

# THE DANCER'S GUIDE TO --- PREPARING FOR AUDITIONS



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# MEET SAM

DANCER, PHOTOGRAPHER, DANCE EDUCATOR

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Here's how I can help you!

Hi there! I'm Sam, founder of Lumosco, a creative photography business that specializes in dance and education to help dancers achieve their goals. I have a BFA in Dance and have been professionally dancing and teaching for over seven years. In my dance-focused business, I share tips about the dance industry through my lived experience in order to help dancers thrive in their individual journeys.



In this audition guide, you will find a wealth of information to best prepare you for your upcoming audition season. Use this guide as a tool while you're preparing your audition materials and refer to the checklist on [page 10](#) the day before your audition for peace of mind and for an extra boost of confidence!

*THIS GUIDE WILL HELP YOU BEST PREPARE FOR UPCOMING AUDITIONS AND HELP YOU FEEL LESS STRESS ABOUT THE AUDITION PROCESS.*

# PREPARING FOR YOUR AUDITION

HELPFUL INFORMATION TO BEST PREPARE YOU FOR AUDITIONING

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## 1 GET A GOOD NIGHT'S SLEEP

This should go without saying, but you feel and perform at your peak and will have plenty of energy with a good night's sleep.

## 2 WARM UP MIND & BODY BEFORE LEAVING FOR THE AUDITION

Keep it simple and do a yoga or pilates video at home prior to the audition to center your mind and body. Usually first thing in the morning is the best time to warm up to help you wake up and feel warm at the start of the day. Plus you're more likely to actually do it right off the bat than wait until later.

## 3 EAT A NOURISHING MEAL THAT WON'T BOG YOU DOWN

Ideas:

- Steel-cut oats or overnight oats with berries and nuts
- Hard-boiled or poached egg with steamed spinach and toast
- Yogurt with granola, dried fruit, and nuts

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## 4 PACK SOME HEALTHY SNACKS

Whether or not you're aware that it's going to be a long audition process, you want to err on the side of being prepared just in case so you can perform at your best and not get worn down due to lack of energy

Ideas:

- Protein bar
- Banana, orange, or berries
- Veggies (sliced peppers, carrots, or celery) with hummus

## 5 BRING A LARGE WATER BOTTLE

Believe it or not, some auditions are held in spaces that don't easily have access to a water fountain nearby. You may only get a 30 second water break and would hate to be late joining back in or miss choreography because you had to run down a long hallway.

It's best to just have one large water bottle or gallon jug to avoid this problem altogether

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### PACK DANCE BAG FOR ALL POSSIBILITIES

You never know what kind of shoes you may need or if at the audition they'll randomly ask if anyone taps or has character heels. Or you may show up in a leo and tights only to find out that everyone else is in more casual dancewear. You'll be more likely to land a job if you're prepared. You'd hate to have forgotten certain shoes or items at home because you didn't \*think\* you'd need them and end up missing out on a job because of it.

- All dance shoes you own:
  - Character shoes
  - Tap shoes
  - Jazz shoes
  - Ballet shoes
  - Danceable socks (multiple)
  - Indoor-only dance sneakers
- A backup outfit:
  - Extra shorts, leggings, tights, leotard/biketard, fitness top as an option in case you show up and the audition attire isn't what you expected
- Extra hair and makeup supplies
  - Hair ties, bobby pins, hairspray
  - Makeup for touch-ups if needed

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## 7 BRING DANCE BUSINESS CARDS

Hear me out. If you're already one step ahead and have a website for your dancing set up, you'll want to order business cards with your name, email, dance Instagram, website, and what you do (instructor, choreographer, freelance performer, etc) on them.

You never know who you'll meet at an audition (even if it's not regarding that audition at all). You may not have time to tell someone to go look you up on Instagram or Facebook, so here is where having a "business" card to hand out is a viable option.

Business cards can be used to get your name out there for performance opportunities, choreography jobs, or teaching work. Auditions can sometimes have a solid amount of down time to chit chat with the dancers around you. You never know, you may strike up a conversation with someone who may be looking for a new teacher at their studio at an audition!

