

A background image showing two aerial silk performers in a circus tent. One performer is in a crouched position on the left, and another is in a more extended position on the right. The scene is lit with warm, golden light, and the tent's structure is visible in the background.

Circus Magnet Information

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Class Expectations

Students that join this program are expected to challenge themselves physically, mentally and creatively. We seek students that are willing to learn and grow as individuals and as athletes.

There are accommodations and progressions for every exercise and our qualified teacher and coaches evaluate individuals on the level they are on and encourage them to learn new skills. **Students receive a daily evaluation grade. Students must dress appropriately and participate in activities in order to receive credit for the day.**

Excuse notes must be brought to the school nurse to get a **health problem/injury** on record. Until the health record is updated, students who do not participate, receive a zero for the daily grade.

The Circus Magnet Program has the same **absence policy** as the school. Students with outstanding numbers of unexcused absences will be placed on probation. Students on probation are at risk to lose their position in the program.



How to Apply:

The Circus Magnet Program Application is available on both the Circus Arts Conservatory website as well as the Sarasota High School website.

To find the link simply search: Circus Magnet Program

There are three steps in the application process:

1. Application Submission
2. Letter of recommendation from a mentor, teacher or coach
3. Audition video submission emailed to Ms. Dakota Carrera

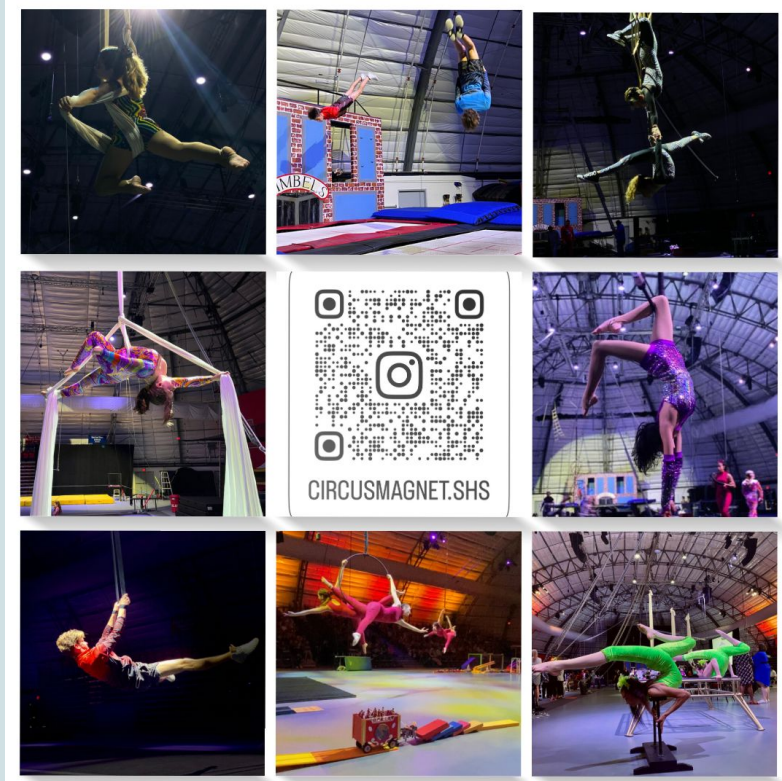
Dakota@circusarets.org

Physical Requirements/Audition Qualifications

Year 1	Year 2 (grade 10+)	Year 3 (grade 11+)	Year 4 (grade 12)
Chin Tuck Hold- 10 seconds	3 Pull-Ups	5 Pull-Ups	10 Pull-Ups
1 Toes to Bar or 90 Degree Pike	2 Toes to Bar	5 Toes to Bar	10 Toes to Bar
Close Grip Straddle Up	1 Swivel Hip (both sides)	5 Swivel Hip (both sides)	10 Swivel Hip (both sides)
Cartwheel	Round-off Rebound	Back Handspring	Round-off Back Handspring x2
Handstand	Handstand Forward Roll	Handstand Forward Roll Pike Up Handstand	Straddle Press Handstand
Bridge (back bend)	Backbend Kickover	Back-Walkover	Back-Walkover Pause Handstand
5 Push-Ups	10 Push-Ups	15 Push-Ups	20 Push-Ups

Video Tutorial:

Follow us on instagram @circusmagnet.shs



Course Description (Year 1):

Training and Managing Injuries

Course # 1502490 - .5 Credit Hours - Quarter 1

The purpose of this course is to provide a solid foundation for students to develop a healthy and balanced lifestyle. This course introduces students to injury prevention and sports psychology that focuses on the demands of a circus performer.

Lifestyle Fitness

Course #1501300 - .5 Credit Hours - Quarter 2

This course is designed for students to demonstrate knowledge and skill of circus performance by applying a variety of circus training activities that result in a healthy quality of life. Activities include body awareness and necessity for rest, fundamental motor skills, movement activities, dance, physical theater skills, fitness, and adventure.

Movement Composition

Course # 1503400 - .05 Credit Hours - Quarter 3

The purpose of this course is to provide opportunities for students to identify a general or specific area of study. Students will identify their own strengths in creating a small group ground and aerial act.

Aerial Awareness and Acrobatics

Course #1501390 - .5 Credit Hours - Quarter 4

The performance of physical activities on aerial and acrobatic equipment is a central and integral part of this course. Throughout this course technique and creation of performance skills will be demonstrated.

Course Description (Year 2):

Circus Specialties

Pre-AICE Course # 3026015 - 1 Credit Hour - Quarter 1&2

This course is designed for students to demonstrate knowledge and skill of circus performance by applying a variety of circus training activities that result in a healthy quality of life. Activities include body awareness and necessity for rest, fundamental motor skills, fitness, and research.

Circus and Career Exploration

Course # 1503410 & Course # 1503420- 1 Credit Hour - Quarter 3&4

This course is designed for students to demonstrate knowledge and skill of circus performance by applying a variety of circus training activities.

Course Description (Year 3):

Intermediate Circus Techniques

Course #1502410 & Course # 1502420 - 1 Credit Hour - Quarter 1 & 2

This course is designed to extend the student's knowledge and skills of the circus arts to achieve higher levels of self-development for strength, flexibility, and fitness.

Circus Arts Capstone: Circus Specialties

AP Capstone Seminar #1700500 - 1 Credit Hour - Quarter 3 & 4

This course is designed to provide advanced opportunities for students to continue with training and experimenting with acts, defining themselves as an athlete and performer.

Course Description (Year 4):

Advanced Circus Techniques

Course # 1502300 and #1502310 - .05 Credit Hours - Quarter 1 & 2

Complex combinations and sequences demonstrating sophisticated choreography will be performed.

Students will show proficiency in a variety of circus skills with a high level of control.

Circus Arts Mixed Media Research

AP Capstone Research # 1700510 - 1 Credit Hour - Quarter 3 & 4

In this course, students will research, conduct interviews, and self-reflect to create a compelling and exciting portfolio to be presented to Circus Producers.

Important Links:

Application:

<https://forms.office.com/Pages/ResponsePage.aspx?id=E9pctx3TRUedpjocyHRS0beaHbY8PY5Huy55nYLj4wVUOVQ5T083MExBUzdLOUMzNTFYT0k5TIkyMy4u>

Letter of recommendation:

https://docs.google.com/forms/d/e/1FAIpQLSe0WcrbIYmmNvQgd5pMxchWRHYIIC7-PdFW_0F6EfWW1uuKgw/viewform?embedded=true

Videos:



Photos:

