

NCA/NDA Tryout Video Tips

Please note that you must turn 18 years of age by May in order to apply for Staff this summer. If you do not meet this requirement, please keep this application in order to apply next year.

- Start early – it can be stressful to put together a quality DVD at the last minute.
- Think of your video as a job interview – Let us get to know YOU!
- Review your video before sending it in to be sure you have all requirements.
- Please do not wear warm-ups, t-shirts, wraps, or any other over-sized clothing.
- Only include the best of your abilities in each segment of the video.
- Be sure to look your best in everyway: hair, make-up, etc.
- Technique is the key – there is no substitute for solid, well-rounded technique.
- Send your DVD in an appropriate package. (DVD's are easily broken in the mail.)
- Please be aware the deadline for your application is December 1.
- Showmanship, personality and speaking skills throughout the video can really set your video application apart from the rest!