

Just For Kix

CAMP

STRONGER.

2013



# DANCE STRONGER



800-450-DANCE

JUST FOR **KIX**

[justforkix.com/dancecamps](http://justforkix.com/dancecamps)



**DANCE  
STRONGER**

## Welcome to Just For Kix Camp 2013!

*For the past 32 years, we've been orchestrating dance camps around the country and we're still as passionate about our camps now as we were then.*

*Teams come back year after year for the curriculum and for the superb, credential leading instructional staff. Our low stress environment and camp schedules, designed with an awesome blend of technique and fun, put us a step above the rest.*

*Everything we do at our camps and throughout our organization, is committed to making teams, dancers and coaches stronger! We excel at getting dancers to the next level and are thrilled for our upcoming 2013 camp season!*

*Don't forget to check out our exciting camp videos on our YouTube page!*

*With Kix,  
Cindy Clough  
Executive Director & Founder, Just For Kix*

## TEAMS

### BONDING TOGETHER IN CONFIDENCE & TECHNIQUE

From State Champions to individual beginners, the Just For Kix camp curriculum furthers a dancer's performance where they need it most. Camps also pay close attention to TEAM bonding methods.

“ We always come to camp as a group of dancers and leave camp feeling more like a Team!

—Kelly McCarney  
Sartell, MN

”

## THE TOTAL EXPERIENCE

Our camps really are something dancers text home about! They're known for the right amount of physical demand without going overboard. Dancers leave feeling good. They are surrounded by approachable and positive staff. Laughter is abundant and the low stress environment makes for unforgettable fun!

## AN INCREDIBLE HISTORY

Trust. Passion. Collaboration. As a leader in the dance industry, we've been committed to teams and coaches for over 30 years. People trust us to get the job done. Our dance classes engage over 20,000 youth in 10 states. We supply affordable dance and active wear that never sacrifices style or quality. Our annual college bowl performance tour for teams and dancers shines above the rest. Our camps are unrivalled. At Just For Kix, you're in good hands.





# STRONGER

At the heart of every dancer is a genuine goal to be the best they can be.

While some dancers seek to increase flexibility or turn rotations, others are determined to learn a challenging new floor combo. Further, some dancers are devoted to exploring new ways to increase leap height more efficiently. Better yet, some want that unforgettable fun and TEAM BONDING that sets them up for successful competition seasons!

You'll become stronger at a Just For Kix camp, in body and spirit. Our camp curriculum is both relevant and current. Our camps focus on technique and it's central to our schedule design, as dancers are engaged with technique training every day.

Additionally, our SPECIAL SESSIONS keep us a step ahead. Active sessions include technique, pilates/yoga and conditioning, while other sessions prepare dancers on injury prevention, nutrition and team motivation.

## BECOME STRONGER

- Get accurate industry knowledge first hand to gain a competitive edge
- Select from carefully designed classes by experts specific to each style
- Learn full length usable and versatile routines including group work and formations
- Choose the class level that's right for you—beginner through elite

“Camp was AWESOME! It brought me closer to my team and gave me better style & technique.

—Toni Degenstein  
Hazen High School, Hazen, ND”

- JAZZ
- KICK
- LYRICAL
- HIP HOP
- CONTEMPORARY
- POM
- DRILL
- MILITARY
- MUSICAL THEATER



# THE JUST FOR KIX CAMP SCHEDULE.

## A Perfect mix of work and fun.

This sample schedule provides the attention to detail and strategic thought needed for today's competitive teams. The actual schedule, specific to your camp, will be posted online. Schedule will vary from camp to camp.

day  
1

9:30 - 10:45.. Registration – Check out the camp store after registering with your team!  
11:00 - 12:15.. Opening Meeting, Introduction of Staff, AM FUN JAM, Warm-up  
12:15 - 12:40.. Demonstration of Class #1 routines  
12:50 - 1:50.... Class #1  
1:50 - 2:15.... Break  
2:15 - 2:40.... Demonstration of Class #2 routines  
2:50 - 3:50.... Class #2  
4:00 - 4:20.... Demonstration of Class #3 routines  
4:30 - 5:30.... Class #3  
5:30 - 6:30.... DINNER – Just For Kix Camp Store is open!  
6:45 ..... Turn in CD for Home Routine show & Vote for "Most Spirited Team of the Day"  
7:00 ..... Home Routine Show

