



Brainerd, MN

UNLOCK YOUR POTENTIAL
GIVING YOUR TEAM THE KEYS TO SUCCESS

Forestview Middle School
12149 Knollwood Dr.
Baxter, MN 56425

Camp 1: July 10 - 13, 2016

Dorm Student: \$363
Commuter Student: \$239*
Dorm Coach: \$389
Commuter Coach: \$130*

*Includes Lunches and Dinners

Camp 2: July 17 - 20, 2016

Dorm Student: \$363
Commuter Student: \$239*
Dorm Coach: \$389
Commuter Coach: \$130*

Camp 3: July 24 - 27, 2016

Dorm Student: \$363
Commuter Student: \$239*
Dorm Coach: \$389
Commuter Coach: \$130*



FACILITY: The Minnesota camps are held at the beautiful Forestview Middle school.

CLASSES: This camp boast 16 - 20 class choices per hour. All three camps are large, but the numbers are handled in JFK fashion. 3 lunch groups, 20 class choices, etc. The event is thought out and organized to a T. The opening daily aerobics are orchestrated in the huge field house which is larger than four gymnasiums.

BUSSING: Shuttle busses are hired to transport dancers from hotel to the school daily and back again at night.

Parents or team busses can drop them off on day one and pick up on day four. No cars are needed or allowed for safety.

DINING: All meals are catered in and served at the Middle School. Meals typically offer one main dish choice, so picky eaters or those with special medical conditions can call ahead for the menu. Dancers are encouraged to bring extra snacks to snack on and water to stay hydrated with in their bag. Breakfasts are continental and have cereal, muffins, rolls or bagels, milk and fruit. Lunches range from pizza to subs. Dinners range from pasta to taco night.

ACCOMMODATIONS: Dancers are housed at Brainerd area hotels and bussed back and forth from the hotel to the school. Assignments are set up by the staff and given to the coach prior to the camp start date.

OTHER SPECIAL ATTRACTIONS: Since Brainerd is the headquarters of Just For Kix, attendees are in for a treat.

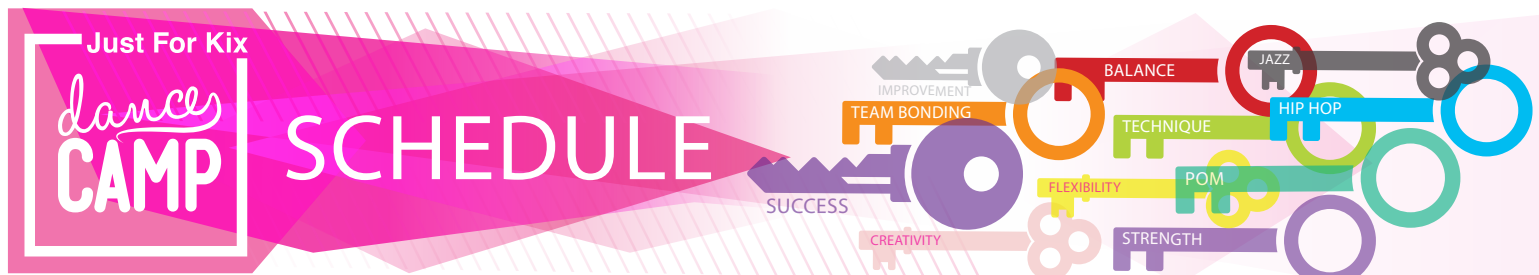
HIGHLIGHTS FOR COACHES! Coaches are taken on an optional tour of the Just For Kix warehouse for the catalog and The Teehive custom apparel facility.



Cindy Clough
Executive Director
Just For Kix

CINDY CLOUGH Executive Director of Just For Kix personally orchestrates these camps and teaches numerous classes.

JUST FOR KIX
www.justforkix.com



Brainerd, MN

DAY #1

SPIRIT DAY!

Show us your team spirit!

