



YOUNG STARS BALLET

INTENSIVE

Acceptance guidelines

When evaluating applications for Young Stars Ballet Intensive, we focus on three key factors: **technical ability**, **artistic presence**, and **career motivation**. To ensure students are well-matched to the program and can fully benefit from the experience, we organise participants into two groups: **Intermediate** and **Advanced**.

The division of these groups can depend on multiple factors:

- **Previous experience/technical ability** (The number of years they have been training, the intensity of their weekly schedule, schools, intensives, or competitions they have previously attended.)
- **Age** (Younger candidates are typically placed in the Intermediate group, which features a lighter workload to accommodate their developing bodies. However, if a younger dancer demonstrates a more advanced “adult” physique or muscular development, they may be considered for the Advanced group.)
- **Physical attributes** (While ballet is becoming more inclusive, proportions that suit classical ballet: e.g., long limbs, arched feet, turn-out - are advantageous. Aside from these attributes, we look at muscle tone and overall fitness to ensure each dancer can handle the physical demands of their assigned group.)
- **Repertoire planning** (To ensure a high-quality final presentation for each group, students are divided based on their ability to perform repertoire at the appropriate technical and artistic standard for their level, while making sure that each student gets the opportunity to shine.)

Our coaches are tasked with finding an individual approach with each dancer. Before the intensive they are briefed that levels of training may vary, however they must find suitable exercises, choreography and give individual corrections that enable all dancers to progress over our time together. Below you will find a detailed outline of our acceptance guidelines.



Detailed breakdown:

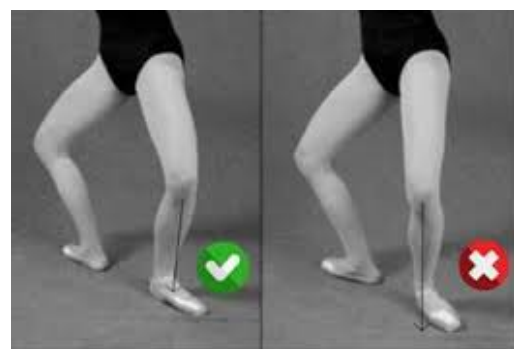
1. Technical Ability

Proficiency in ballet basics

How we assess: photo and video material

We look for students who demonstrate strong fundamentals in classical ballet technique: This includes posture, alignment, turn-out, stretched knees and feet, clear arm positions and clean execution of movements.

Turnout: We assess natural turnout and proper alignment, focusing on the feet, knees, and hips. Signs like "rolling in" or forcing the knees in turnout are a sign of underdeveloped technique and strength.



Stretched knees and feet: We make sure that the candidate is not 'clawing' their feet when stretched as well as their ability to maintain stretched knees and feet while performing class work or choreography. We also look if the candidate has a tendency to 'sickle' their feet.



Posture and alignment: The alignment of the candidate should be in a 'Neutral Balanced' position.

Poor posture includes: *lordosis*, *kyphosis*, *flat back*, *sway back* and noticeable *scoliosis*.

Candidates displaying poor posture can still be accepted into the program, however, in most cases they will be placed into the 'intermediate' group.

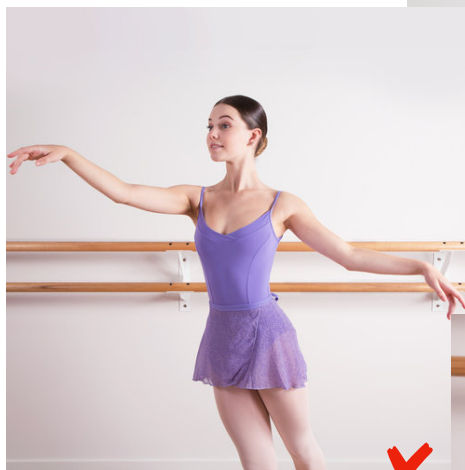




Correct port de bras and arm positions:

We evaluate the movement and proficiency of the dancer's port de bras displayed in their photo and video material.

Rounded elbows, shoulders that are relaxed but pulled back, grouped together fingers, and a confident high chin are signs of a good understanding of basic ballet alignment.



Examples of poor arm and hand placement

Extensions and flexibility: Extensions should reach a minimum of 90 degrees, with higher extensions viewed favourably when executed with proper technique. Alignment of the hips and back must remain straight, as maintaining correct posture and positioning is our priority. A well-placed lower extension is preferred over a higher leg achieved with improper alignment.

