

# January Intensive Information & Application



## Acrobatics Intensive Requirements

- Participants must be available from Jan 2nd - Jan 13th, 2017.
- Participants must be in good health and physically fit.
- Participants must be able to complete:
  - Ten or more push-ups from feet or knees
  - Twenty V-ups
  - Fifteen frog jumps
  - Pike stretch, straddle stretch, and a bridge

## Aerial Intensive Requirements

- Participants must be available from January 16th - Jan 27th, 2017.
- Participants must be in good health and physically fit.
- Participants must be able to complete:
  - Straight hang from a bar for 30 seconds
  - Tuck hang (knees to chest) from a bar for 30 seconds
  - Ten or more push-ups from feet or knees
  - Pike stretch, straddle stretch, and a bridge

## Application Process

- Fill out the application and skill evaluation form below.
- Create a YouTube video containing the aforementioned skills and send the link in the email with your application. You may also include up to two minutes of your own skills such as acrobatics, aerial, or any other type of circus or movement related activity (yoga, dance, martial arts, etc.)
- Send your application, skill evaluation, and YouTube video link to [schools@sancaseattle.org](mailto:schools@sancaseattle.org) by Friday, November 11th, 2016.

# January Intensive Information & Application



## January Intensives Application

Name	Last	First		
Address	Street	Apt #		
	City	State	Country	Zip Code
Phone Number	Please remember to include your area code and, if applicable, your country code as well.			
Email				
Birthdate	/	/		
	MM	DD	YYYY	

Please highlight or circle which program(s) you are applying for:

Acrobatics: Jan 2nd - Jan 13th \$800

Aerial: Jan 16th – Jan 2 \$800

Both: Jan 4 - Jan 29 \$1400

## General Questions

What do you think of when you hear the word “circus?”

What is your movement and/or circus background?

What are your aspirations for this winter term project, and afterwards, involving circus?

From where/how are you traveling to Seattle and do you have housing arrangements?

# January Intensive Information & Application



## Acrobatics Questions:

(Acrobatic intensive applicants should answer these questions)

Why are you interested in acrobatics?

What acrobatic skill or specialty do you most want to learn?

Would you consider yourself a flyer or a base/porter or middle/both?

Anything else you would like to tell us?

## Aerial Questions:

(Aerial intensive applicants should answer these questions)

Why are you interested in aerial arts?

What aerial skill or specialty do you most want to learn?

Anything else you would like to tell us?

# January Intensive Information & Application

## Skill Evaluation

Rate your competency level of the following skills from 1 – 5. 1 means you have tried at least once, 5 means you have mastered the skill. If you have never tried the skill before or are not sure what it is, leave it blank.

<b>Acrobatics</b>	<b>Score</b>	<b>Aerial</b>	<b>Score</b>
<b><i>Strength</i></b>		<b><i>Strength</i></b>	
1 min plank hold on elbows		10 push ups (elbows in)	
10 push ups (elbows in)		Hang straight from bar 30sec	
15 v-ups		Hang tucked from bar 30sec	
10 leg lifts/toe touches to bar		10 leg lifts/toe touches to bar	
15 frog jumps		20 v-ups	
		5 negative pull-ups	
		3 pull-ups	
<b><i>Flexibility</i></b>		<b><i>Flexibility</i></b>	
Bridge w/ straight arms & legs		Bridge w/ straight arms&legs	
Right split		Right split	
Left split		Left split	
Pancake/straddle sit		Pancake/straddle sit	
Middle split		Middle split	
Pike sit		Pike sit	
<b><i>Tumbling</i></b>		<b><i>Rope/Fabric</i></b>	
30sec handstand hold against wall		Climb 2x 20ft or higher	
Kick up to handstand in free space		Straddle up from a climb	
Tuck up to handstand		Foot lock	
Forward roll		Catchers series	
Backward roll		3x straddle climb	
Cartwheel			
Back-handspring			
<b><i>Partner Acrobatics</i></b>		<b><i>Trapeze</i></b>	
Front plank		Pull to Stand from Sitting	
Back plank		Pullover or Kickover	
Thigh stand		Bird nest in ropes	
Flag from thigh stand		Single knee hang both sides	
Two-high (fly or base)			
Hand to hand, base standing			