

STORM LAKE, IA

JUST FOR KIX HIGH SCHOOL DANCE CAMP

FEEL THE
POWER

Buena Vista University

Lamberti Recreation Center

610 West 4th Street
Storm Lake, IA 50588

JUNE

24-27 th, 2024

Dorm Student: \$475

Commuter Student: \$390

Dorm Coach: \$475

Commuter Coach: \$390

***Prices reflect the \$20 discount before
June 12th registration deadline.**



LOCATION

This camp is located on the beautiful campus of Buena Vista University in North Western Iowa with views of Storm Lake. (approximately 3 hours from Minneapolis). Near Spirit Lake & Lake Okoboji. Camp will take place in the Lamberti Recreation Center.

FACILITIES

All facilities are air conditioned! Daily warm ups are in the main gym. Break out practice areas include; 2 stages, 2 ballrooms, 3 field house gyms and the main gym.

ACCOMMODATIONS

Teams are allowed to stay in the air conditioned dorms.

DINING

Meals take place in a beautiful dining hall that overlooks the football field and lake. All you can eat meals with numerous choices of main dishes, salad bar and delicious desserts.

CAMP DIRECTOR

Veteran staff member and Head Coach of the University of Minnesota - Duluth Dance team, Alli Mackner, is at the top of her game teaching classes for both coaches and athletes at Just For Kix Camp!



Alli Mackner

Camp Director | Just For Kix
alli.mackner@justforkix.com



JUST FOR KIX



1-800-450-3262 www.justforkix.com/camp

STORM LAKE, IA

JUST FOR KIX HIGH SCHOOL DANCE CAMP

FEEL THE

POWER

DAY 1

SPIRIT DAY!

Show us your team spirit!

- All Students check in at the White/ Pierce dorms first - then go to the Lamberti Rec Center.
- Sign up for what you'd like to work on during private coaching
- Turn in your music for Home Routine Show
- Arrive dressed in dancewear and bring water bottles
- Remember to EAT before you arrive
- Check out the JFK Camp Store

9:30 - 10:30 Registration in Field House

10:45 - 11:00 Opening Meeting

Notes: Meet the Director & Staff. -Staff Introductions

11:00 - 11:55 Warm Up & AM Fun Jam

12:00 - 12:25 Demo for Class #1

12:40 - 1:40 **Class #1**

1:40 - 2:00 Snack Time - teams get a break to re-fuel. Bring a snack from home.

2:05 - 2:20 Demo for Class #2

2:35 - 3:35 **Class #2**

3:50 - 4:05 Demo for Class #3

4:20 - 5:20 **Class #3**

5:30 - 6:30 DINNER
Team in Home Routine Show 5:30- 6:00

6:45 **Green** 6:00 - 6:30 Home Routine Show

Camp Store open for 30 mins after Home Routine Show

10:00 Be in Dorm Room

10:30 Room Check Lights Out!

DAY 2

OLYMPIC DAY!

If your team could compete in the Olympics what sport would you choose? Pick a Country and Sport that represents your team best.

8:00 - 9:00 Breakfast in Cafeteria

9:00 - 10:15 Roll Call cheers, Stretch & Strengthening, Announcements

10:20 - 11:20 **Class #1**

11:30 - 12:20 **Special Sessions**

12:30 - 1:30 LUNCH - Captain Meeting
Green & Captains 12:30- 1:00

Yellow 1:00-1:30

1:40 - 2:40 **Class #2**

2:50-3:50 **Class #3**

4:00-5:00 Private Coaching
(Group 1 for 30 mins.
Group 2 for 30 mins.)

5:05 - 5:20 Camp Game/Team Building

5:30-6:30 DINNER
Yellow 5:30- 6:00
Green 6:00 - 6:30

6:45 Contestants meet for contest

7:00 Kick, Leaps, Turns
Toe Touch & Improv Contest

Camp Store open for 30 mins after Contest

10:00 Be in Dorm Room

10:30 Room Check Lights Out!

DAY 3

GOLDEN OLDIES!

Dress up and represent a past decade. Idea: dressing up in vintage team apparel!

