



The Polaris Experience

An Interactive Performance



2023 PARTICIPANT
PACKAGE

Polaris

2023 PERFORMER PACKAGE

TABLE OF CONTENTS

GENERAL INFORMATION

How it works 3

Rehearsal Etiquette 3

Role Outlines 4

What to Expect/Prepare for
Auditions 6

SCHEDULING 7

VOLUNTEERS 8

GENERAL INFORMATION

HOW IT WORKS

- This year, Polaris will be performed at total of 12 times over 3 days! There will be two individual casts, with each group performing 6 shows over two days.
- Starting in September, students may audition for roles. Please note: you may only be in ONE role per show. Due to the increased number of performances this year, it is important that students recognize their limitations.
- Rehearsals will occur weekly through October and November, with an increased rehearsal schedule in December.
- There are no fees to participate in the performance; however, *commitment is vital*, and as a result, any students who are unable to commit to the full rehearsal and show schedule will be asked to step back from performing.
- **YETIS ARE BACK, PARENTS WE WANT YOU!** Yetis are a chance for parents and other sundry adults to jump in the fun. There is no set audition or rehearsal schedule for Yetis, as we understand commitments. You just sign up for the cast and go!
- All costumes, hairpieces, or specialised makeup is provided by Triumph. Students are expected to provide their own basic glamour makeup, if required, as well as personal hair appliances and 'invisible' undergarments.

Only parents in an active volunteer role will be permitted to remain on the premises during rehearsals and performances.

REHEARSAL ETIQUETTE

- Participants are expected to arrive in regular dress code with a complete rehearsal bag to the gym for all rehearsals.
- Intermediate & Advanced students are expected to warm-up independently *before the start of rehearsal*
- Arrive on time and prepared. Use quiet voices at all times Listen and follow instructions from staff and parent volunteers.
- Eat only in designated areas and NEVER without covering your costume No running/playing on equipment and seating.
- Use appropriate language and discussion topics for all ages
- **WHAT TO PUT IT YOUR REHEARSAL BAG**
 - waterbottle
 - notebook & pencil
 - quiet activity for downtime
 - Phone or recording device (if desired) to record choreography

GENERAL INFORMATION

ROLE OUTLINES: ACT I

Role	Definition	Act Name	Ages	Spots	Notes
Sunrise	Opening performance on stretch silks	Opening	10+	1-4	For intermediate and advanced silks students. Must be able to perform multiple skills in a row on stretch silks, and learn choreography.
Polar Bears	Friendly cozy fluffy bears that build human pyramids	Opening	5+	<i>unlimited</i>	Open to any student registered in a general circus or acrobatic based program. Students will need to learn approximately 2 minutes of choreography and perform group acro tricks
Seals	Loveable, shenanigan-based contortionists	Opening, Snowstorm	10+	5	For advanced acro students and contortionists only. Costume removes the use of feet and requires a high level of strength and endurance, as well as comfort holding and moving through chest stands
Jr. Snowflakes	knotted silks performance	Snowstorm	5-9	1-4	For junior aerial students, this is a performance on silks tied in the knot and used like hammock. Some choreography and memorization will be required.
Sr. Snowflakes	A silks performance of snow	Snowstorm	9+	1-4	For silks students in beginner levels, or adult beginners. Snowflakes learn approximately 3 minutes of aerial choreography
Night Sky	Bar Aerials in the Dark	Night	9+	1-4	For bar aerial students in level 2 and above. Students will need to learn an extended amount of choreography and perform in a dimly lit environment.
Aurora Borealis	Aerial Dance	Night	11+	1-4	Students are suspended from the wall in harnesses, dancing to create an aurora. This is an advanced role, as it requires experimentation, core strength, and extensive dance-based choreography
Elves	Agents of chaos, elves kick the audience out	Elves	5+	<i>unlimited</i>	This is the preferred entry point for new performers in beginner levels, with less choreography and skill demands. Includes limited aerial use, many toys, clown and acro
Guide #1	Principle	All	adult	2	We want adults for this one! To facilitate adult lives, there will be an individual guide for each day of performance. Physical requirements are minimal, and you will be provided with a 'base-point' script to work from.
Arctic Wind	Principle	Opening, Snowstorm, Night	11+	1	Wind is a mixture of dance and movement that brings the storm and sends it away. The role requires an advanced level acrobat with the ability to dance and personify a character. Extensive choreography is involved.
Moon	Principle	Night	11+	1	Approximate 2 minute aerial hoop solo

GENERAL INFORMATION

ROLE OUTLINES: ACT II

Role	Definition	Act Name	Ages	Spots	Notes
Yetis	Acrobatic Comedic Relief	Yeti, Finale (opt)	Adult	5	Adults get a chance to 'try' all the equipment and fail in fun and spectacular ways. As with other adult roles, yetis are signed up by the day, not by the cast. Younger students may accompany parents as 'baby' yetis. Yetis may opt to be included in the finale
Snow Bunnies	Tumbling tinies	Bunnies, Avalanche, Finale	7-10	5	For intermediate and advanced but still small tumblers and trampolinists. Bunnies bounce around the mountain and rod floor. Extensive choreography for both the bunny and finale numbers is involved
Avalanche	Trampoline & Tramp Wall	Avalanche, Finale	8+	8	For intermediate and advanced trampoline students- turning the trampoline into a mountain to be scaled and tumbling down. Extensive choreography for both the avalanche and finale numbers is involved.
Polaris	Principle	Polaris	12+	1	Think you have what it takes to be a showstopper? This is a 4 minute aerial solo- the more beautiful the better. Choice of apparatus
Mountain Spirit	Principle	Avalanche, Finale	11+	1	For advanced tramp student- must have solid flipping and tramp wall skills, leading the avalanche. Extensive choreography throughout the second act must be learned.
Guide #2	Principle	All	13+	1	Mix of theatre and acro, the guide brings the audience into the second act and interacts with the avalanche and bunnies. This role involves a small amount of speaking and a lot of physical theatre.