- Overnight campers check in at hotel first and then go to Forestview Middle School
- Commuters check in at Forestview Middle School
- 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

9:30 - 10:45	Registration
10:45 - 10:50	Camp Kick Off Video
10:50 - 11:20	Opening Meeting Notes: Meet the Director & Staff. -Staff Introductions
11:20 - 11:50	Warm Up
11:50 - 12:20	Demo for Class #1 choices
12:30 - 1:30	Class #1
1:30 - 2:00	Snack in Cafeteria
2:05 - 2:35	Demo for Class #2
2:45 - 3:45	Class #2
3:50 - 4:20	Demo for Class #3
4:30 - 5:30	Class #3
5:30 - 5:45	Meet with your JFK Team Leader
5:45 - 6:45	DINNER
7:00	Home Routine Show
10:00	Be In hotel room
10:30	Room check Lights Out!

DAY #2

GAME DAY!

Bring your favorite board game to life. Dress up as your favorite game piece or character. The possibilities are endless!

8:00 - 8:10	Comfort Teams Bus
8:30 - 8:40	Lodge Teams Bus
8:00 - 9:30	Breakfast in Cafeteria - Camp Store is Open
9:30 - 10:40	Roll Call cheers, Stretch & Strengthening, Announcements
10:50 - 11:50	Class #1
12:00 - 1:00	Special Sessions
1:00 - 2:00	LUNCH—Captains Meeting
2:00 - 3:00	Class #2
3:15 - 4:15	Class #3
4:30 - 5:00	Meet with JFK Team Leader, Camp Games/ Team Buidling
5:00 - 6:00	DINNER
5:45	Contest Participants report to the gym at 5:45 to learn combinations
6:15	Kick, Leaps, Turns & Toe Touch Contest
After Contest	Lodge Teams Bus 1st, Comfort Teams Bus 2nd afer Private Coaching
10:00	Be In hotel room
10:30	Room check Lights Out!

DAY #3

HOLIDAY EXTRAVAGANZA!

JFK is getting in the holiday spirit. From New Years to Christmas and everything in-between. Get creative!

8:00 - 8:10	Lodge Teams Bus (Private Coaching 8:55 - 9:25)
8:30 - 8:40	Comfort Teams Bus
8:00 - 9:30	Breakfast in Cafeteria - Camp Store is Open
9:30 - 10:40	Roll Call cheers, Stretch & Strengthening, Announcements
10:50 - 11:50	Class #1
12:00 - 1:00	Special Sessions
1:00 - 2:00	LUNCH—Senior, non- captain meeting
2:00 - 3:00	Class #2
3:15 - 4:15	Class #3
4:15 - 4:30	Meet with JFK Team Leader
4:30 - 5:00	Review Class #1 at Class #1 location
5:00 - 6:00	DINNER
6:15	Class #1 Show
After Class 1 Show	Lodge Teams Bus 1st, Comfort Bus 2nd after Private Coaching
	Be sure to pack up your rooms and fill out your camp evaluations
10:00	Be In hotel 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 - 8:10	Comfort Teams Bus
8:30 - 8:40	Lodge Teams Bus
	Put all suitcases in storage room to pick up after the show
8:00 - 9:30	Breakfast in Cafeteria - Camp store is open
9:30 - 10:35	Roll Call Cheers, Stretch & Strengthening, Announcements
10:40 - 11:10	Class #2
11:20 - 11:50	Class #3
11:50 - 12:15	BREAK/SNACK
12:30	CAMP ROUTINE FINAL SHOW

- There is no fee to attend the final show. All family and friends are invited to attend!
- 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!

