



# STARZ Video Submission: 2025 Spring Season

## ACCEPTING NEW TEAMMATES!

### Tuition Based Pre-Professional Performance Team

To apply, please read and follow the directions for NEW teammates below.

**Deadline to submit Application & Videos for 2025 Spring Season: Friday March 21, 2025**

- > Accepted students will be placed in one of three STARZ class levels, each requiring 3 specific weekly training hours plus 1 exclusive STARZ choreography class per week (Thursday evening availability is required; schedule details for other requirements TBA). Ages 10-21 yrs.
- > **Online Application including Video Submission:**  
Complete Zoho Online Form (use QR code or link to access form) and upload video links within this form. Deadline: March 21st
- > New teammates announced: Fri March 28th. Starz must confirm their spot on the team by Tues April 1st.
- > 'Mandatory Group Meeting' will be scheduled for BOTH students + parents on Thurs April 10th (during class time). Missing this meeting will disqualify you from joining Starz this season.
- > New season starts & Starz officially begin taking their Required classes during week of Mon April 14th.



#### • **Video Requirements + Directions: 3 parts**

**(A.) AERIAL FOOTAGE:** Please videotape 1 minute of class-based footage on each of the 3 standard apparatus, including silk, lyra & hammock. Students should simply film their favorite skills in a continuous sequence, highlighting their best assets in a safe and artistic manner. All skill levels will be considered for separate levels within this program. Multiple videos may be sent, with up to 5 minutes total footage. Footage must be current; filmed within the previous 60 days. (Please no staged/show/professional videos or costumes.)

**(B.) STRENGTH DEMO:** Please videotape the following strength skills: at least 2 pull-ups, 5-count strong hold, 2 rock-n-rolls, and 2 straight-leg v-ups (AKA: 'Level-up Combo'). Preferably performed consecutively to the best of your ability. \*Note: This strength requirement will not be a disqualifier for new students wishing to apply. Students may use modifications such as a wrist wrap or by breaking down each skill into more simplified parts.

**(C.) INTRODUCTION:** Additionally, please videotape yourself stating full name, age, future goals, and description of aerial experience, whether it has been at AntiGravity or elsewhere. (This can be included with in one of your other videos.)

- **Additional Application Policies:** AG Management may not help students with video material.
- **Curriculum:** This program focuses on preparing students to perform professionally, which includes physical training, creative work-shopping and informational forums. Applicants will be assessed based on age, technical training, performance experience, physical strength, technique, commitment and overall talent & potential. AntiGravity's STARZ Team performs at special promo events, student shows and receives unique opportunities to participate in creative projects not normally open to regular students. This program challenges our most talented and dedicated students to reach their highest potential.
- **For questions:** See Front Desk during business hours OR email [FrontDesk@anti-gravity.com](mailto:FrontDesk@anti-gravity.com) OR schedule an appointment to meet with Heather or Daniela.