



Point Park University Dance Team Video Submission Guidelines

As part of the Spirit Programs, our team consists of dedicated, athletic student-athletes who serve as ambassadors of school spirit while representing the University at athletic events, competitions, and community appearances.

The following video submission allows us to evaluate your skills, presence, and potential as a member of the Point Park Spirit Program.

Submission Deadline: April 30, 2026

Submit to: spiritprograms@pointpark.edu

Introduction (30 seconds – 3 minutes)

Please introduce yourself and include:

- Name
- Age
- Hometown
- Current Dance Team / All-Star Gym
- Brief dance background

Please also address the following:

- Why are you interested in the Point Park Dance Team?
- What makes you a strong candidate for a collegiate dance program?
- What is your intended major?
- Are you most interested in game day, competition, or both?

Skill Demonstration – Required Elements

Two 45-second Choreographed Combinations; 2 different styles Jazz, Hip Hop, Pom

Technical skills (All dancers should include all skills listed in their submission):

- Jete and Center Leaps R & L
- Calypso/Fan Leap R & L (Can finish to ground or standing)
- Switch Leap R&L
- Toe Touch, Double Toe Touch
- Pirouettes R & L (At least triple on right leg)
- A la seconde turn combo; Showcase all advanced skills; Minimum two 8 counts
- Kick/Flex: Grand Battement R & L, Leg Hold R& L, Leg Hold Turns R&L and Extensions/Tilt R& L (Assisted or unassisted)

If there is a skill you are unable to perform, skip it and demonstrate what you can do safely and confidently.

Optional Skills (No skills required from this list in submission):

- Advanced Switch Leaps: Switch tilt, switch firebird, switch second, etc.
- A la seconde turns on the left;
- Any additional advanced turns, leap or jumps you would like to showcase
- Kip Up/BHS Kip Up
- Side Aerials
- Front Aerial
- Headspring
- Back/Front Handspring
- Any Additional Tumbling

Filming Guidelines

- Videos do not need to be professionally edited
- Ensure proper lighting
- Full body must be visible in all clips
- Film straight on for the best angle
- **Attire:** Collegiate appearance

Submission Notes

Please include only skills you can safely and successfully execute. We are looking for strong fundamentals, technique, and overall presence—not perfection.