

NYB understands that auditions can be an unfamiliar process for many young people and so, to help you prepare ahead of your audition day, we have gathered some of the best advice from our wonderful team to share with you.

Barbara Palczynski- Chief Executive

"Breathe, relax, focus, enjoy. We are your audience and we want to see how much you love dancing!"

Jo Meredith- Creative Director

"Try to relax and have fun, we want to see the best of you! Remember we are not only looking for fab dancers but we are also looking for warm and generous company members, who want to work together as a team! "

Louise Bennett- Artistic Director, Residential Performance Company

"Remember that the people at the front of the room are rooting for you! Auditions can feel scary and nerves are totally normal, but everybody on the team genuinely wants you to enjoy the day as much as you possibly can. So don't worry if you feel like you make a mistake or something doesn't work the way you wanted it to, just have fun!"

Amelia O'Hara- Artistic Administrator, Rehearsal Director

"Breathe, enjoy the moment and trust in your abilities. Try to show the panel your love for dance, it's important that they get to know you as an individual. My top tip for staying calm was to make sure I had everything ready the night before."

Charlie Brittain- Moving Minds Lead Practitioner

"Aim to commit to the present moment - allow your personality and presence to shine through. We are looking for performers that can be nurtured and challenged, that bring a sense of community and support into the studio"

Charlotte Goffin- Social Media Coordinator

"When going into an audition, always take it as an opportunity to show why you love to dance. Artistry is the biggest gift a dancer can have. Enjoy each moment and the experience of being in a safe and encouraging environment. Listen to the music and take any audition as a chance to continue to grow as a dancer"

Ciara Clayton- Rehearsal Director, Residential Performance Company

"Stay focused on presenting your true self as that is who we want to see dancing."

Sayaka Ichikawa- Audition Teacher, London

"Give yourself plenty of time to warm up before the audition. Try not to get distracted by other dancers around you or compare yourself to others. It's very important to stay calm and focus the minute you enter the studio. If you have any questions, don't be afraid to ask!"

Emma Price- Audition Teacher, Birmingham

"My tip would be to try and be yourself. It's what makes you different from the person next to you so try and show the panel a little bit of you and your personality as well as your technique."

Tierney Lawlor- Beyond Ballet® emerging artist

"My piece of advice would be to enjoy the audition as an experience without worrying too much about the outcome. If you put lots of pressure on yourself, chances are you'll be nervous and may not perform your best. In class, the mistakes you make are learning moments, just like they should be in an audition! No audition panel is looking for perfection, they just want to see you be you!"

Alice O'Brien- Beyond Ballet® emerging artist

"Try not to put huge amounts of pressure on yourself in the audition room. Have fun, be in the moment and enjoy getting to dance and share the space with new faces!"

Hannah George- NYB Alumni

"My advice -Stay true to yourself and show NYB what you as an individual can bring to the company. Comparing or worrying about other people around you is very normal, but as long as you try your best, you have done a good job! No matter the outcome, it is a chance to meet and dance with other dancers, and valuable audition experience."