

Sexy's Back!

Amateur Pole Competition

Tips for putting together a great video entry for Sexy's Back!

Sexy's Back! is a fun, 'show/performance' based competition run on the Central Coast (NSW) open to amateur and semi-pro performers. With the popularity of social comps in Australia, and the amount of competitors wanting to enter these amazing competitions, it is necessary to have a video entry process to choose finalists. Here are a few tips that can help you with your video entry.

Prep Work:

- 1) Read through the competition rules, judging criteria and terms & conditions to get information of what type of the competition it is, where points will be scored, and what the judges are looking for. <http://thepeachpolestudio.com.au/sexysback/>
- 2) Put a plan together of your show/theme. How will you convey what 'sexy' means to you? Are you playing a character? Are you telling a story? Does the story or message make sense and can you convey this with your dance, show, props & tricks? Will the audience understand your message after the performance?
- 3) What costume will you wear to convey your message and match your show?
- 4) If submitting a previous performance/video/show – does this video match the style, theme, and concept of the show you propose to do for this comp?
- 5) Think about your dance, floorwork, tricks and combos, how will you continue to convey your show and message through those tricks?
- 6) Need to know what level you are? Check here: <http://www.auspoledancersmag.com.au/competition-eligibility/>

Video Performance:

- 1) Think about your costume, hair and make-up. The video does not always have to be in the costume you will use for the final, but something similar can help convey your idea and story to the video judges and it shows the judges you can put a full show together.
- 2) Leave plenty of time to do a few takes, choose your best one to send in.
- 3) Think about how you will use your face and body to express your show idea. Think of the video like your audience, or film with a few pole friends so you are performing to someone. Stage presence is important when judging videos so use your face well!
- 4) Ensure your lines are the best they can be!
- 5) Make sure your video quality is good! Think about lighting, clarity and the camera being still. Make sure you remain in shot the whole time.
- 6) Take plenty of time to upload your video to Vimeo or Youtube. Make sure the video is unlisted or public so the judges can view it straight away.

Extra things to consider

- Think of your video entry as the 'heat' of a competition. The more effort you make for the heat, the better your chances are for being chosen as a finalist
- Don't leave it till the last minute! Take your time with this process, if you need an extra few days to record a better version of your routine, make sure you build that time into your process
- Enjoy this process! It is a learning experience, and you have become stronger and more knowledgeable for going through it, whether you make it to the final or not.
- Good Luck!!!