8:00 - 9:00 Breakfast in Cafeteria

9:00 - 10:15 Roll Call cheers, Stretch & Strengthening, Announcements

10:20 - 11:20 **Class #1**

11:30 - 12:20 **Special Sessions**

12:30 - 1:30 LUNCH - Senior Non-Captain Meeting

Green & Non -Captains

12:30-1:00

Yellow 1:00-1:30

1:40-2:00 Camp Game/Team Building

2:10 - 3:10 **Class #2**

3:20 - 4:20 Private Coaching

4:30 - 5:30 **Class #3**

5:30-6:30 DINNER

Yellow 5:30- 6:00

Green 6:00 - 6:30

6:45 AM FUN JAM & Master Class

Camp Store open for 30 mins after Master Class

10:00 Be in Dorm Room

10:30 Room Check Lights Out!

DAY 4

TEAM SPIRIT DAY!

Show us where you are from and stand out at the camp show in your school colors!

8:00 - 9:00 Breakfast in Cafeteria

9:00 - 9:50 Roll Call cheers, Stretch & Strengthening, Announcements

10:00 - 10:30 **Class #1**

10:40 - 11:10 **Class #2**

11:20 - 11:50 **Class #3**

11:50 - 12:15 Prepare for Show
(Bring a snack from home to "refuel" before the show)

12:15 **FINAL SHOW**

After the Show Pack up your dorms and turn in keys!

• *Just For Kix Camp Store is open immediately following the show for last minute purchases!*

• See you next year----drive safely!

• HAVE AN INCREDIBLE SEASON!

STAY UP TO DATE ON WHAT'S HAPPENING AT JUST FOR KIX!

Like us on Facebook

Follow us on TikTok @officialjustforkix

Follow us on Instagram @officialjustforkix

Subscribe to our YouTube channel

Checkout our website for the latest dancer trends at www.justforkix.com

JUST FOR KIX HIGH SCHOOL DANCE CAMP



ROLL CALL CHEER

On mornings 2, 3 & 4 of camp we will be doing a roll call cheer. Each team will do their own cheer. Cheers should end with a count down of your dancers so that we can see that you are all present. Please be sure your cheers are in good taste and politically correct. Cheers should help us get to know your team's personality. Cheers may coordinate with the camp theme days if you would like.

HOME ROUTINE SHOW

We can't wait to see your Home Routine! Perform a short routine from your school/studio during this event. It's a great way to share styles! We don't expect perfection because we know it's early in the year. Maybe you want to bring your uniforms/costumes! Don't be afraid to do a duet or small group routine if you're the only dancers from your squad. Being involved makes camp so much more fun!

KICKS, LEAPS, TURNS, TOE TOUCH & IMPROV CONTEST

CONTEST Again we will have our kicks, leaps, turns, toe touch and improv contest. Each team may nominate one to two individuals to participate in each category to compete and be evaluated by our staff. Awards will be given in each of the four categories. Show off your skill and participate!

CAMP SHOW

On the final day of camp, we will present the routines that you've learned at camp. All friends and family are welcome!

MEDICAL CONSENT FORMS

Please be sure all campers have completed the medical consent and code of conduct forms. Coaches will turn these in at registration Day 1 of camp.

DRIVING POLICY

If dancers drive to camp in their own personal vehicles, they are not allowed to drive around the area once camp begins. They are to walk to all activities. Just For Kix will not be responsible or liable for those that drive during camp or to and from camp activities.

PAYMENT

If you have a balance due on your camp tuition, final payment is due THREE WEEKS prior to the start of your camp. We are unable to accept final payment at camp. You may send a check to the Just For Kix office or call payment with a credit or debit card.

ROOMING LIST

Rooming lists (arranged in double rooms) must be returned THREE (3) weeks prior to camp or we will assign rooms. Please have your rooming list prepared and send it to Support at support@justforkix.com. Please be sure to include your team name and what camp you are attending. Room numbers will be assigned at camp.

CLASS SELECTION

Dancers are able to choose the style and difficulty level of their classes. Teams can decide to stay together or split up to learn more routines. Levels range from beginner to advanced, with elite offered at select camps. Styles range from jazz, kick, pom, street jazz, field, hip-hop, contemporary and lyrical. A short portion of each routine is demonstrated by staff to aid in the class selection process.