### Private Coaching after the show

10:00 ..... In hotel/dorm  
10:30 ..... Room check.....Lights out!

day  
2

8:00 - 9:30.... Camp store is open!  
9:30 - 10:45.. Roll Call cheers, AM FUN JAM, stretch, Announcements  
10:50 - 11:50.. Class #1  
12:00 - 1:00.... Class #2  
1:00 - 2:00.... LUNCH and Captains meeting. The Just For Kix Camp Store is open!  
2:00 - 3:00.... Special Sessions  
3:15 - 4:15.... Class #3  
4:15 - 4:30.... Break  
4:30 - 5:30.... Camp Games. Get ready for some crazy fun!  
5:30 - 6:30.... DINNER – Just For Kix Camp Store is open!  
6:30 - 6:45.... Contest participants go to gym. Vote for "Most Spirited Team of the Day"  
6:45 ..... Kick, Leaps, Toe Touch, and Turns Contest

### Private Coaching when the contest is over

10:00 ..... In hotel/dorm  
10:30 ..... Room check.....Lights out!

day  
3

8:00 - 9:30.... Camp store is open!  
9:30 - 10:45.. Roll Call cheers, Warm-ups, AM FUN JAM, Announcements  
10:55 - 11:55.. Class #1  
12:05 - 1:00.... Class #2  
1:00 - 2:00.... LUNCH – Senior meeting – Camp Store is open!  
2:00 - 3:00.... Special Sessions  
3:10 - 4:10.... Class #3  
4:25 - 5:40.... Special Session  
5:45 - 6:45.... DINNER - Just For Kix Camp Store is open!  
6:45 ..... Vote on "Most Spirited Team of the Day"  
6:45 - 7:15.... Class #1  
7:15 ..... Class #1 Show! You will perform your class #1 Routine!

### Private Coaching after the show

10:00 ..... In hotel/dorm  
10:30 ..... Room check.....Lights out!

day  
4

8:00 - 9:30.... Just For Kix Camp Store is open!  
9:30 - 10:15.. Roll Call cheers, Warm-ups, Announcements  
10:30 - 10:55.. Class #2  
11:00 - 11:25.. Class #3  
11:30 - 2:00.... BREAK/SNACK  
1:00 ..... CAMP ROUTINE FINAL SHOW

## THEME DAYS:

### Essential Good Times.

#### Day 1: Team Theme Day I!

One team, one dream! Show us where you are from by matching. Kudos to those who put individual names on the back of your shirt. It helps staff get to know you!

#### Day 2: Lights- Camera -Action

Dress as your favorite movie, TV Show or Star. Teams can match or have several stars. Be creative!

#### Day 3: Golden Oldies

Dress up and represent a past decade. Ideas include, but are not limited to, dressing up in vintage team apparel, select a past decade, vintage JFK shirts, etc. BE CREATIVE!

#### Day 4: Team Theme Day 2!

Take pride in your team. Be distinct and star apart with your custom team wear!

## CONTESTS:

### Make a Statement.

Choose who will represent your team the best in each category.

At camp, a Leaps, Toe Touch, Kicks and Turns contest is held. Each team may send 2 representatives in each category. You can have some dancers in more than one event or 8 different athletes.

## AWARDS:

### Rewarding Recognition.

#### Individual:

- Heather Habeck Memorial Award (Highest Individual Award)
- Firecracker
- Most Outstanding Dancer
- Staff Choice

#### Team:

- **Home Routine:** Come prepared to dance with your team's choice of routine. Perform it night one of camp and take center stage!
- **Most Spirited Team:** Selected by all teams!
- **Best of the Morning Fun Jam:** Put your own twist on the MORNING FUN JAM routine!
- **Participation:** Be involved in all nightly camp activities: Home Routine, the Leaps, Toe Touch, Kicks & Turns contest, and the Best of Morning Fun Jam and you will bring home this award!



## COACHES CLASSES THAT PREPARE FOR TEAM GROWTH.

- Developing a total program
- Teaching jazz, kick and pom techniques
- Healthy eating for athletes
- Maximizing choreography
- Building team endurance
- Injury prevention
- Pilates/Yoga
- Effective Booster Club & Parent Group mgmt
- Rookie Coach Survival Class & more

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# OUR DEDICATION TO COACHES

Just For Kix provides the COACHES CLASSES that will put coaches at the top of their game.

