



# National Society of Arts and Letters

Supporting young talent in the performing, visual, and literary arts since 1944

Dear Dancer,

Are you a dedicated aspiring dance artist, age 16 - 23, with a passion to succeed as a professional dancer? If so, I invite you to participate in the NSAL 2021 National Awards Competition in Dance.

This competition is unique in that its purpose is to identify and support young dancers at the beginning of their careers. Esteemed judges offer valuable insights and feedback. Top competitors are awarded cash prizes -totaling \$40,000 or more - which they can use for education, dance training, professional development, or anything that is necessary to further their success in the field of dance.

The NSAL National Awards Competition in Dance is held every four years. It is one of four rotating performing arts competitions sponsored by the National Society of Arts & Letters.

Founded seventy five years ago in Washington, DC, NSAL is comprised of seventeen chapters representing all regions of the United States. Members of NSAL are men and women engaged professionally in the arts, or who want to actively support the work of young artists.

Participating in the NSAL National Awards Competition in Dance is a learning experience and an opportunity to make connections that can help you succeed.

Please feel free to contact me if you have questions.

Sincerely,  
Cindy Free  
2021 NSAL National Awards Competition in Dance  
National Dance Chair  
cindy@birminghamballet.com



National Society  
of  
Arts & Letters

National Society of Arts & Letters

# 2021 National Awards Competition in Dance

[www.arts-nsal.org](http://www.arts-nsal.org)



*“Competing in the 2017 National Society of Arts and Letters Ballet Competition provided me with amazing opportunities to help further my ballet career. I had the privilege of dancing along side such talented dancers from across America and was honored to be judged by such an esteemed panel. Since competing in the 2017 National Society of Arts and Letters ballet competition, my career has opened many new doors. I spent an amazing two years in Munich, Germany dancing with the Bayerisches Staatsballett II, followed by moving to Berlin, Germany to join the esteemed Friedrichstadt Palast. I’m very grateful to have been a part of NSAL and for their support in my career as a professional dancer!”*

*- Gillian Fitz,  
2017 NSAL National Awards Competition in Dance*

## ABOUT

The National Society of Arts and Letters assists promising young artists through competitions, financial assistance, master classes, mentoring, and providing career opportunities. The NSAL National Awards Competition in Dance is held every four years with the purpose of identifying and supporting talented young dance artists. Top competitors receive cash awards that total \$40,000 or more.

## ELIGIBILITY

The competition is open to dancers ages 16-23. Competitors must have not yet reached their 24th birthday by May 14, 2021. Dancers must show evidence of career potential. Dancers must not have an agent or manager at the time of the competition. Professional dancers are not permitted to enter the competition. “Professional Dancer” is defined by the NSAL Dance Competition as an individual who is employed or contracted as a full-time dancer (apprentices included) with a professional dance company; or an individual who is regularly employed to perform as an independent dance artist. This includes dancers who are not currently employed under such a contract, but have been in the past. Contestants must be a citizen or legal resident of the United States or US Territories with a valid taxpayer identification number. Contestants must have a United States Social Security number and a United States residence address. The competition is open to dancers of all nationalities, races, religions, genders and sexual orientations.

## LEVELS OF COMPETITION

**Chapter Level:** Dancers first compete in the NSAL Chapter Level Competition that is closest to their home, school, current residence, or as assigned by the National Awards Competition Chair. Dancers may compete in only one Chapter Level Competition.

**National Level:** The first place winner of each NSAL Chapter Level Competition will progress to compete at the NSAL National Competition June 3-5, 2021 in Pittsburgh, Pennsylvania. The competition will take place at Pittsburgh Ballet Theatre.

## COVID-19 PROTOCOLS

Covid-19 protocols will be in place to safeguard the health of all involved. If necessary, the competitions may pivot to a virtual format at the Chapter Level and/or the National Level. If this happens, additional information will be provided.

## JUDGES

The NSAL National Awards Competition judges are [Paul Gibson](#), [Susan Jaffee](#), and [Rocker Verastique](#).

