

FITNESS PREPARATION GUIDE FOR NICA AUDITIONS

Preparation for NICA courses cannot be over emphasised. If selected into a course you may be required to train between four and eight hours each day through different physical mediums. These include, but are not limited to, dance, drama and specific circus skills. You should endeavour to prepare yourself physically before arriving on the audition day and keep up your fitness level in preparation for commencing the course.

You are required to pass a fitness assessment on the day of audition. This fitness assessment may include push-ups, sit-ups, chin-ups, a rope climb and pistols.

The following schedule can be used as a guide when creating a training program in preparation for audition.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week1	Arm Strength Core Strength	Brisk Walk 30 mins	Leg Strength Core Strength	Walk 40 mins	Walk 1-2km Core Strength
Week2	Arm Strength Core Strength	Brisk Walk 40 mins	Leg Strength Core Strength	Easy pace Walk/Run 2-3km	Brisk walk 20mins Core Strength
Week3	Arm Strength Core Strength	Brisk Walk 50 mins	Leg Strength Core Strength	Walk 50-60 mins	Run 3-4 KM Core Strength
Week4	Arm Strength Core Strength	Brisk Walk 60 mins	Leg Strength Core Strength	Run 3-4 KM	Easy pace Walk/Run 2-3km Core Strength

***See below for the arm, leg and core strength programs for 3 different fitness levels. Complete each set of 5 activities 3 times. Try to increase the difficulty as your fitness progresses.**

ARM STRENGTH

Beginner	Intermediate	Advanced
1 rope climb 8 metres	1 rope climb 8 metres down no legs	1 rope climb 8 m no legs up and down
5 chin downs	5 chin ups	10 chin ups
10 push ups on knees	10 push ups	20 push ups
10 dips on floor	10 dips on chair	10 dips in support
30 sec wall hold in handstand	1 minute wall hold in handstand	1 minute and 30 sec wall hold in handstand

LEG STRENGTH

Beginner	Intermediate	Advanced
10 squats	20 squats	20 squats with 10 kg weight
5 single leg squats to chair each leg	5 pistol rolls each leg	5 pistol squats each leg
10 calf raises together and single leg	15 calf raises together and single leg	20 calf raises together and single leg
30 second wall sit	60 second wall sit	120 second wall sit
30 box jumps to 30 cm box	30 box jumps to 60 cm box	30 box jumps to 90 cm box

CORE STRENGTH

Beginner	Intermediate	Advanced
20 second dish hold	40 second dish hold	60 second dish hold
20 second arch hold	40 second arch hold	60 second arch hold
20 second side support left and right	40 second side support left and right	60 second side support left and right
10 sit ups	20 sit ups	40 sit ups
1 fitball extensions, hold for 10 seconds, from front support hands on floor and shins on fitball extend shoulders to make a straight line from shoulders to toes	5 fitball extensions, from front support hands on floor and shins on fitball extend shoulders to make a straight line from shoulders to toes	10 fitball extensions, from front support hands on floor and shins on fitball extend shoulders to make a straight line from shoulders to toes

NOTES

- Push-ups are performed with elbows in. Try to maintain strong straight body shape throughout.
- Sit-ups completed with knees at 45 degree angle, keep feet on floor and slide palms up to touch knees.
- Pistols or single leg squats require one leg squat to bend from standing, the other leg held out straight. Attempt to squat down as low as possible and stand back up. Try to leave your standing leg heel on the floor.
- Chin-ups completed holding body tight without any swinging action. Hands in overhand grip (palms facing away), not reverse or underhand grip. Take your time, chin above the bar, and come down to fully straight arms. Attempt to raise and lower slowly and in control.
- When performing the rope climb ensure there are safety mats under the rope before climbing.
* Alternative upper body strength training for those without access to a rope could include extra chin ups

ADDITIONAL SUGGESTIONS

Applicants may also consider enrolling in classes such as yoga, pilates, tumbling, circus, dance, trampoline, spring board diving, Alexander technique, Feldenkris (awareness through movement), cheerleading, gymnastics, any form of martial arts, performance, drama and acting to improve fitness, skills and body awareness. NICA offers a variety of short courses. See <http://www.nica.com.au/short-courses.php> for more information.

A healthy, balanced diet is also an important part of your training and preparation. For a range of fact sheets about nutrition, including recipes, see the Australian Institute of Sport website <http://www.ausport.gov.au/ais/nutrition/>