

**FLYING
FRUIT FLY
CIRCUS**

CIRCA

NATIONAL TRAINING PROJECT

**A two-week training intensive for
those passionate about circus**



1 – 12 JULY 2024

Albury NSW

— WELCOME TO THE 2024 —

NATIONAL TRAINING PROJECT

Train with Australia's finest circus practitioners in the annual National Training Project, a two-week winter training intensive for anyone with a serious thirst for progression and development in multiple circus disciplines.

The Flying Fruit Fly Circus are Australia's National Youth Circus, proudly based in Albury-Wodonga on the border of New South Wales and Victoria. We deliver the only full-time circus training for young people aged 8-18 and create and tour original circus shows for young and family audiences. FFFC has been influencing the growth and popularity of contemporary circus for over 40 years, and our graduates feature in most Australian, and many international circus companies.

In 2024 our partnership with Circa Contemporary Circus to present the National Training Project continues. Circa has pioneered a new wave of contemporary Australian circus that fuses movement, dance, theatre and circus, and has become one of the world's leading performance companies. Circa's work is in high demand around the world and its exceptional ensembles have toured to more than 40 countries, playing to over 1.5 million people.

The NTP gathers together some of Australia's best circus artists teaching skills including group acrobatics, handstands, juggle, cloud swing, tumble, tramp wall and teeterboard. Also on offer is hula-hoop, pole, hoop diving and a variety of aerial disciplines. With a special focus on creative acrobatic research and the intertwining of creative process and skills training, our National Training Project is designed for anyone serious about a career in circus, or a chance for those already working in the industry to improve and refine their skills.

It is an extraordinary opportunity to be trained and inspired by internationally renowned trainers in an award-winning training facility and in the company of like-minded circus practitioners. The emphasis is on advancing skills, but we also offer the chance to work with new apparatus and develop new skills and acts.

Applications are invited from circus artists, trainers and enthusiasts aged 12 years and above.

Closing Date: 31 May 2024 or when sold out

When: 1 - 12 July 2024

Where: Flying Fruit Fly Circus, 605 Hovell St, Albury NSW 2640

Cost: 1 week - \$710, 2 weeks - \$1,300

10% discount for members of affiliate circus organisations

SKILLS ON OFFER AT NTP 2024

| | |
|---|---|
| Active Flexibility | Make your muscles stronger to support an increased range of motion |
| Group Acrobatics | Beginner/ Intermediate / Advanced |
| Aerial Hoop/Lyra | Beginner / Intermediate / Advanced |
| Cloud Swing | Beginner / Intermediate / Advanced |
| Handstands | Beginner / Intermediate / Advanced |
| Tumbling | Beginner / Intermediate / Advanced |
| Hoop Diving | Beginner / Intermediate / Advanced |
| Hula Hoop | Beginner / Intermediate / Advanced |
| Juggling | Beginner / Intermediate / Advanced |
| Pole | Beginner / Intermediate /Advanced |
| Rope/Corde Lisse | Beginner / Intermediate / Advanced |
| Tissu/Aerial Silks | Beginner / Intermediate / Advanced |
| Straps | Beginner / Intermediate / Advanced |
| Teeterboard | Intermediate & Advanced Classes Only. Teeterboard participants should sign up for at least one trampoline class to enhance their teeterboard training. |
| Trampoline | Beginner / Intermediate / Advanced |
| Tramp Wall | Beginner / Intermediate / Advanced |
| Static Trapeze | Beginner / Intermediate / Advanced |
| Double Trapeze | If you choose to specialise in double trapeze it is preferable that you come to NTP with a partner. |
| Ensemble & Sequence Creation | Gain practical insights into creative sequencing, skill refinement, and expanding your repertoire. Led by Circa's Alice Muntz. |

SKILL LEVELS EXPLAINED

A guide to help us schedule your personal NTP journey. You don't have to be able to do all the elements of the level, you just need to have a good understanding of each.

