

POLE EMOTION | SEASON 2026

GUIDE: HOW TO SUBMIT YOUR CASTING APPLICATION

What this guide will help you understand:

- what the festival casting is
- what every participant needs to know
- which materials you need to prepare
- what you don't need to be afraid of in the casting process

Final Show – 10 october | Riga, Latvia



Friends,
**in the 2026 season we are using a casting format
instead of the traditional video selection.**

A traditional video selection usually focuses on evaluating a dancer's technical level. But the festival stage is more than technique. POLE EMOTION was created as a professional stage project. That's why, at the casting stage, we want to see not only what you can do — but who you are as an artist.

In the casting process, we aim to understand:

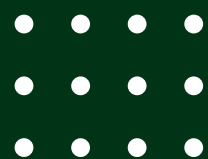
- **the energy you bring to the stage**
- **your individuality**

Casting is not an exam in perfection. It is an opportunity to get a little closer to the stage and show who you are as an artist.

Don't worry if you feel nervous or if your video seems imperfect to you. What matters to us is feeling your energy, your character in movement, and the way you connect with the stage.

I wish you the best of luck in the casting process, and I will be truly happy to see many of you on October 10 on the stage of the “Palladium” Concert Hall.

Jana Vinokurova,
Festival Organizer



Materials for the Casting Stage

To submit your application, you need to prepare two materials

BLOCK 1: Artistic Case (a short video introduction from the participant)

In this video, you may share:

- who you are and which city you're from
- why you want to participate in the festival
- which nomination you chose and why
- how you feel on stage

Recommended length: 1–2 minutes

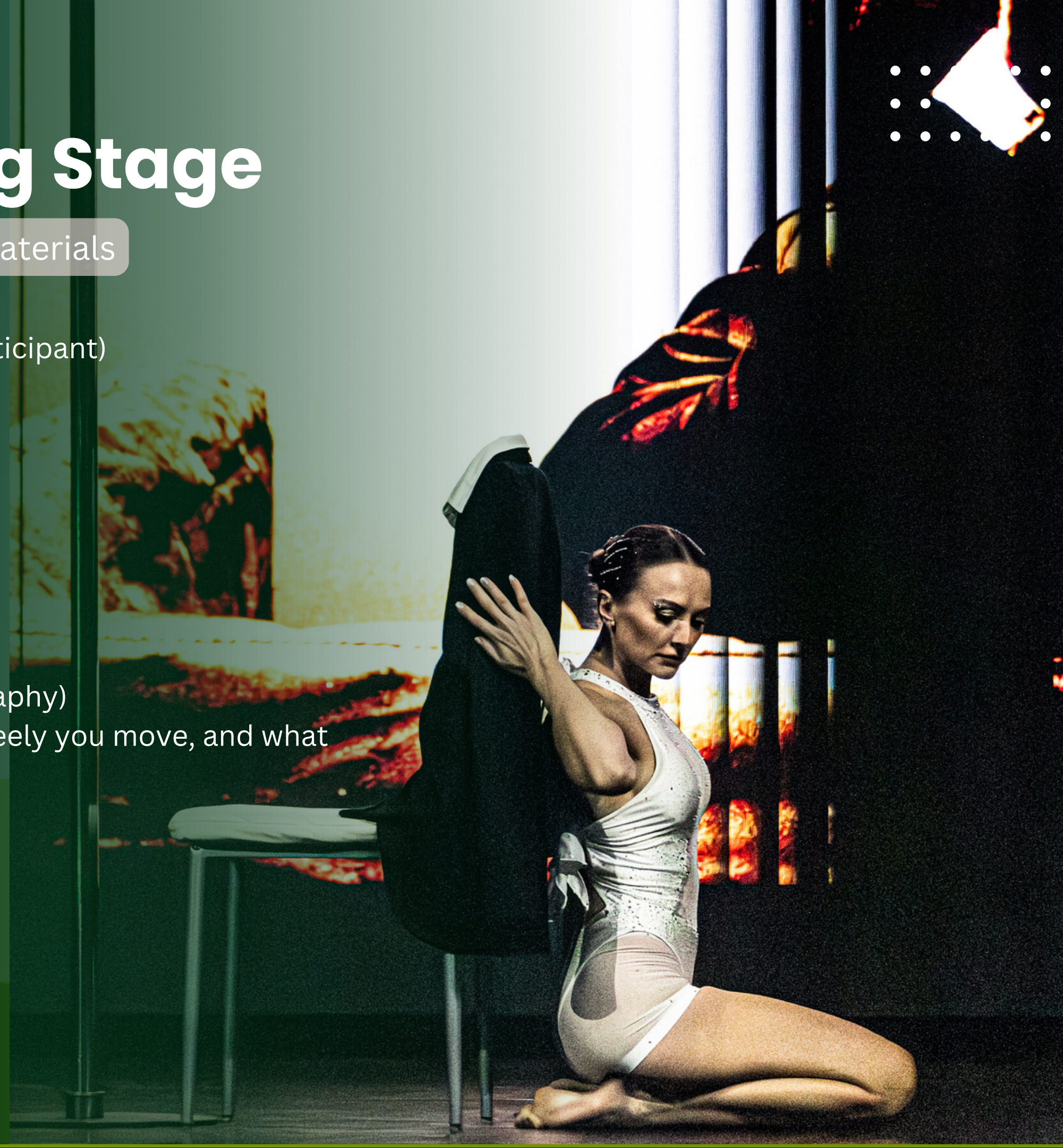
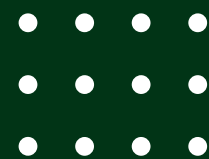
BLOCK 2: Stage Case (a video of your performance or choreography)

This video helps us see how you connect with the stage, how freely you move, and what level of preparation you demonstrate.