For the Advanced Group, pointe shoes are preferred but not required in photo submissions.





(Video) **Musicality:** At Young Stars Ballet we are looking to nurture dancers into young artists. We strongly discourage multiple pirouettes or trick sequences if it interferes with the musical timing. A clean single or double pirouette on the music will always be held in higher regard.

(Video) **Artistry:** We look for dancers who can go beyond executing steps during choreographic material. Displaying an active stage presence plays a part in our selection of candidates. Our program focuses heavily on expressiveness. Our repertoire and acting classes focus on overcoming stage fright and reaching a new level of artistic excellence.

2. Example of photo submissions

Headshot: A good headshot is clear, professional, and highlights the dancer's natural features, with minimal makeup and a confident expression.

What to avoid:

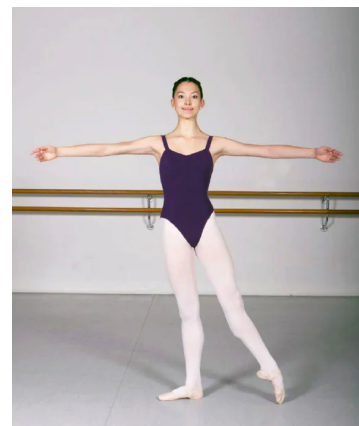
- Heavy makeup (especially for younger dancers)
- Messy hair (ballet buns are not mandatory but a professional clean aesthetic is preferred)
- Overly edited or black & white photography
- Selfies



Example of a good headshot

Artificial intelligence is very strongly discouraged

Poses: We ask for 2-3 ballet or contemporary poses. For example: arabesque, attitude, tendu, port de bras etc. Photos must be of adequate quality and display the full length of the dancer. Performance shots are welcome.



*Examples of good
photo submissions*

Professional photoshoots are **not** required. Make sure you take photos in a well-lit space without a busy background. Photos can be taken on phones and at home. We only look at the quality of the poses.

3. Video

This can include a variety of materials such as classwork exercises, classical ballet variations, modern or contemporary choreography that showcase technical skill, artistry, and versatility. **Videos must be at least 2 minutes long and not exceed 15 minutes.**

Avoid:

- Group dances
- Videos that are older than 12 months
- Blurry footage



4. CV

Keep the layout clean and easy to read. Use bullet points for clarity. Stick to one page if possible, especially for younger dancers.

A good CV includes (if applicable):

- General information (full name, age, languages spoken, details)
- Training background with dates (current and past dance schools and academies)
- Styles trained in (e.g., classical ballet, contemporary, jazz)
- List of productions and roles performed
- Competitions participated in (name, year)
- Any awards or recognitions received
- List any significant intensive programs attended (name, location, year)
- Relevant extra skills

Don't worry if your CV is short—quality is far more important than length. Please avoid embellishing your experience. A concise and accurate CV is always better than an overly detailed one.

5. Personal story

We want to understand what kind of person you are.

For example: Why do you love to dance? What do you hope to learn at our intensive? What are your hobbies? What has been your favourite dance experience? What was the first ballet you watched? Who is your favourite ballerina? What is your dream dance role?

Do:

- *Be genuine* (Write honestly about your passion, goals, and experiences. Authenticity is more impactful than trying to impress.)
- *Be specific* (Use clear examples, such as a meaningful performance, a lesson that inspired you, or what excites you about this opportunity.)
- *Stay relevant* (Focus on aspects related to your love for dance, your aspirations, and how the program aligns with your goals.)

**Don't:**

- Do **not** use artificial intelligence under any circumstance. It is noticeable and you miss your chance to show us your uniqueness.
- *Don't be vague* (General statements like "I love to dance" without explanation don't leave a strong impression.)
- Don't use clichés (Phrases like "I've danced since I could walk" or "dancing makes me feel free" are overused. Instead, share specific, personal experiences.)

In conclusion:

This guideline outlines the "ideal candidate". However, we are not looking for perfection. After all, we are here to help dancers progress and reach new heights.

What we are looking for is **potential**. We want enthusiastic, eager and goal-oriented students.

If your child has a deep desire to dance and the determination to work toward their goals, we are here to guide, teach and inspire.