Word to the wise, don't hand these out willy-nilly though. Feel it out and only give them out if you feel you've made a good contact. It can be off-putting if you are just passing them out like free candy to anyone and everyone at an audition.



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## PACK STURDY FOLDER WITH PRINT MATERIALS

Have several copies of your performance resume, CV, and headshots printed and in this folder or binder

Having back ups of each of these items is beneficial. Say one copy gets spotted in raindrops, or gets a bend, tear, or crinkle. You have backups of each of these and don't have to worry.



## ALLOW PLENTY OF TIME & ARRIVE EARLY

Leave super early for auditions, always. Allow time for traffic, parking, or delayed public transit or ride sharing.

Especially if it's a big audition, arriving early usually gives you space and time to warm up and sometimes this gives you an earlier audition slot too.

If something does happen and you're running more behind than you planned, you've allotted enough of a buffer to still arrive on time. Showing up late to an audition is one of the worst first impressions you can give, so plan plenty of time to arrive early.

# BONUS PREP

FOR A LITTLE EXTRA PREPAREDNESS!

## \* **BONUS:** PRACTICE & BE COMFORTABLE WITH IMPROV

So often there is a section of an audition dedicated to improv. By knowing this ahead of time, you can prepare yourself by getting comfortable with improv-ing for a table of directors.

Practice making fresh choices and showing what you do best. It doesn't have to be fancy tricks, maybe it's how fluid you are in your movement, your dynamics, floor work, musicality, or ability to tell a story. Make a list of what you're best at and get comfortable including your strengths into your improv and cater to the style of audition you'll be attending.

## \* **BONUS:** REMEMBER THAT IT'S NOT ALWAYS NAILING THE COUNTS, OR BEING THE BEST AT SOMETHING THAT LANDS YOU THE JOB.

Casting directors may be looking for something different and it could be anything from being detail-oriented, self-directed, focused, positive attitude, ability to recover from mishaps, performance expression, or ability to match the energy of those dancing around you. It isn't always about showing off how long you can balance on relevé or that you can pull out a quadruple pirouette when they only asked to see a double. Listening and following directions are just as important in auditions than the technical side of things.

## \* **BONUS:** WRITE A NOTE OF GRATITUDE

Write yourself a simple letter of gratitude OR journal a few things that you're proud of, some of your accomplishments, and some of your favorite attributes (can be physical features, skills your proud of in your dancing, personality traits, etc). This will help ground & center you, help ease the nerves, & remind you why you're here in the first place!



## REMINDER:

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*Be yourself, have fun, and let your strengths and personality shine! At the end of the day, and after you've gone through this checklist, that's all you really have to do. Show up, put your best foot forward, and go rock this thing!!*

*With time and practice, auditions do feel easier. Don't let the first couple iffy auditions get you down. Pick yourself back up, reminder yourself that you are worthy of these opportunities and keep showing up.*

**YOU'VE GOT THIS!**

# AUDITION CHECKLIST/TIMELINE:

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Use this checklist & timeline for auditions to ensure that you're fully prepared.  
This checklist is to help ease the stress & any day-of jitters.

## *A WEEK OUT:*

- UPDATE & PRINT RESUME & HEADSHOTS  
at least 2 copies of each
- PRACTICE & BE COMFORTABLE WITH IMPROV

## *NIGHT BEFORE:*

- PACK SOME HEALTHY SNACKS
- PACK A LARGE WATER BOTTLE
- PACK DANCE BAG FOR ALL POSSIBILITIES  
all dance shoes, backup outfit(s), towel, extra hair ties/bobby pins
- PACK BUSINESS CARDS  
if you have them
- PACK STURDY FOLDER WITH PRINT MATERIALS  
resume, headshot, CV - with extra copies
- GET A GOOD NIGHT'S SLEEP

## *MORNING OF:*

- EAT A NOURISHING MEAL
- TRIPLE CHECK AUDITION ADDRESS  
plug into maps, directions ready, & know where to go once there
- WARM UP MIND & BODY BEFORE LEAVING
- ALLOW PLENTY OF TIME & ARRIVE EARLY