## PERFORMANCE REQUIREMENTS

Each competitor will be judged on their performance in three components of the competition:

1. Classwork: Competitors will participate in a 1.5 hour ballet master class that includes barre work and centre practice.
2. Classical Variation: Present one variation from the list below. Women must perform en pointe.  
Female: Black Swan Variation, Swan Lake (M. Petipa, L. Ivanov)  
Kitri Variation (w/fan), Don Quixote (M. Petipa)  
Florine Variation, Sleeping Beauty (M. Petipa)  
Pas D'Esclave Variation, Le Corsaire (M. Petipa)  
Male: Siegfried Variation, Swan Lake (M. Petipa, L. Ivanov)  
Ali Variation, Le Corsaire (M. Petipa)  
Bluebird Variation, Sleeping Beauty (M. Petipa)  
Nutcracker Prince Variation, Nutcracker (M. Petipa, L. Ivanov)
3. Contemporary Solo: The Contemporary Solo must demonstrate proficiency of range of movement within the framework of a dance vocabulary other than ballet. No longer than 2.5 minutes. Props prohibited. No pointe.

## ATTIRE

Classwork and Classical Variation:

Female - any solid color sleeveless leotard (and optional matching short skirt) with pink or flesh colored tights and shoes.

Male - any solid color fitted shirt with black tights and shoes.

All tights must be worn inside shoes for classwork and the classical variation.

Contemporary Solo:

Female - any solid color sleeveless leotard with tights (pink or flesh color), black dance shorts, or bare legs

Male - any solid color fitted shirt with either black tights or dance shorts

Competitors may perform the contemporary solo barefoot, in socks, half-sole shoes, in jazz shoes, or sneakers.

## COMPETITION FEES, TRAVEL and other EXPENSES

A small registration fee may apply at Chapter Level Competitions. There is no fee to compete in the National Level Competition. Each local NSAL Chapter will sponsor the travel related expenses of their first place winner to attend and participate in the 2021 National Awards Competition in Dance. Sponsored expenses include conference registration, food, hotel accommodations, and transportation to and from the National Competition in Pittsburgh. Should the competition pivot to virtual, additional information regarding covered competition expenses will be provided.

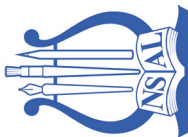
## HOW TO APPLY

Choose the NSAL Chapter located closest to you from the [2021 NSAL CHAPTER LEVEL COMPETITIONS LIST](#). Submit your completed [REGISTRATION FORM](#) to the Chapter by the registration deadline.

Upon receipt of your registration, you will receive a confirmation email as well as instructions on how to upload required documents and other competition related materials including:

- a) a high resolution jpeg head shot
- b) mp3s of your music labeled with your name and title of the dance
- c) a short bio regarding your dance background and accomplishments
- d) a scan of a legal document verifying your date of birth and US citizenship or legal residence  
Examples: a birth certificate, passport, student visa, or green card
- e) the chapter level registration fee (where applicable)
- f) If the competition pivots to virtual, you will receive upload instructions for your videos and/or instructions for live stream components of the competition

NSAL 2021 National Awards Competition in Dance  
**REGISTRATION FORM**



Download and complete the REGISTRATION FORM, then email it to the NSAL Chapter Level Competition you are registering for. [The NSAL Chapters and email contacts](#) are listed on the following page.

Questions? Contact:  
NSAL National Dance Chair, Cindy Free at [cindy@birminghamballet.com](mailto:cindy@birminghamballet.com)

**Which Chapter Level Competition would you like to register for?**

NSAL Chapter \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Date of birth \_\_\_\_\_

*Contestants must be a citizen or legal resident of the United States or US Territories with a valid taxpayer identification number. Contestants must have a United States Social Security number and a United States residence address.*

Social Security Number \_\_\_\_\_

Current Street/Apt. Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail \_\_\_\_\_ Cell Phone \_\_\_\_\_

*Alternate address (such as a home address) where I can always be reached:*

C/O Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

E-Mail \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Classical Variation Title: \_\_\_\_\_

Contemporary Solo Title: \_\_\_\_\_

Contemporary Solo Choreographer: \_\_\_\_\_

**DECLARATION OF RESPONSIBILITY**

I certify that the information contained in this application is true. I agree to conform to the rules and regulations of the competition. If I win an award at the Chapter Level, I agree to participate in the Chapter Awards Celebration as requested by the Chapter. If I win first place at the Chapter Level, I will represent the Chapter to the best of my ability in the National Competition with timely attendance and participation in the competition and related convention events. I give permission to the NSAL to share photos and videos that I submit as elements of the competition. I give permission to the NSAL to document my participation in the competition with photos and videos. I authorize the use of such photographs and videos to be used in NSAL related events as well as in publications, promotions, news, social media, and the NSAL website for the purpose of documenting and promoting activities related to the NSAL.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Email your [REGISTRATION FORM](#) to the NSAL Chapter Level Competition you are registering for by the registration deadline.

