

# VCASS AUDITION VIDEO PREPARATION CHOREOGRAPHY SUBMISSION

## OVERVIEW

[This video](#) provides a step-by-step tutorial for a short, **1-minute and 30-second** piece of choreography. To ensure every applicant has the opportunity to learn and present this work effectively, the teaching process has been broken down into manageable sections.

## GUIDELINES FOR LEARNING

We want you to feel confident and prepared. As you engage with this material, please keep the following in mind:

- **Take Your Time:** We encourage you to move at your own pace. Feel free to slow down the video or pause it at any point to master the movements.
- **Mindset Matters:** Approach the choreography with an open mind. We aren't just looking for technical precision; we want to see you put your best foot forward and embrace the style.
- **Accessible Spaces:** You do **not** need a professional dance studio for this recording. Any clearly lit, safe space where you have room to move will suffice.

## ACCESSIBILITY AND PHYSICAL WELL-BEING

We are committed to an inclusive audition process. Your health and safety are our priority.

- **Support and Accommodations:** If you have a physical disability, a chronic condition, or a current injury that may prevent you from demonstrating your full potential through this specific choreography, we encourage you to contact the school.
- **Open Dialogue:** We are happy to discuss reasonable adjustments or provide further guidance to ensure you can participate in the audition process authentically and safely.

## RECORDING REQUIREMENTS

To provide a fair and authentic look at your movement, please adhere to these filming standards:

- **Single Take:** Your final performance recording must be done in one continuous take.
- **No Edits:** Please do not edit, cut, or use transitions within your performance footage.
- **Visibility:** Ensure your entire body is visible so we can see how you move and film in landscape.

## OUR GOAL

We use this process to understand your current movement style and potential. This helps us determine how we can best support your development within our program should you be successful.