

# Showreel guidance

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**Below is guidance provided by participating companies advising what to include in a Showreel.**

1. A great Showreel shows the versatility of a performer/mover all underpinned by solid technique. Creative yes, but I need to be able to see their technical understanding and range of approaches and techniques
2. Students want to show the best of themselves. They should show their versatility and range. If they have varying interests, try to incorporate them all whilst also ensuring that the showreel doesn't become too bitty. The showreel will be seen by many different companies, some the students may be interested in and some they may not, but regardless of that, the students should want all of the companies to be interested in them.
3. From a company perspective it is useful to see industry-oriented showreels including dancers in a range of performance contexts, showing a variety of movement and performance registers and studio footage of improvisation in rehearsal clothes and plain lighting. It is not so useful to look at purely technical footage, like ballet or contemporary exercises.
4. **Keep it basic.** Film yourself working dynamically in the studio, where we can see your capabilities as a dancer and preferences as a performer and artist. Beautifully and creatively filmed dance films with in a spectacular location is not a positive in my opinion. Don't let anything distract us. A single angle in a studio may not seem "pleasing", interesting or unique but this is the task of the dance artist. Make sure to balance the amount of different clips. Footage from performances or from stage are great if we can clearly see who we should be following. The quality has to be good here as well, and preferably only one angle. We are all creative people who know that video rarely does a real live experience of a dancer any justice, so keep things basic and make sure we can see you.
5. Extended clips rather than short, a range of material that is rehearsed and improvised, light editing, the less the better. A series of longer clips sharing your work is better than something highly edited, a range of textures, qualities. Your range, alongside your specificity as an artist. Something that allows us to get to know you, your interests and personality. Generally footage of you alone, or in small groups is more useful. We do not need to see work on stage, especially if those clips are poorer quality. Use the clips that best share your work.