| | BEGINNER | INTERMEDIATE | ADVANCED |
|--|--|--|---|
| ACTIVE FLEXIBILITY | - These classes cater for all levels | | |
| GROUP ACROBATICS | - Basic partner work – candles, bird on feet, thigh stand | - Standing on shoulders (2-high) - Standing in hands - 3 person balances | - Competent 2-high, multiple mounts - 3-high experience - Hand to Handstand - Combinations |
| AERIAL HOOP / LYRA | - 2 x chin ups - Bird balance - Hang by hands & knees | - Good flexibility in shoulders, back & legs - Assisted toe & heel hangs - Back balance | - Heel & toe hangs - Pike lift to bird pull over (no temp) |
| CLOUD SWING | - 3 x chin ups - 2 x skin the cat - 1 x pike leg to bar | - 5 x chin ups - 5 x skin the cat - 5 x pike to bar - Climb rope - Trapeze tempos – stand to sit | - 10 x chin ups - 10 x skin the cat - 10 x pike to bar - Combination rope climbs - Toe or heel hang on trapeze |
| HANDSTANDS | - 15 second dish on floor - 30 second front support - Kick up to handstand | - 30 second dish on floor - 1.5 minute front support - 5 x tuck jumps to handstand - 15 second freestanding handstand - 1 minute handstand against wall | - Can hold one-handed handstand (or working on it) - Variety of handstands in different shapes (Chairs) |
| TUMBLING/ HOOP DIVING | - Forward roll - Cartwheel - Kick up h/s roll | - Head spring - Round off - Assisted backflip | - Round off - Backflip, sault, layout - Running front sault |
| HULA HOOP | - Waist, arm revolutions | - Indefinite waist revolutions - Separations - Some combinations | - Solid 3 hoop separations - Solid combinations and sequences |
| JUGGLING | - Enthusiasm | - Climb pole to top - Climbing variations | - Climbing variations - Static holds/handstands - Drops |
| POLE | - Enthusiasm - Upper body strength | - Head spring - Round off - Assisted backflip | - Round off - Backflip, sault, layout - Running front sault |
| ROPE/CORDE LISSE TISSU/AERIAL SILKS | - 2 x chin ups unassisted - 2 x straddle lifts (lifting legs over head whilst hanging) unassisted - Able to hold a front and back dish on the floor for 30 seconds | - 2 x full length climbs - 5 x chin ups - 5 x straddle lifts - 3 x skill sequences on the tissu or rope - Competent at basic skills – hip lock, catchers, knee climb | - 10 x chin ups - 10 x straddle lifts - Existing full routine - Full length drops & rolls - Non-standard climbs |

SKILL LEVELS EXPLAINED

| | BEGINNER | INTERMEDIATE | ADVANCED |
|-----------------------|---|---|--|
| STRAPS | <ul style="list-style-type: none"> - 5 chin ups - 5 skin the cats | <ul style="list-style-type: none"> - 5 chin ups - 5 skin the cats - Holding support 10 seconds - Holding meat hook, 5 seconds | <ul style="list-style-type: none"> - 10 chin ups - 10 skin the cats - Meat hook combinations - Back Flag - Back planche |
| TEETERBOARD | <ul style="list-style-type: none"> - No basic teeterboard class offered | <ul style="list-style-type: none"> - Knowledge of deadboard, spotting, & jumping positions - Side switch (L/R), back switch - High level jumping - Backsaults exit a bonus | <ul style="list-style-type: none"> - Back sault back to board, no lunge - Linked backsaults - Twisting single somersault - Experienced with flies/overs - Able to run up and push high level tricks |
| TRAMPOLINE | <ul style="list-style-type: none"> - Controlled straight jumps - Tuck/pike/straddle positions - Hands & Knees seat drop/ front drop/back drop (with twists in & out) | <ul style="list-style-type: none"> - Controlled somersaults forward & backward - Linked somersaults - Twisting single somersaults - Somersaults to back and front | <ul style="list-style-type: none"> - Controlled double somersaults forward and back - Controlled multiple twisting single somersaults. - Twisting double somersaults |
| TRAMP WALL | | | |
| STATIC TRAPEZE | <ul style="list-style-type: none"> - 2 x Chin ups - Bird balance - Hang by hands & knees | <ul style="list-style-type: none"> - Good flexibility in shoulders, back & legs - Assisted toe & heel hangs - Back balance | <ul style="list-style-type: none"> - Heel & toe hangs - Pike lift to bird pull over (no tempo) |
| DOUBLE TRAPEZE | <ul style="list-style-type: none"> - Catchers - Tuck to basket | <ul style="list-style-type: none"> - A partner - Double Swan (Bunch of Bananas) - Different base positions (eg. sit bearing) | <ul style="list-style-type: none"> - A partner - Working on release moves - Complex Combinations - Attention to transition moves |

NTP ADD ONS

Sign up for additional creative classes and opportunities, offered free of charge to NTP participants. There will also be opportunities to sign up when you arrive.