GENERAL INFORMATION

WHAT TO EXPECT/PREPARE FOR YOUR AUDITION

Role	What to Expect/Prepare
Elves	Students will be led through a variety of acting games and given an opportunity to show off their favourite skills on aerials, floor, or toys. Come ready to listen and with a list of 2 or 3 skills you wish to show. All students will be cast if behaviour allows.
Polar Bears	Students will be asked to perform a variety of basic acro and partner skills. All students will be cast if behaviour allows.
Jr. & Sr. Snowflakes, Night Sky, Sunrise	Students will be asked to perform a variety of aerial skills or a short aerial choreography and to repeat a basic floor choreography. Students not accepted may participate in Elves if desired. NOTE: <i>Sunrise auditionees are expected to arrive before audition time and warm up autonomously.</i>
Avalanche, Snow Bunnies	Students will be asked to present their existing skills and repeat a basic choreography. Students not accepted may participate in Polar Bears if desired. NOTE: <i>Auditionees are expected to arrive before audition time and warm up autonomously.</i>
Seals	Students will be tested on contortion and movement skills, including being asked to repeat a variety of combos and skills with ankles tied. NOTE: <i>Auditionees are expected to arrive before audition time and warm up autonomously.</i>
Aurora Borealis	Students will try out the harness and be asked to try some basic movements as well as repeat a basic floor or aerial choreography. NOTE: <i>Auditionees are expected to arrive before audition time and warm up autonomously.</i>
Guides	Students will be asked to read a short script and participate in basic theatre games, as well as present their existing TNT skills.
Moon, Polaris, Wind, Spirit of the Mountain	Students are asked to present a 1-2 minute prepared routine the highlights their skill, performance quality, and creativity. Wind: acrobatic dance Moon: aerial hoop Polaris: aerial discipline of choice Spirit of the Mountain: Trampoline NOTE: <i>Auditionees are expected to arrive before audition time and warm up autonomously.</i>

Polaris 2023 PERFORMER PACKAGE

SCHEDULING: SHOW CAST ASSIGNMENT

	THURSDAY DECEMBER 14	FRIDAY DECEMBER 15	SATURDAY DECEMBER 16
CAST A	5pm, 6pm, 7pm	-	1pm, 2pm, 4pm
CAST B	-	5pm, 6pm, 7pm	6pm, 7pm, 8pm

OCTOBER & NOVEMBER REHEARSALS

DECEMBER 1-8 REHEARSALS TBD

THURSDAYS	FRIDAYS	SATURDAYS
Polar Bears cast A: 4:45-5:15pm Polar Bears cast B: 5:15-5:45pm	Aurora Borealis (both casts): 8-8:45pm	Elves: cast A: 3:30-4:15pm Elves cast B: 4:15-5:00pm
		Hammock Snowflakes (both casts) 5-5:30pm Silks Snowflakes (both casts) 5:30-6:30pm
Avalanche and Bunnies (both casts): 6-7pm	Sunrise TBD	Night Sky (both casts) 6:30-7:30pm
		Seals (both casts) 7:30-8:

PRODUCTION WEEK SCHEDULE December 9-14

Saturday Dec. 9	Sunday Dec. 10	Monday Dec. 11	Tuesday Dec. 12	Wednesday Dec. 13
10-11:30am Cast A: Opening, snowstorm	10-12pm Act I Cast A	4-6:30pm Act I Casts A & B		
12-1:30pm Cast B: Opening, snowstorm	12:30-2:30pm Act I Cast B			
2-3:30pm Casts A & B Night	3-5pm Act II Cast A	7-8:30pm Act II Casts A & B	4-7pm Acts I & II Cast A	4-7pm Acts I & II Cast B
4-5pm Cast A Elves	5:30-7:30pm Act II Cast B			
6-7pm Cast B Elves				

VOLUNTEERING OVERVIEW

We love volunteers!

A production the scale of Polaris takes a team! We are in need of many volunteers- of many different ages. From building set pieces to being stage crew, there are many non-performance based volunteer roles available.

CATEGORY	OPTIONS
<p>Family Volunteering: activities that can be done all together as fun activities!</p>	<ul style="list-style-type: none"> • Building Icy Decorations on Craft Days • Silent Auction minders and entertainers
<p>Childminding open to students and adults ages 12+</p>	<ul style="list-style-type: none"> • Needed for all show week rehearsals and performances • Sign-in and out station • Keeping younger students quiet and occupied
<p>Props, Sets & Costumes adults or older teens- these are non-scheduled tasks that can be done on your own time within a window</p>	<ul style="list-style-type: none"> • Building larger props • Decorating the gym (weekday daytime hours required) • Costume sorting and labelling • Laundry
<p>Administration & Support adults only for these, please! Some roles are tied to scheduling, some tasks are on your own time</p>	<ul style="list-style-type: none"> • Distributing posters & Flyers as needed • Sourcing Silent Auction • Organizing concession items and layout • 'Gofer' role during production week
<p>Showtime Volunteers adults only for money-handling positions, teens are welcome to be crew and learn about stage management in the process!</p>	<ul style="list-style-type: none"> • Sound 'technician' (person who can press play and stop on a computer) • Spotlight operator • Ticket takers • Concession, craft fair, and silent auction volunteers

Volunteer signup will become available on October 1, 2023.

Keep an eye out for the October newsletter!