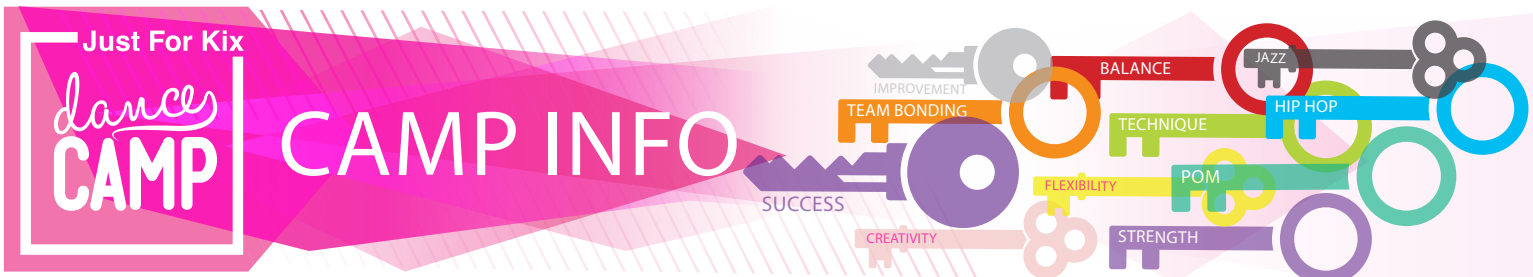


Please be flexible and allow for schedule changes. Be on time for everything!



1-800-450-3262

www.justforkix.com/camp



Minnesota Camp

UNLOCK YOUR POTENTIAL
GIVING YOUR TEAM THE KEYS TO SUCCESS

CAMPERS/COACHES

You will receive an email as to which hotel you will be staying at for camp two weeks prior to your camp's starting date. Please have your bus or carpools bring you to your assigned hotel Day 1 to drop off your luggage and then bring you to Forestview Middle School for registration. Day 4 please have your bus or carpools pick you up at Forestview following the camp show and have them bring you back to your hotel to pick-up your luggage. Just For Kix shuttles to and from the hotels/school will begin night one of camp and continue to run each morning and evening during camp.

NO 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 or take the shuttle buses that are provided. Just For Kix will not be responsible or liable for any drivers that drive during camp or to and from camp activities.

COMMUTERS

Register at the main entrance at Forestview Middle School. Be ready to DANCE!

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 register online, send a check to the Just For Kix office or call payment with a credit or debit card.

MEDICAL CONSENT AND CODE OF CONDUCT FORMS

Please be sure all campers have completed it upon arrival at camp. We will collect them from each team at registration.

ROOMING LIST

Rooming Lists must be sent into the JFK Office **THREE WEEKS** prior to your camp or we will assign rooms. Most rooms are 6 person occupancy and a few are 4 person occupancy. Coach's fee is based on a double occupancy. An option to room with more people is available. Call 800-450-3263 for rates and information.

We strongly recommend that a coach or a chaperone attend with their teams/dancers that will have eight or more participants. Please send your team's rooming assignments to Amanda at amanda@justforkix.com. Group dancers in groups of 6 and Amanda will adjust as needed. Please be sure to include your team name and which camp you are attending.

LUGGAGE

In most cases, all luggage will be placed in a large room at the hotel until evening since it will be too early to check into your room. **HAVE EVERY ITEM LABELED. DO NOT** leave valuables in your suitcase the first day of camp. Just For Kix nor any of the hotels are responsible for lost or stolen items. Helpful Hint: Use luggage that is on wheels!

Be sure to bring a backpack or duffel bag with you to carry your personal items to the school.

IMPORTANT

Have everything you need for the 1st day and the Home Routine Show in a separate bag to take with you to the school as you will not be back at the hotel before the show. Wear your practice clothes to registration so you will be ready to dance!

REGISTRATION TIME

9:30 - 10:45 am

PLEASE be on time. The opening meeting of camp is in the gym following the close of registration. During registration and before the opening meeting, the camp store will be open.

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, novelty, hip-hop, contemporary and lyrical. A short portion of each routine is demonstrated by staff to aid in the class selection process.

DETAILS, DETAILS, DETAILS...JUST A FEW DETAILS TO GET YOU READY FOR JUST FOR KIX CAMP!

