

APP STATE Group X Audition



Name of Applicant:

Name of Evaluator:

Date:

Time: **(You will have 12-15 minutes per format to audition)**

Format of Class:

<b>Pre-Class Preparation</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Arrived early to set up equipment, music, etc.					
Acknowledged/Welcomed beginners					
Encouraged participants and reinforced modifications					
Provided appropriate safety reminders					
Introduced self and format					
Music and layout of class was prepared ahead of time					
Comments:					

<b>Choreography/Exercise Choice</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Appropriate warm-up (increased heart rate gradually, previewed class, dynamic, safe)					
Gradually increased intensity and complexity					
No contraindicated exercises					
Appropriate intensity level (not too easy or too challenging)					
Appropriate cool-down (decreased heart rate gradually and utilized static stretches)					
Comments:					

<b>Musicality</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
On beat					
Used all beats (didn't rush the music)					
Appropriate volume					
Appropriate song selection					
Comments:					

<b>Technique/Form</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Able to show proper form for ALL exercises					
Fitness level allowed instructor to challenge participants					
Instructor appeared to challenge themselves					
Big movements that participants would be able to see					
Comments:					

<b>Coaching/Cueing</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Provided safety cues					
Form cues					
Easy to follow					
Proper terminology for exercises					
Provided modifications/variations					
Vocal projection and vocal energy					
Comments:					

<b>Connection/Interaction</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Moved around the room					
Reacted to the class needs					
Mirrored the class					
Interacted during breaks/before/after class					
Motivated class throughout the workout					
Comments:					

<b>The X Factor</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Personality during the class					
Approachability					
Educational opportunities					
Comments:					

**What were the applicant's biggest strengths?**

**What are 3 things that the applicant can work on?**

**Final Recommendation:**

- Yes, hire and begin teaching
- Yes, hire and start team teaching and/or training
- No, please work on previously mentioned things and then re-audition