The COACH builds the foundation for the TEAM. Coaches never stop learning. As dance continually evolves and techniques and styles continue to emerge, coaches need to move with it — no pun intended!

Every coach is dedicated to LEADING, on and off the floor. Coaches lead with passion and vision. Be motivated to continually educate and engage in the sport. Dancers look up to coaches in order to achieve.

From guest speakers to a round table learning session, we educate in order to help YOU excel. Each COACH is given a top notch GIFT for attending and provided a hospitality room to relax and socialize during down time.

Be inspired at this year's COACHES CLASSES that will focus on surrounding you with tips on leadership development, as well as the technical tools, to further your team. Our Coaches Classes vary from camp to camp. Please call 800-450-DANC to learn the specifics!

GET THE ADVANTAGE OF

# JUST FOR KIX PRIVATE CAMPS.

Another way for you to dance STRONGER. ★ ★ ★ ★ ★



Just For Kix offers private camps, one or two day intensives, and workshops at your school. This may be a great alternative to the team camps, or as an addition to your program. Many teams attend a team camp AND host a private camp or intensive. One of the most valuable advantages a team can have is to start their season with a customized camp package that is designed specifically for their goals.

Our pricing is structured and takes into consideration the size of the team, the number of days and any travel needed. Our rates are both affordable and competitive. I'm most proud of the curriculum that we bring to our clients each year. We are industry leading because we do the work of seeking out the most current information from leading dance community professionals, and put it all together in a usable format for your team.

When you set up a private camp, you will receive a personal phone call from me to determine what parts of the curriculum will help you reach your goals. I am more than happy to review any video footage you provide as well. Instructors are then matched up with your needs, and I write practice plans for your camp including the parts of the curriculum that will work to provide a great experience for you and your team. You won't believe the difference it will make!

Kelly Hegarty

Director of Private Camps, Just For Kix

## Exceeding Expectations

With our history and years of experience building team curriculums, our offerings are wide and varied. We recognize each team is different and our goal in partnering with coaches and studio owners is to provide an end product that exceeds expectations.

We believe in research. We believe in consulting with the best dance instructors, dance medicine specialists, physical therapists, nutritionists and fitness trainers.

“ Kelly is an instructor with energy, enthusiasm and is extremely knowledgeable. She has worked with my dancers over the years and has inspired and taught them alot in a very short time, something that is very valuable as a coach.

Lorie Evers

Freedom Dance Program  
WACPC Fall & Spring Conference Director ”

## What We Offer

- 1-4 day camps
- Private & small group lessons
- 9-week fall programs
- Coach & officer consulting
- Conditioning & plyometric programs
- Custom choreography

## Private Camp Highlights

- Get 4-7 hours of personalized instruction each day
- Technique classes and all styles of dance
- Learn effective warm-ups & strength drills
- Obtain valuable routine evaluation
- Participate in team building & motivational games

- Learn a new warm-up and stretch series each year – ready to incorporate into your practice which includes balance, strength development, stretching, & technique elements.
- Learn a new conditioning program each year, as well as tips for implementation. Our conditioning program is co-designed with Kelly, a personal trainer, and a dance medicine physical therapist to target known weaknesses in dancers and help your team correct weak areas to dance your best.

## Next Steps

Visit us online to fill out our camp request submission form at [www.justforkix.com/private\\_camps](http://www.justforkix.com/private_camps). Once submitted, we'll review and work with you to provide a quote for your team.