- 1. MEDICAL CONSENT & RELEASE FORM** Double check that each dancer fills out and turns in their forms. You may download it off our website at www.justforkix.com/dancecamps. Medical forms will be turned in Day 1 of camp at registration. (If dancer has registered and completed this form online we will send directly to camp.)
- 2. LOST OR STOLEN ITEMS** JUST FOR KIX is not responsible for lost items. Please do not bring valuables to camp and do not leave any valuables in the luggage storage rooms. Leave your jewelry at home. Carry your money with you at all times.
- 3. HALLS** will be monitored at night by Just For Kix personnel. Campers not following the rules may be sent home at their parents' expense.
- 4. HOTEL PHONE POLICY** The phone in your room will be shut off during camp from outside phone calls. (We do this to control long distance phone calls.) We suggest bringing your cell phone to camp with you.
- 5. EARLY IS ON TIME, ON TIME IS LATE!** Stress to your team that it is very important to be on time for everything. Also encourage them to attend all classes faithfully. Skipping causes "holes" in the routines and is hard on the rest of the dancers and instructors.
- 6. ROLL CALL CHEER** On mornings 2, 3 & 4 at camp

we will be doing a roll call cheer. Each team will do their own cheer. Please be sure 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'd like.

- 7. THE HOME ROUTINE SHOW** will be held the first evening of camp. It will take place in a full-sized gym. The purpose of the show is to share ideas rather than compete. We do, however, award plaques for outstanding performances. Our hope is for every team to participate! Maybe you want to bring your uniforms! Being involved makes camp so much more fun! The more teams/individuals that participate, the more fun it will be!
- 8. MEALS** Your first camp MEAL is on the first evening of camp. Plan accordingly. You may wish to get a bite to eat before registration. (There will be a light snack provided in the afternoon.) Vegetarians will be accommodated, please ask the Just For Kix Staff for assistance.
- 9. COMMUTERS** commuter lunches and dinners are included in camp fee.

JUST FOR KIX
www.justforkix.com



Minnesota Camp

UNLOCK YOUR POTENTIAL
GIVING YOUR TEAM THE KEYS TO SUCCESS

10. 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 = "TEAM SPIRIT DAY 1" Show us your team pride by matching and wearing team gear.

Day 2 = "GAME DAY" Bring your favorite board game to life. Dress up as your favorite game piece or character. The possibilities are endless!

Day 3 = "HOLIDAY EXTRAVAGANZA" JFK is getting in the holiday spirit. From New Years to Christmas and everything in-between. Get Creative!

Day 4 = "TEAM SPIRIT DAY 1" 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*

11. LEAPS, TURNS, KICKS AND TOE TOUCH CONTEST Again we will have our leaps, turns, kicks, and toe touch 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!

12. CAMP SHOW On the final day of camp, we will present the routines you've learned. The Camp Show will be held at Forestview Middle School. It is more fun for all if we have a big crowd for the show. Please encourage friends, relatives and coaches to attend. Awards will be presented at this time.

13. CAMP STORE We will have an assortment of dance related SALE ITEMS available to purchase. Included will be camp tee shirts, dance wear, and more.

14. COACH'S SESSIONS We offer classes for coaches each day. The first coaches classtime will be Class #1. You will receive a more detailed schedule at registration. Get ready for a jam packed week! Please bring any of your rules, constitution, motivational ideas, fundraising ideas or other unique hints to share with other coaches from across the state. (You may

wish to bring with you 25 copies of anything you feel other coaches would find helpful).

15. PERFORMANCE TOUR Each year JUST FOR KIX produces a performance tour for dancers at the OUTBACK 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.) The MSHSL dance team rules and regulations does not allow us to hold our annual All Star tryouts in Minnesota. We are inviting all interested teams and/or individuals to attend this AMAZING event. (The MSHSL has now lifted the ruling with coaches traveling with their teams!) We still want to assure the caliber of dancers attending remains high and we feel all the teams that attend our Minnesota camps meet the qualifications of our National Team. Join us in Tampa for a week full of fun, excitement, and DANCE! If you have any questions, please call our office or visit our website. Many groups get local sponsors or fundraise their way 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 a year from now to allow for more fundraising time.