If the Chapter Level Competition dates are TBD, please inquire to the Chapter Level contact ASAP for additional information.

If you have questions contact: NSAL National Dance Chair, Cindy Free at [cindy@birminghamballet.com](mailto:cindy@birminghamballet.com)

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## 2021 NSAL CHAPTER LEVEL COMPETITIONS

### Alabama: Birmingham Chapter

Competition Dates: 2/20/21  
Registration Deadline: 2/1/21  
Dance Chair, Cindy Free  
email: [cindy@birminghamballet.com](mailto:cindy@birminghamballet.com)  
phone: (205) 516-0022

### Arizona: Greater Arizona Chapter

Competition Dates: February  
Registration Deadline: 2/1/21  
Dance Chair, Susan Silverman  
email: [suzerina@aol.com](mailto:suzerina@aol.com)  
phone: 602.840.1376

### Arkansas: Little Rock Chapter

Competition Dates: TBD  
Registration Deadline: TBD  
President, Harold Dean  
email: [deanharold@sbcglobal.net](mailto:deanharold@sbcglobal.net)

### Florida: Florida East Coast Chapter

Competition Dates: March 21  
Registration Deadline: 3/1/21  
Dance Chairs, Shari Upbin, Marcie Gorman  
emails: [shariupbin@gmail.com](mailto:shariupbin@gmail.com), [marcie@marciegorman.com](mailto:marcie@marciegorman.com)  
phone: (Shari) 917-797-6653, (Marcie) 561-968-7173

### Hawaii: Hawaii Chapter

Competition Dates: TBD  
Registration Deadline: TBD  
President, Carolyn Berry  
email: [momcab@aol.com](mailto:momcab@aol.com)

### Illinois: Central Illinois Chapter

Competition Dates: TBD  
Registration Deadline: TBD  
President, Sarah Wigley  
email: [swjohn@illinois.edu](mailto:swjohn@illinois.edu)

### Illinois: Metropolitan Chicago Chapter

Competition Dates: March  
Registration Deadline: 3/1/21  
President, Judith Park

email: [tlaloc31@comcast.net](mailto:tlaloc31@comcast.net)  
phone: 847-710-7127

### Indiana: Bloomington Chapter

Competition Dates: November 8, 2020  
Registration Deadline: 11/1/21  
Dance Chair, Sarah Wroth  
email: [swroth@iu.edu](mailto:swroth@iu.edu)  
phone: 617-620-4521

### Kentucky: Kentucky Chapter

Competition Dates: TBD  
Registration Deadline: TBD  
President, Twyla Martins  
email: [trmarts@mac.com](mailto:trmarts@mac.com)

### Missouri: Saint Louis Chapter

Competition Dates: 2/20/21  
Registration Deadline: TBD  
Dance Chair, Carol Carlson  
email: [carol@carlsonstl.net](mailto:carol@carlsonstl.net)  
phone: 314-997-4522

### New York: Greater New York Chapter

Competition Dates: March  
Registration Deadline: 3/1/21  
President, Margaret Johnson  
email: [mjohnson12339@gmail.com](mailto:mjohnson12339@gmail.com)  
phone: 716-451-4004

### New Jersey: New Jersey Chapter

Competition Dates: March  
Registration Deadline: 2/15/2021  
Dance Chair, Susan M Coutts  
email: [dancedipf@aol.com](mailto:dancedipf@aol.com)

### Ohio River Valley Chapter

Competition Dates: February  
Registration Deadline: 2/1/21  
Dance Chair, Erin Augenstein  
email: [markerin.augenstein@gmail.com](mailto:markerin.augenstein@gmail.com)

### Pennsylvania: Pittsburgh Chapter

Competition Dates: TBD  
Registration Deadline: TBD  
Dance Chair, Aziza El Feil, Bob Vickrey  
email: [aziza1984@gmail.com](mailto:aziza1984@gmail.com), [bvickrey@pittsburghballet.org](mailto:bvickrey@pittsburghballet.org)  
phone: (Aziza), (Bob)

### Texas: El Paso Chapter

Competition Dates: TBD  
Registration Deadline: TBD  
President, Michael Bernstein  
email: [mbernstein@elp.rr.com](mailto:mbernstein@elp.rr.com)