AWARDS

Although our camp's focus is not on competition, we do want to recognize participants for their hard work. A little competition adds to the FUN! We'll award Rising Stars, Firecrackers, Most Outstanding Dancers, Heather Habeck Memorial Awards, Most Spirited Team and more! Join in the fun!

CAMP STORE

Be sure to check out the Just For Kix Camp Store where we have several dance related items for sale, including the hottest new camp wear, bags, tee shirts, etc. The store will be open during registration and after the camp show as well as in the evenings. Check the camp schedule for store hours. For convenience, commuters may request the store to be opened during lunch.

COACHES

We strongly recommend that you make every effort to attend camp. Coaches receive a free gift when attending camp. You'll love it! You will learn so much - your year will go so much smoother. We offer classes for you too! We do require that groups send a chaperone or coach to camp. We find that the dancers are better behaved when chaperoned by someone from their hometown.

CODE OF CONDUCT

Dancers are asked to behave in a respectable manner while attending camp. Swearing, use of alcohol, drugs, or tobacco is forbidden. You are not allowed to leave the campus or ride in a motor vehicle. You are not allowed to have males in your room. Any student who does not act in a manner acceptable to the camp staff will be asked to return home at their own expense, in which case, camp tuition will not be refunded.

MEALS

On day 1, please be sure to eat before you arrive or you may get hungry by lunch. We suggest you pack snacks and bring a re-fillable water bottle or case of bottled water per person.

COMMUTER MEALS

Commuters lunches and dinners are included in camp fee.

KEYS

Campers will be charged for any lost room keys. The rate varies from camp to camp. Remember a diaper pin, lanyard, string or a shoelace to keep your key with you at all times.

RELIAQUEST BOWL PERFORMANCE TEAM TOUR

Each year JUST FOR KIX produces a performance tour for dancers at the RELIAQUEST BOWL in Tampa, Florida over the Holiday season. We are recruiting outstanding teams and individuals to participate. Entire teams can attend or small groups from each school. (Often teams send their captains or seniors as a perk for all their hard work.) This is your opportunity to be a part of a professionally produced dance production. Many groups get local sponsors or fundraise to attend. It is a once in a lifetime experience. We hope you will consider bringing your team this coming year. Also consider planning this year from now to allow for more fundraising time.

THEME DAYS

To add to the fun of camp and help your team build camaraderie, we encourage you to join into the fun of dressing up for our THEME DAYS. All costumes should be appropriate and in good taste.

Day 1: "SPIRIT DAY" Show us your team pride by matching and wearing team gear.

Day 2 = "GAME DAY"

Get creative by dressing up as your favorite board game or any type of game! What game will be the most popular?

Day 3 = "RHYME DAY"

Dress up as things that rhyme together. Examples - DJ's & PJ's, Sad & Mad, Cheer & Deer. Get creative!

Day 4: "TEAM SPIRIT DAY"

Show us where you are from and stand out at the camp show in your school colors!

PLEASE NOTE: No Glitter may be used on any type of costume, in your hair or any type of facial make-up

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HERE IS A LIST OF ITEMS TO BRING TO CAMP!

All Campers Should Bring

- ☐ Your signed Medical Consent, Code of Conduct Forms.
- ☐ Dance bag
- ☐ Water bottle - Some teams will bring cases of water.
- ☐ Snacks
- ☐ Practice clothes
- ☐ Comfortable athletic shoes & dance shoes
- ☐ Uniform & music for Home Routine Show
- ☐ Theme Day Wear - See Theme Day info.
- ☐ Note book and pen to take notes
- ☐ Cell phone/cell phone charger
- ☐ Personal toiletries
- ☐ Spending money for the Just For Kix Camp Store and to purchase snacks
- ☐ Teams are also encourage to bring a first aid kit along with ace bandages and athletic tape



Dorm Campers& Coaches Should Also Bring

- ☐ Hair Dryer
- ☐ Bed linens, pillow, blanket & towels
- ☐ Hand Soap
- ☐ Shampoo & Conditioner

JUST FOR KIX HIGH SCHOOL DANCE CAMP

JUST FOR KIX EXPECTED CODE OF CONDUCT

Please read the following rules and sign below.