16. EMERGENCY PHONE NUMBERS
Just For Kix Office: 218-829-7107
(8:00AM - 5:00PM Mon - Fri)

BRAINERD LODGING
Arrowwood Lodging: 218-822-5634
Comfort Suites: 218-825-7234

17. CAMP LEAVE If for any reason you must leave camp, you must officially sign out with the Camp Director. If you have any questions on camp please call our office at 218-829-7107!

DIRECTIONS

Directions to Forestview High School

Traveling North to Brainerd: From 371, take the Baxter Exit. At the first set of lights turn left on County Road 48. Follow approximately 1 mile to the next set of lights. Turn left on Knollwood Drive and follow around to the front of Forestview Middle School.

Traveling South to Brainerd: Take 371 South to the intersection of County Road 48. Turn right on County Road 48 and follow approximately 1 mile to the next set of lights. Turn left on Knollwood Drive and follow around to the front of Forestview Middle School.

JUST FOR KIX
www.justforkix.com



1-800-450-3262

www.justforkix.com/camp



Here is a list of items to bring to camp!

All Campers Should Bring

- Your signed Medical Consent & Release Form and your Code of Conduct Form
- Dance bag
- Water bottle - Some teams will bring cases of water.
- 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
- Ipod/Ipod dock
- Camera
- 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
- **"Yes" Book.** Have each dancer bring a notebook to camp. It will be something they keep all season, so encourage them to bring one with a hard cover. Each dancer decorates a small notebook with the letters "YES" which stands for **"You're Extra Special."** Have the dancers write positive notes to each other every night of camp when you have your team gatherings or on breaks through the day. At the end of the week of camp have them read what positive things their teammates wrote about them. They can keep this going all year and have the books at practice so teammates can add to them every so often. At the end of the year they get to take them home. What a treasure!

"Everyone Should Bring a Good Attitude and a Lot of Energy!"



Hotel/Dorm Campers & Coaches Should Also Bring

- Swimsuits (MN Camps Only)
- Personal Toiletries

JUST FOR KIX
www.justforkix.com

Medical Consent & Release Form

Dancer's Information

DANCER NAME											LAST NAME																			
EMAIL ADDRESS																														
HIGH SCHOOL																														
AGE			DOB			-			-					GRADE																

Medical Data

DO YOU HAVE (OR HAVE YOU HAD) ANY OF THE FOLLOWING

☐ ASTHMA OR LUNG DISEASE	☐ EPILEPSY	☐ DIABETES
☐ KIDNEY DISEASE	☐ HEART CONDITION	☐ FAINTING SPELLS OR DIZZINESS
☐ RHEUMATIC FEVER	☐ MENTAL ILLNESS	☐ OTHER _____

FOR YOUR SAFETY PLEASE NOTE BELOW ANY HEALTH CONCERNS NOT LISTED ABOVE THAT MAY BE IMPORTANT FOR STAFF TO KNOW.

EMERGENCY CONTACT																											
HOME PHONE				-				-					CELL PHONE				-					-					
WORK PHONE				-				-																			
FRIEND OR RELATIVE																											
HOME PHONE				-				-					CELL PHONE				-					-					
WORK PHONE				-				-																			

Insurance Company Information

NAME																								
ADDRESS																								
CITY													STATE			ZIP								
PHONE				-				-																
POLICY NUMBER													GROUP NUMBER											
INSURED THROUGH EMPLOYER	YES	☐	NO	☐																				
EMPLOYER NAME (IF APPLICABLE)																								

Parent/Guardian Information

[illegible]

DATE

--	--

--	--

--	--	--	--

Just For Kix Camps - Code of Conduct

JUST FOR KIX

www.justforkix.com