

## SUMMER SCHOOL 2020 GUIDELINES FOR THE APPLICATION VIDEO

You will have to attach a video to your application form. Here are some guidelines to follow when making your video.

### Document title

Please name your file the following way:

SumSch2020\_First name\_Last name

### The Content of your Video

The video should be split into 2 sections.

#### Section 1

Demonstrate the following movements:

- Pike
- Splits (right and left), and middle splits. (If you are able to do flat splits, you may demonstrate over-split.)
- Bridge (from the ground or from standing. If you are able to, you may demonstrate your chest stand.)
- Forwards Roll
- Handstand for 5 seconds (you can choose to face a wall.)
- Cartwheel
- 5 push-ups (you can choose to keep your knees on the floor if needed)

#### Section 2

We want to see your circus skills! Add any training or performance video you have.

This section must be **less than 1 minute**.

\* Example video: [https://www.youtube.com/watch?v=BjUG4CBOO\\_Q](https://www.youtube.com/watch?v=BjUG4CBOO_Q)

### File extension

We can accept the following files: MP4, AVI, MOV, M4V, ZIP

The document should be uploaded as a single file on the online application form.

If you need a video editor, we recommend using the free version of DaVinci Resolve.

Download at: <https://www.blackmagicdesign.com/products/davinciresolve/>

### Need help?

Don't hesitate to get in touch if you need any help!

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**GOOD LUCK!**