Camp will be much more enjoyable for everyone if we all follow the rules below. You know the difference between right and wrong. Choose what's right!

- Display respectable conduct and remember that you are representing your school and Just For Kix at all times. Reasonable, positive, responsible conduct is expected at ALL times.
- You are expected to participate in all scheduled activities.
- NO use of alcohol, drugs, or tobacco.
- You are not allowed to walk to any restaurants, grocery stores, gas stations, etc. that are more than two blocks away from the studio. You must travel in groups of at least four campers.
- HAZING - Just For Kix strictly prohibits hazing of team members.
- FACEBOOK/YOUTUBE/INSTAGRAM: Any pictures posted of campers on Facebook/Youtube/Instagram must have the permission of those pictured.
- ROUTINES: Any video footage of routines may not be posted on the internet without the written approval of the Just For Kix Corporate Office.
- Proper shoes should be worn at all times during camp. Dancers are strongly advised to wear athletic shoes for kick and hip hop routines. Jazz and lyrical dancers are encouraged to wear jazz shoes. Jazz dancers needing more support in their arches, etc. should talk to their doctor for advice on footwear. Dancers are not allowed to go barefoot. Shoes must be worn in the lobby/eating area of the studio ALL times.
- If for any reason you must leave early from camp, you must officially sign out with the camp director.
- Any infringement on the above rules can result in being sent home at you or your parent's expense.

If you have any questions, please feel free to give us a call. 800-450-3262 Thank you and we will see you soon!

Dancer's Signature

_ Date



JUST FOR KIX HIGH SCHOOL DANCE CAMP

MEDICAL CONSENT & RELEASE FORM

If, in the judgement of any representative of Just For Kix, the student below should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize and consent to such care and treatment as may be given to said student by any physician.

DANCER'S INFORMATION

DANCER NAME	<input type="text"/>	LAST NAME	<input type="text"/>
EMAIL ADDRESS	<input type="text"/>		
AGE	<input type="text"/>	DOB	<input type="text"/> - <input type="text"/> - <input type="text"/>
GRADE	<input type="text"/>		
ALLERGIES OR ALLERGIC REACTION TO MEDICATION	<input type="text"/>		
PREVIOUS MEDICAL CONDITION	<input type="text"/>		
EMERGENCY CONTACT	<input type="text"/>		
HOME PHONE	<input type="text"/> - <input type="text"/> - <input type="text"/>	CELL PHONE	<input type="text"/> - <input type="text"/> - <input type="text"/>
WORK PHONE	<input type="text"/> - <input type="text"/> - <input type="text"/>		
FRIEND OR RELATIVE	<input type="text"/>		
HOME PHONE	<input type="text"/> - <input type="text"/> - <input type="text"/>	CELL PHONE	<input type="text"/> - <input type="text"/> - <input type="text"/>
WORK PHONE	<input type="text"/> - <input type="text"/> - <input type="text"/>		

NAME	<input type="text"/>	
ADDRESS	<input type="text"/>	
CITY	<input type="text"/>	STATE <input type="text"/> ZIP <input type="text"/>
PHONE	<input type="text"/> - <input type="text"/> - <input type="text"/>	
POLICY NUMBER	<input type="text"/>	GROUP NUMBER <input type="text"/>
INSURED THROUGH EMPLOYER	YES <input type="checkbox"/> NO <input type="checkbox"/>	
EMPLOYER NAME (IF APPLICABLE)	<input type="text"/>	

PARENT/GUARDIAN INFORMATION

FIRST NAME	<input type="text"/>	LAST NAME	<input type="text"/>
ADDRESS	<input type="text"/>		
CITY	<input type="text"/>	STATE <input type="text"/> ZIP <input type="text"/>	

I, the parent or guardian of the above named student of the Just For Kix dance team program, hereby give approval for his/her participation in the Summer Intensive. I assume all risks and hazards incidental to such participation including transportation to and from the activities; and do hereby waive, release, absolve, indemnify and agree to hold harmless the dance camp, Just For Kix: employees, owners, instructors, the organizers, sponsors, supervisors, participant and the person transporting the participant to and from the activities for any claim arising out of injury to the participant.

SIGNATURE _____ DATE - -