It may be:

- a recording from a festival or competition
- a choreographed performance
- a training video

Recommended length: 1–2 minutes



Example of an Artistic Case

Category: ARTISTIC-EMOTION

Hi! My name is Anna, and I'm from Riga, Latvia. I've been in pole dance for several years now, and honestly, the stage for me is the place where you can finally stop being a "normal" person. For me, this is what Artistic means — when atmosphere and storytelling matter, and when pole tricks can become something truly beautiful.

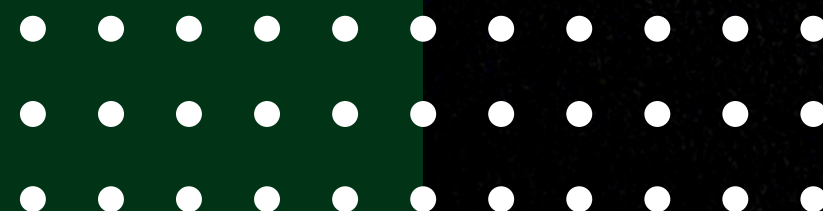
I really connected with the idea of the festival offering different nominations. It helps you look at yourself honestly and understand where your strengths are. I've heard about POLE EMOTION for a long time. Many participants from previous seasons talk about the atmosphere of the stage and the high level of organization. So yes, it's a bit nerve-wracking... but I really want to be on that stage.

Category: EXOTIC-EMOTION

Hi everyone! My name is Maria, and I'm from Tallinn, Estonia. Exotic, for me, is that moment when you step on stage and think: "Alright... time to be a little mischievous." That's what Exotic is to me — energy, boldness, and a playful connection with the audience.

I love the opportunity to show sensuality, character, and that inner "cat" — the one who is usually quite well-behaved in everyday life... but suddenly wakes up on stage.

I really connected with the idea of choosing a nomination. It helps you understand where you're strongest as an artist. I've heard a lot about POLE EMOTION. So if I'm going to step on a stage — it should be one like this.



5 things you don't need to be afraid of in the festival casting

“I don't have a choreography yet”

That's absolutely okay. At the casting stage, you may not have a finished choreography. The purpose of the casting is not to see a completed piece — it's to understand your motivation, your desire to step onto the stage, and your readiness to create a real show together with us.

“My video isn't perfect”

Mistakes are absolutely fine. We're getting to know you and looking at your energy and your desire to step onto the stage as a true artist.

“I feel nervous speaking on camera”

Most participants feel nervous — it's completely natural.

“I don't have professional filming”

Smartphone video is absolutely fine.

“I'm afraid I'm not good enough”

This feeling comes up for so many people before submitting their application — and it's completely normal. Casting is not a test of whether you're “good enough”, but an opportunity to try yourself and take a step toward your fears and doubts.



What increases your chances of passing the festival casting

A clear sense of yourself on stage

When an artist understands who they are on stage, you can always feel it. It can be sensuality, energy, or a sense of drama. What matters to us is seeing your natural stage presence.

