

## 2026 SUMMER AUDITION VIDEO SPECIFICATIONS

The video should be approximately 10 - 15 minutes in length and portray the student in practice clothes (girls training track applicants in leotard and tights without skirts; boys training track applicants in T-shirt and tights) in an abbreviated class with the following barre and center exercises. Pointe work is required only for students 12-18 who are applying for the 5week Summer Course in NYC. See bottom of page for pointe work specifications by age.

We recognize that students may not have access to a ballet studio for filming their audition video. If you are recording your video application at home or in a non-traditional dance space, please only include the listed steps that can be safely executed. The pointe work requirements listed below may be modified as needed based on the limitations of your floor surface.

**Please do not include any variations or performance footage in the video audition.**

### **BARRE EXERCISES** (for all ages)

Please film barre work from a side (slightly front) angle. Position the camera as close as possible but ensure that that your entire body is fully visible from head to toe for both barre and center work. The video should be filmed in a landscape/horizontal orientation.

All should be simple combinations

- Two demi-pliés and one grand plié in first, second, fourth and fifth positions (one side)
- Tendu (both sides)
- Rond de Jambe (à terre & en l'air) (both sides)
- Frappé (both sides)
- Développé (both sides)
- Grand Battement (both sides)

### **CENTER EXERCISES** (for all ages unless otherwise indicated)

Where applicable, please include combinations that demonstrate both sides.

**Note, that you should only include exercises that apply to the applicant's age at the time the video is being recorded.**

- Battement Tendu
- Adagio (ages 10-12) – simple combination for four 8-counts
- Adagio (ages 13-18) – incorporate développé à la seconde and promenade in arabesque
- Pirouettes (ages 10-12) Single or double pirouette or relevé passé if pirouettes have not yet been learned • Pirouettes (ages 13-18) – Single and double pirouette from fourth and fifth position
- Glissade Assemblé
- Glissade Jeté
- Petit Allegro with Battu (ages 13-18)
- Grande Allegro with tour jeté or grand jeté or cabriole.
- Boy Training Track Applicants: Single or double tour en l'air
- Boy Training Track Applicants (ages 14-18): Entrechat six

### **POINTE REQUIREMENTS**

Pointe is required for 12-18 year olds applying to the girls training track of the 5-week Summer Course.

**12-13 year olds (including 11 year olds who will be 12 by July 31, 2026 and are applying to the Summer Course)** Show the following in center if you have begun training these steps without the barre.

- Relevé in 1<sup>st</sup>, 2<sup>nd</sup>, and 5<sup>th</sup>
- Echappé to 2<sup>nd</sup> and 4<sup>th</sup>
- Passé relevé
- Pirouette from 4th

### 14 year olds

Complete all barre exercises on flat. Wear pointe shoes for the following center exercises.

- Single or double pirouette from 4<sup>th</sup> and 5<sup>th</sup>
- Echappé to 2<sup>nd</sup> and 4<sup>th</sup>
- Relevé in arabesque
- Piqué turns across the floor



### 15-18 year olds

All barre and center work should be done in pointe shoes, if possible. If floor circumstances are not ideal, wear your pointe shoes only for barre/center exercises that can be completed safely.

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## Uploading your video

All videos must be uploaded to a streaming service such as YouTube or Vimeo prior to submitting the online application. You will be required to provide a link/url to your final video in the application. YouTube is the preferred viewing platform for SAB's faculty. Instructions for uploading your video to YouTube are included below.

1. Navigate to [www.youtube.com](http://www.youtube.com).
2. Sign in to YouTube, you can use your Google account to log in to YouTube. If you do not already have a Google account, you can sign up for one here <https://accounts.google.com/SignUp?hl=en>.
3. In the top-right corner, click CREATE  > Upload videos .
4. Select the file you'd like to upload. Please only upload one video. You can combine video files in programs such as iMovie before uploading to YouTube. It is difficult for our faculty to properly access and evaluate submissions that contain multiple video links such as playlists.
5. As the video is uploading, you will be asked to include a title. You may title this video anything you like, such as "SAB Audition Video". The title does not need to include the applicant's name.
6. Under "Audience," please select "No, it's not made for kids". This video is intended for the viewing by our faculty, not children. In previous years, we have had difficulty with some videos being taken down when "Yes, it's made for kids" is selected.
7. Under "Visibility," please select "Unlisted." An unlisted video is secure and private as it can only be viewed by individuals with a direct link. An unlisted video will not be searchable on YouTube and will not show up on your public YouTube channel listings. Private videos cannot be accessed and we do not recommend uploading a public video.
8. Your video will be published once your upload finishes and you save all your settings. You can then copy the video URL and add this to your online SAB application form.
9. You can also watch a video upload tutorial here <https://youtu.be/6C4dEpT0rYg>.

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