or Ballet
- Proper Hygiene Necessary
- Hair Out of Face - Clean/Pulled Back

ASAO Dancer Reminder

Early is On Time

On Time is Late

Late is Left Behind

Dancers should expect to arrive early to receive their audition number and stretch before we begin.

Auditions at ASAO are closed. Parents should expect to arrive for the parent meeting, but will not be able to watch prior.

How to Prepare for Your Audition

Choreography Retention Activity

- Ballet Combination - Timing, Turnout, NO Sickling
- Jazz Combination - Sharpness, Level Changes, Weight Transfers
- Parade Combination

Strength Test

- Biceps Pushups - 10 for Minis / 20 for Teens
- Triceps Pushups - 5 for Minis / 10 for Teens
- V Sit - 45 sec Minis / 1 Min for Teens
- Lunge Circles - Proper Form, Arms in 2nd, Adequate Depth
 - 3 for Minis on Each Side
 - 5 for Teens on Each Side
- Relevés - Adequate Height, No Sickling, Proper Alignment
 - 20 for Minis
 - 30 for Teens, then 10 one foot per side
 - Maintaining Form with Elevated Foot/Ankle/Knee

Improvisational Dance - in Multiple Styles

- Confidently Displaying Skills
- Exemplifying Musicality
- Showmanship Ability
- Creativity Ability

Skill Evaluation:

- Turn Competency
 - Clean Double Pirouette for Minis, Controlled Landing
 - Clean Triple Pirouette for Teens, Controlled Landing
- Kick Competency - Adequate Strength & Flexibility
 - 90 Degree Mini
 - 120 Degree Teen
- Jump Competency - Equal, Adequate Skill on Each Side with Proper Alignment and Crisp, Clean Arms/Epaulement
 - 5 for Minis
 - 8 for Teens (at least 4 turning)
 - Examples:
 - Passe Hop
 - Russian/Straddle
 - Single/Double Stag
 - Split Jumps
 - Pretzel
 - Axle
 - Firebird
 - Tilt
 - Renverse
 - C Jump / Cobra Jump
 - Barrel
- Leap Competency
 - 120 Degree Mini, Grand Jete & Saut de Chat
 - 180 Degree Teen, Grand Jete & Saut de Chat
 - Proper Alignment
 - Adequate Control of Upper Body
- Floorwork Competency
 - Rising & Falling Gracefully (without using arms)
 - Candlestick Banana
 - V Roll
 - Sphinx Roll
 - Spiral Twist
 - Pas de Bourre / Ball Change
 - Jazz Square/Vine/Pivot (Advanced /Reverse for Teens)
 - Jump Claps/Chasses with Opposition Forward/Backward

Audition Times for Each Elite Performer Group are available on the ASAO Website and in the ASAO Dancer Portal. We hope to see you there!