INDUSTRY TALK

Listen to some of our industry's legends talk about their journey in circus and what it has meant to them. Hear stories and anecdotes about some of their best (and worst) memories.

Free to attend, cool down while you listen!

Wednesday, 4.45pm – 6.00pm

NTP JAM ARVO & ACT DOCTOR

A great opportunity to jam skills with other participants and trainers. These sessions can be an opportunity to polish up your act for the Thursday night Cabaret. Trainers and our Artistic Director Anni Davey will be around and approachable if you would like some 'act doctor' attention.

Monday & Tuesday, 4.45pm – 6.00pm

NTP CREATIVE CABARETS

Got an act you're keen to perform? This is your chance to be involved in an informal cabaret performance and show your work to a keen and supportive crowd. Bring your act, equipment and a piece of music! We are also keen for budding MC's to take this opportunity to practice their chops.

Thursday, 6.00pm – 7.00pm

**Cabaret performers will need to attend a technical rehearsal on Wednesday afternoon 4.45pm – 6pm.*

SEE A PERFORMANCE: WAREHOUSE CIRCUS

The acrobats of Warehouse Circus are bringing their show **We're Home** to the Borderville Theatre!

A houseful of astonishing acrobatic, juggling, and aerial feats, **We're Home** takes a closer look at the complications of moving house, and the spirit of a house as different groups of people move through it. A fun, thoughtful and funny look at what happens when one family moves out, another moves in, and what is left lingering in between.

A very circus look at the fears and fun of change and the unknown, sadness, nostalgia, anticipation, exploration, and the excitement of what's to come

Friday 5 July, 7.00pm & Saturday 6 July, 11am

Tickets will be available to purchase with your NTP registration or in person.



SCHEDULE

This is an indicative schedule of a week at NTP. Each participant will be provided with an individual schedule taking into account their skills preferences. Timings are subject to change.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---------------------------------|-----------------------|---|--------------------|--------------------|
| 9:00am – 9.30am | Participant Welcome & Induction | | | | |
| 9.30am – 10:00am | Warm Up | Warm Up | Warm Up | Warm Up | Warm Up |
| 10:00am – 11.00am | Training Session 1 | Training Session 1 | Training Session 1 | Training Session 1 | Training Session 1 |
| 11.00am – 11.15am | BREAK | BREAK | BREAK | BREAK | BREAK |
| 11.15am – 12.15pm | Training Session 2 | Training Session 2 | Training Session 2 | Training Session 2 | Training Session 2 |
| 12.15pm – 1.15pm | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| 1.15pm – 2:30pm | Training Session 3 | Training Session 3 | Training Session 3 | Training Session 3 | Training Session 3 |
| 2.30pm – 2.45pm | BREAK | BREAK | BREAK | BREAK | BREAK |
| 2.45pm – 3.45pm | Training Session 4 | Training Session 4 | Training Session 4 | Training Session 4 | Training Session 4 |
| 3.45pm – 4.00pm | Cool Down | Cool Down | Cool Down | Cool Down | Cool Down |
| JAM ARVO/ACT DOCTOR These sessions are add-ons to the training schedule, you can sign up when you register or when you arrive at NTP | | | | | |
| 4.45pm – 6.00pm | Jam Arvo / Act Doctor | Jam Arvo / Act Doctor | Cabaret Rehearsal OR Industry/Career talk | Cabaret Rehearsal | |
| 6.00pm – 7.00pm | CABARET! | | | | |

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2024

We hope you can join us for an inspiring two weeks at National Training Project 2024.

Make sure you get in quick as registrations will close
31 May or whenever sold out.

Register Online:

www.fruitflycircus.com.au/national-training-project

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