### Virginia/North Carolina: Virginia /North Carolina Chapter

Competition Dates: March  
Registration Deadline: 3/1/21  
Dance Chairs, Peter and Diana Freeman  
email: [freemanhome17@gmail.com](mailto:freemanhome17@gmail.com)  
phone: 434.284.7440

### Washington, DC: Washington, DC Chapter

Competition Dates: TBD  
Registration Deadline: TBD  
President, Maria Contos  
email: [president.nsalcdc@gmail.com](mailto:president.nsalcdc@gmail.com)

Links to Additional Information:

[National Judges](#)

[NSAL Website](#)

[2021 NSAL National Competition Rules](#)



## 2021 NSAL National Awards Competition in Dance

# National J U D G E S

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**Paul Gibson** joined the Pacific Northwest Ballet in 1994 as a soloist and was promoted to the rank of principal in 1996. His choreographic work includes ballets for PNB and PNB School's Professional Division, as well as works for San Francisco Ballet School, San Francisco Ballet Choreographic Workshop, and Allegheny Ballet Company. Mr. Gibson has also been a participant in the New York Choreographic Institute. Originally from Altoona, Pennsylvania, Mr. Gibson began ballet training at Allegheny Ballet Academy and later went to summer programs at the School of American Ballet. He won a scholarship at San Francisco Ballet School and joined that company in 1988, where he rose to the rank of soloist. Upon retirement from dancing with PNB, Gibson became a ballet master with the company.

**Susan Jaffe** has been declared by the New York Times as "America's quintessential American ballerina," Susan Jaffe led a renowned career as principal dancer at American Ballet Theatre (ABT) for 22 years. She performed on the international stage with the Royal Ballet, the Kirov Ballet, the Stuttgart Ballet, La Scala Ballet, Vienna State Opera Ballet, Royal Danish Ballet, Royal Swedish Ballet and the English National Ballet. After retiring from the stage in 2002, Ms. Jaffe served as an advisor to the chairman of the board of ABT until 2007 and became Ballet Mistress in 2010. Two years later, she was appointed Dean of Dance at the University of North Carolina School of the Arts (UNCSA) in Winston-Salem, NC where she implemented a syllabus based on the ABT National Training Curriculum and established the Choreographic Institute of UNCSA. A choreographer herself, Jaffe has created works for ABT, American Ballet Theatre Studio Company, Grand Rapid Ballet's Move Media, Company C Contemporary Ballet, Configurations Dance Theatre and Youth American Grand Prix Gala, among others. Her dexterity with choreography allowed her to bring her own interpretations to ballet classics as well as take on dramatic works of Agnes de Mille, Antony Tudor, John Cranko and Kenneth MacMillian. She also worked with and danced the works of many prominent choreographers such as Jiri Kylian, Twyla Tharp, George Balanchine, Jerome Robbins, Lar Lubovitch, Nacho Duato, Glen Tetley, James Kudelka, Roland Petit, David Parsons, Mark Morris, Merce Cunningham, Ronald Hynd, Frederick Ashton, Ulysses Dove and Lynn Taylor Corbett.

**Rocker Verastique** appeared in the original Broadway companies of Contact, Chicago, Victor/Victoria and Carousel. Mr. Verastique's other Broadway credits include Miss Saigon, Phantom of the Opera, Sweet Charity and The Ziegfeld Follies of 1936, as well as the world premiere productions of Hearts Desire, Jekyll and Hyde, Spirit and the Broadway workshop of Fosse. Roker's other credits include Paul in A Chorus Line (Pittsburgh Musical Theater), Konstantine Morrisine in On Your Toes (Gateway Playhouse.NY), Sophisticated Ladies (Drury Lane, Chicago), Feld Ballet, Los Angeles Chamber Ballet, danced six years with artistic director Mikhail Baryshnikov in American Ballet Theatre. In Los Angeles, he spent four years on the television series Fame and was the male lead in the award winning music video Nasty opposite Janet Jackson. Mr Verastique choreographed Miss Saigon (Pittsburgh Musical Theater), Leader Of The Pack, Dreamgirls and Beehive (Pittsburgh Playhouse), Five Guys Named Moe and Little Me (Candlelight, Chicago), A Chorus Line (Geva, Rochester NY) and co-choreographed Rugsrats, A Live Adventure (2 World Tours).

Links to Additional Information:

[About the Competition](#)

[NSAL Website](#)

[2021 NSAL National Competition Rules](#)