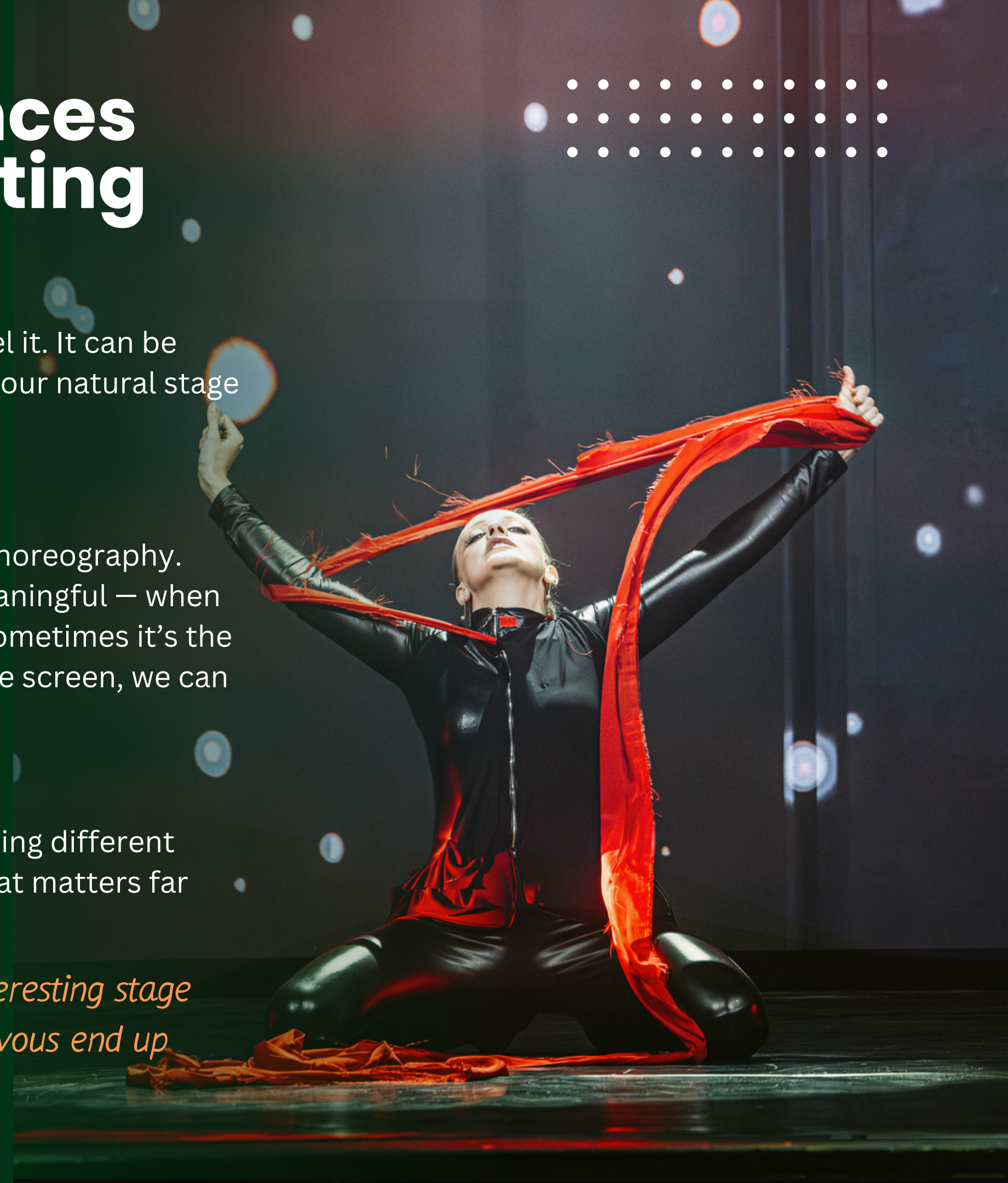
Your authenticity and energy

You don't need to show the most difficult trick or the most intricate choreography. What matters far more is when your performance feels whole and meaningful — when the movements connect with each other and create a unified state. Sometimes it's the dancer's energy that makes a piece truly memorable. Even through the screen, we can feel your confidence and the joy you take in dancing.

Individuality

The festival is always looking for different kinds of artists. We love seeing different styles, personalities, and stage types. So don't try to be "correct." What matters far more is being real.

Casting isn't about finding perfect routines. It's about discovering interesting stage artists. And sometimes the ones who apply while feeling a little nervous end up creating the most memorable performances of the entire festival.



Common mistakes when preparing materials for the casting

Mistakes in Block 1: Artistic Case

1. The video is too long

Sometimes participants start telling their entire pole dance story in detail. 1–2 minutes is enough to introduce yourself and share your motivation.

2. A memorized script

When someone reads a prepared text, the video starts to feel unnatural. It's much better when you speak freely and naturally.

3. No personal motivation

Sometimes participants only mention their name and city but don't explain why this festival matters to them.

4. Trying to look “perfect”

You don't need to record a perfect video. What matters to us is seeing the real you and your genuine connection to the festival stage.

Mistakes in Block 2: Stage Case

1. The participant is hard to see

Sometimes the camera is placed too far away or the frame is too dark. It's important that we can clearly see you and your movement.

2. A heavily edited video

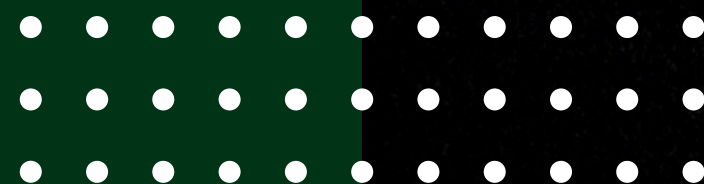
Lots of cuts, effects, or changing angles make it difficult to understand how you actually move. It's better to send a simple, unedited video.

3. A video that is too short or cut off

If the video is heavily trimmed, it's hard to understand the dance and how it develops. It's best if the piece is shown fully or almost fully.

4. Focusing only on tricks

Casting isn't just about elements. We want to see how you dance and how you feel the movement.



If you feel nervous before submitting your application — that's absolutely normal.

Almost every participant wonders whether they're ready enough, whether their piece is good enough, or whether their video is recorded "correctly."

Casting is not a test of perfection.

It's an opportunity to try, to show yourself, and to take a step toward the stage. Sometimes the videos that carry real energy and a genuine desire to dance are the ones that pass the casting best. So if you feel that spark — just send your application.

**THIS MIGHT BE THE MOMENT WHEN YOUR
POLE EMOTION STAGE STORY BEGINS | SEASON 2026**

