



National Society of Arts & Letters

2025 Ballet Competition

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2025 National Awards Competition in Ballet
www.arts-nsal.org

ABOUT

The National Society of Arts and Letters assists promising young artists through competitions, financial assistance, master classes, mentoring, and providing career opportunities. An NSAL National Awards Competition in Dance is held every four years with the purpose of identifying and supporting talented young artists in varying dance genres. This year, the competition is focused on ballet and all forms of contemporary dance. Top competitors receive cash awards that total \$40,000 or more.

ELIGIBILITY

The competition is open to dancers ages 16-22. Competitors must have not yet reached their 23rd birthday by May 8, 2025. Dancers must show evidence of career potential. Dancers must not have an agent or manager at the time of the competition. Professional dancers are not permitted to enter the competition. "Professional Dancer" is defined by the NSAL Dance Competition as an individual who is employed or contracted as a full-time dancer (apprentices included) with a professional dance company; or an individual who is regularly employed to perform as an independent dance artist. This includes dancers who are not currently employed under such a contract, but have been in the past. Contestants must be a citizen or legal resident of the United States or US Territories with a valid taxpayer identification number. Contestants must have a United States Social Security number and a United States residence address. The competition is open to dancers of all nationalities, races, religions, genders, and sexual orientations.

LEVELS OF COMPETITION

Chapter Level: Dancers first compete in the NSAL Chapter Level Competition that is closest to their home, school, current residence, or as assigned by the National Awards Competition Chair. Dancers may compete in only one Chapter Level Competition. Dancers **MUST** be available May 8-10, 2025 to compete in the NSAL National Competition in Pittsburgh, PA.

National Level: The first place winner of each NSAL Chapter Level Competition will progress to compete at the NSAL National Competition May 8-10, 2025 hosted by the Pittsburgh, Pennsylvania NSAL Chapter. NSAL Chapters will pay for all of the expenses of their First Place Chapter Finalist to travel to and compete in Pittsburgh for the National Level Competition.

COMPETITION FORMAT

The National competition will be held in person, in Pittsburgh, Pennsylvania, May 8-10, 2025. Chapter Level competitions may be held in a virtual format, hybrid format, or in person. Inquire to your Chapter Level Contact regarding the format of your Chapter Competition.

PERFORMANCE REQUIREMENTS

Each competitor will be judged on their performance in three components of the competition:

1. Competitors will participate in a 1.5 hour ballet master class that includes barre work and centre practice.
2. Classical Variation: Present one variation from the list below. Women must perform en pointe.

Female:

Black Swan Variation, Swan Lake (M. Petipa, L. Ivanov)

Kitri Variation (w/fan), Don Quixote (M. Petipa)

Aurora Variation, Sleeping Beauty, Act 3 (M. Petipa)

Pas D'Esclave Variation, Le Corsaire (M. Petipa)

Male:

Siegfried Variation, Swan Lake (M. Petipa, L. Ivanov)

Ali Variation, Le Corsaire (M. Petipa)

Bluebird Variation, Sleeping Beauty (M. Petipa)

Nutcracker Prince Variation, Nutcracker (M. Petipa, L. Ivanov)

3. Contemporary Solo: The Contemporary Solo must demonstrate proficiency of range of movement within the framework of a dance vocabulary other than ballet. No longer than 2.5 minutes. Props prohibited. No pointe.

ATTIRE

Classwork and Classical Variation:

Female - any solid color sleeveless leotard (and optional matching short skirt) with pink or flesh colored tights and shoes.

Male - any solid color fitted shirt with black tights and shoes.

All tights must be worn inside shoes for classwork and the classical variation.

Contemporary Solo:

Female - any solid color sleeveless leotard with tights (pink or flesh color), black dance shorts, or bare legs

Male - any solid color fitted shirt with either black tights or dance shorts

Competitors may perform the contemporary solo barefoot, in socks, half-sole shoes, jazz shoes, or sneakers.

COMPETITION FEES and other expenses:

A small registration fee may apply at Chapter Level Competitions. There is no fee to compete in the National Competition. NSAL Chapters will pay for all of the expenses of their First Place Chapter Finalist to travel to and compete in Pittsburgh for the National Level Competition.

HOW TO APPLY

Choose the NSAL Chapter from the 2025 NSAL CHAPTER CONTACT LIST. You may apply to the chapter closest to your home or school. Submit your completed REGISTRATION FORM to the Chapter by the registration deadline. Upon receipt of your registration, you will receive a confirmation email as well as instructions on how to send required documents and other competition related materials including:

- a) a high resolution jpeg head shot
- b) a short bio regarding your dance background and accomplishments
- d) a scan of a legal document verifying your date of birth and US citizenship or legal residence
Examples: a birth certificate, passport, student visa, or green card
- d) the chapter level registration fee (where applicable)
- e) Submit mp3s of your music labeled with your name and title of the dance

National Society of Arts and Letters Chapter Contacts

Alabama: Birmingham Chapter

Chair - Cindy Free
cindy@birminghamballet.com
(204) 979-9506

Arizona: Arizona Chapter

Chair - Michael Cook
michaeljcook@mac.com
Co-chair - Susie Silverman
suzerina@aol.com (602) 377-0606

Arkansas: Arkansas Chapter

Chair - Dr. Laura Hutchins
lfhutch@icloud.com
(501) 590-0632

Florida: Florida Chapter

Chair - Shari Upbin
shariupbin@gmail.com
(917) 797-6653

Hawaii: Hawaii Chapter

President: Bro. Gary Morris, S.M.
gmorris@chaminade.edu

Indiana: Indiana Chapter

Chair - Sarah Wroth
swroth@iu.edu
(617) 620-4521

Iowa: Central Iowa Chapter

President: Paul Wigley
paul.wigley54@gmail.com
(507) 340-1416

Kentucky: Kentucky Chapter

President: Twyla Martins
trmarts@mac.com
(859) 396-3942

Missouri: St. Louis Chapter

President : Adelia Parker-Castro
adeliaparkercastro@gmail.com
(314) 541-2440

New Jersey: New Jersey Chapter (includes

Delaware, New England)
President: Judy Martorelli
smartorielly@verizon.net
(973) 267-0952

New York: New York Chapter

President: Margaret Johnson
mjohnson12339@gmail.com
(814) 451-4004

Ohio/West Virginia: Ohio River Valley Chapter

President: Carol Pitkin
pitkincorp@aol.com
(304) 966-8720

Pennsylvania: Pittsburgh Chapter

Chair - Anastasia Bedard - (412) 848-1036
Anastasia.lee.bedard@gmail.com
Aziza El Feil ael-feil@gmail.com (412) 973-0606

Washington, DC: Washington, DC Chapter

President: Ronald J. Ivey
ronaldjivey@gmail.com
(202) 320-7759