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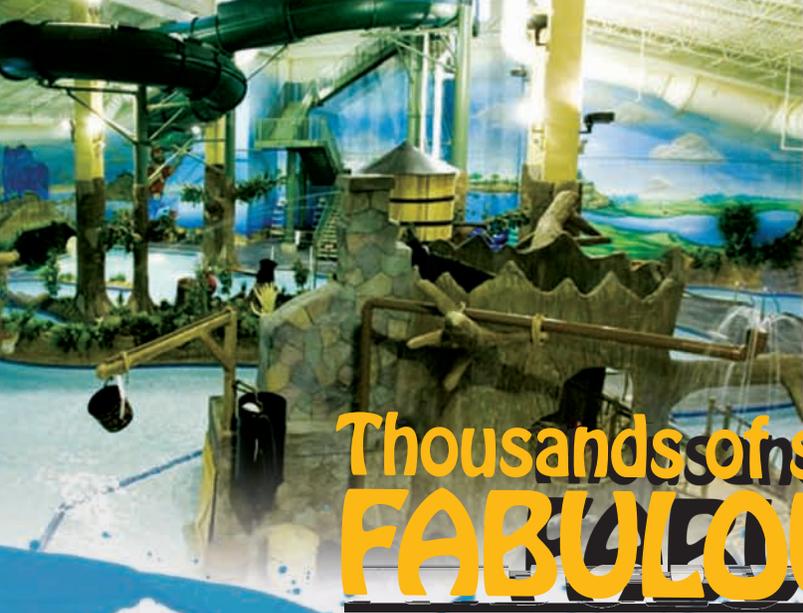
[justforkix.com/intensive](http://justforkix.com/intensive)  
1-800-450-DANC

ern - Jazz - Kick - Hip Hop - Contemporary - Musical Theater - Tap

# 2013 SUMMER DANCE CAMP REGISTRATION FORM

- IA: Des Moines**  
 July 25th - 27th  
 Drake University  
 Dorm Student: \$245  
 Commuter Student: \$195\*  
 Dorm Coach: \$220  
 Commuter Coach: \$165\*  
*\*Includes Lunches & Dinners*
- IA: Storm Lake**  
 June 30th - July 3rd  
 Buena Vista University  
 Dorm Student: \$305  
 Commuter Student: \$174  
 Dorm Coach: \$280  
 Commuter Coach: \$98
- IL: DeKalb**  
 July 29th-31st  
 DeKalb High School  
 Commuter Student: \$158\*  
 Commuter Coach: \$71\*  
*\*Includes Lunches*
- IL: Blue Island**  
 July 26th-28th  
 Dwight D. Eisenhower High School  
 Commuter Student: \$158\*  
 Commuter Coach: \$71\*  
*\*Includes Lunches*
- MN: Brainerd I**  
 July 9th - 12th  
 Forestview Middle School  
 Hotel Student (6ea): \$319  
 Commuter Student: \$171  
 Hotel Coach (2ea): \$356  
 Commuter Coach: \$102
- MN: Brainerd II**  
 July 14th - 17th  
 Forestview Middle School  
 Hotel Student (6ea): \$319  
 Commuter Student: \$171  
 Dorm Coach (2ea): \$356  
 Commuter Coach: \$102
- MN: Brainerd III**  
 July 21th - 24th  
 Forestview Middle School  
 Hotel Student (6ea): \$319  
 Commuter Student: \$171  
 Dorm Coach (2ea): \$356  
 Commuter Coach: \$102
- NE: Kearney**  
 July 7th-9th  
 University of Nebraska  
 Dorm Student: \$270  
 Commuter Student: \$240\*  
 Dorm Coach: \$245  
 Commuter Coach: \$210\*  
*\*Includes Lunches & Dinners*
- ND: Bismarck**  
 June 23rd - 26th  
 University of Mary  
 Dorm Student: \$262  
 Commuter Student: \$165\*  
 Dorm Coach: \$235  
 Commuter Coach: \$131\*  
*\*Includes Lunches & Dinners*
- WA: Spokane Area**  
 August 7th - 9th  
 Mt. Spokane High School  
 Commuter Student: \$158\*  
 Commuter Coach: \$71\*  
*\*Includes Lunches & Dinners*
- WI: Green Bay**  
 June 28th - July 1st  
 St. Norbert's College  
 Dorm Student: \$289  
 Commuter Student: \$191  
 Dorm Coach: \$272  
 Commuter Coach: \$97
- WI: Wasau**  
 August 5th - 8th  
 DC Everest High School  
 Commuter Student: \$199\*  
 Commuter Coach: \$97\*  
*\*Includes Lunches*

**REFUNDS:** If 14 days prior notice is given in writing to our office, students may receive a refund of camp tuition less the \$150 deposit. **NOTE:** We are unable to issue refunds once camp begins.



# Thousands of square feet of **FABULOUS FUN!**

Enjoy either the Arrowwood Lodge's Paul Bunyan Water Park or Comfort Suite's The Rapid River Water Park after the thrilling days of dancing, team bonding and coaching!

Dancers get to relax and make memories while attending Just For Kix camp with plenty of water slides and water park fun!