

DANCE AUDITION PREP

APPLICATION & RESEARCH

RESUME

RESEARCH

HEADSHOT

MOCK
INTERVIEW

Who am I auditioning for & what is expected? Is there anything specific I need to know to create a routine and put together an overall appearance that is appropriate? _____

What is the dance style? _____

How many days/months until the audition? _____

PLAN & PRACTICE CALENDAR

PRACTICE ROUTINE

STRETCHING/FLEXIBILITY

WORKOUT/EXERCISE

MEAL PREP

What do I need to concentrate on? _____

What days/times will I concentrate on my routine, exercising, stretching, etc.? _____

What are any important dates relevant to the audition? _____

SELF-REFLECTION & EVALUATION

What are my strengths? _____

What are my weaknesses? _____

What makes me feel confident? _____

What makes me feel insecure? _____

What areas do I need to focus on? _____

Write down a few affirmations to remind yourself of every day:

APPEARANCE

MAKEUP

- EYESHADOW
- MASCARA
- EYELINER
- MASCARA
- BLUSH
- LIP PAINT/STAIN
- GLITTER

HAIR

- HAIR SPRAY
- BOBBY PINS
- HAIR TIES
- EXTRAS (RIBBON, BOWS, ETC.)

WARDROBE

- LEOTARD
- TIGHTS
- SHOES
- DRESS (IF APPLICABLE)
- SHIRT (IF APPLICABLE)
- PANTS (IF APPLICABLE)

What is the overall look I want to achieve? _____

Are there any guidelines I have to follow? _____
