

DANCE AUDITION PREPARATION TIPS

The audition period is an exciting time of year and we always look forward to meeting a diverse group of prospective students.

Those that take part often tell us that they really enjoy the day due to the relaxed and friendly atmosphere. **You will have the opportunity to learn more about our approach, while we find out more about who you are as a dance artist.**

Here are some top tips:

- 1) **Think about why you have applied to Trinity Laban**, as you will be expected to answer this question during your interview. We want to know what research you have done about the conservatoire and your chosen programme, and how you think our training can help you progress as a professional dancer and artist.
- 2) **Make sure you fully understand the audition requirements** for your chosen programme, which the admissions team has emailed to you. If you have any questions, please do get in touch by emailing admissions@trinitylaban.ac.uk and the team will be more than happy to help.
- 3) **Get the easy bits right.** Make sure you are eating well, keeping hydrated and wearing comfortable dancer wear such as soft ballet shoes (essential), leggings, socks, a vest, T-shirt and/or leotard. Feel free to play around with colours – this may even help the panel identify you.
- 4) **Show you are engaged.** It might sound obvious, but things like leaning on the barre or talking while an exercise is going on is distracting and can suggest you are not fully committed to the audition. Ask questions, be alert and remember that you are being auditions on all aspects (not just your technical ability).
- 5) **Be open-minded.** We are not looking for the finished article – we want to see that you are prepared to take risks and step outside your comfort zone. Some people have been in dance training since they were little, and some find the prospect of improvising paralysing. The ones who stand out are the ones who put themselves out there – if you go wrong do it with confidence!
- 6) **Show your strengths**, and don't focus on your weaknesses. Auditions are not designed to trip you up – we are looking for potential and what you might be able to bring to your dance training, regardless of previous experience. We love it when candidates come from a variety of backgrounds – showcase what makes you different.
- 7) **Have fun and relax!** We know how scary auditions can be, but we want you to do your best. Everyone auditioning is in the same boat as you, and it's ok to be a little nervous if you are able to channel it into enthusiasm for the performance.