

## Fargo, ND

INTENSIVE A: 6/15 - 6/17

MASTER CLASS: 6/18 2-4pm

INTENSIVE B: 6/19 - 6/21

# 2017

**Just For Kix**

## SUMMER INTENSIVE

# FIND YOUR WHY



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## INTENSIVE *Workshop*

**We are so excited that you have decided to attend the Just For Kix Summer Dance Intensive Workshop. Please read through this information so you are prepared for your week with us. Our goal is to help you reach yours! We want your week to be fun! We still have plenty of room if you have friends that want to add on!**

**REGISTRATION** All participants may check-in Day 1 between 8:00 - 8:30am at the Just For Kix Studio. The opening session will begin at 8:30am. At this time please turn all medical release forms.

**MEDICAL RELEASE FORMS** If you registered online, your medical release form has already been submitted. If you mailed or called in your registration, please be sure to print off your medical release form and bring it with you. We will collect these at registration. **WE MUST HAVE EVERYONE'S!** Thank you. (There is a pdf of the form available online to download.)

**PAYMENT** Final payment of intensive tuition is due 3 weeks before the Intensive begins. If for some reason you have not paid your balance due prior to your arrival, it will be collected at registration. Thanks!

**CLASS ATTIRE** Dancers are expected to wear dance clothing to all classes. For the ballet classes we recommend, but do not require, dancers to wear a black leotard, pink tights, and ballet shoes. Hair should be in a bun.

**JUST FOR KIX/MOVEU STORE** Our studio also has a full service store with dance and fitness apparel ranging from our sought after 360 leggings, workout tops and bottoms, etc. If you forget anything, we are sure to have it!

**CLOSING SESSION** The closing session on Day 3 will give students an opportunity to perform some of the combinations learned throughout the week! Invite your parents and friends to watch. This is an informal show, but we would love to have people come and watch. Video cameras are welcome. Note that not all routines learned will be performed at the final show due to time.

**CONDUCT** Dancers are asked to behave in a respectable manner while attending the Intensive.

The following are forbidden at the Just For Kix Summer Intensive:

- Swearing, use of alcohol, drugs, or tobacco.
- Video taping and/or taking pictures of your fellow attendees or roommates without their permission.
- Uploading any inappropriate pictures on the internet or any social media sites (i.e.; Facebook, Twitter, Instagram, YouTube, etc.)
- Hazing of any type.

Any student who does not act in a manner acceptable to the Just For Kix staff will be asked to return home at their own expense. Intensive tuition will not be refunded. (See code of conduct.)

**MEALS** Dancers are responsible to eat before they arrive. We encourage dancers to pack snacks to nibble on throughout the day. There is an hour allotted in the schedule to have lunch. Dancers are to bring a lunch from home each day.

## Instructors

- Alexandra Clough
- Annie Lindberg
- Adina Belanger
- Carlos Stroia
- + Guest instructors each day!

## PACKING LIST

- A GOOD ATTITUDE AND LOTS OF ENERGY!!
- Dance Attire
- Undergarments (sports bras, socks, etc.)
- Comfortable athletic & dance shoes! (Ballet, jazz, turners)
- Water Bottle
- Extra spending money for treats and sales items at the JFK Studio Store
- Notebook and pen!



**For Details go to: [www.justforkix.com/intensive](http://www.justforkix.com/intensive)**

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## EXAMPLE INTENSIVE WORKSHOP SCHEDULE

DAY 1				
INTERMEDIATE		ADVANCED		ELITE
8:30-9:20	Opening Session			
9:30-10:30	HIP HOP	JAZZ		BALLET      TURNS
10:40-11:40	JAZZ	BALLET	Leaps & Jumps	HIP HOP
11:50-12:50	LUNCH			
1:00 - 2:00	PARTNER DANCE (fun)		CONTEMPORARY	JAZZ      STRETCHING
2:10 - 3:10	CONTEMPORARY		LYRICAL      KICK TECHNIQUE	TAP
3:20 - 4:20	MUSICAL THEATRE	HIP HOP TRICKS	STREET JAZZ	LYRICAL
4:20 - 5:00	REVIEW SESSION / INTENSIVE GAMES			

DAY 2				
INTERMEDIATE		ADVANCED		ELITE
8:30-9:00	Warm Up / Stretching			
9:00-10:00	HIP HOP		JAZZ	BALLET      IMPROV
10:10-11:10	Ballet	Kick Technique	LYRICAL	JAZZ
11:20-12:20	LYRICAL		BALLET      Dance Nutrition	HIP HOP
12:20-1:20	LUNCH			
1:20-2:20	MUSICAL THEATRE		HIP HOP	LYRICAL      Turn Analysis
2:30-3:30	CONTEMPORARY	Jazz Technique	TAP	STREET JAZZ
3:40-4:40	JAZZ		MUSICAL THEATRE      Serious Stretching	CONTEMPORARY
4:40-5:30	REVIEW SESSION / INTENSIVE GAMES			

DAY 3				
INTERMEDIATE		ADVANCED		ELITE
8:30-9:00	Warm Up / Stretching			
9:00-10:00	CONTEMPORARY		BALLET      Jazz Technique	LYRICAL
10:10-11:10	BALLET	Serious Stretching	JAZZ	HIP HOP
11:20-12:20	JAZZ		MUSICAL THEATRE	BALLET      Jazz Technique
12:20-1:20	LUNCH			
1:20-2:20	Jazz Technique	Street Jazz	CONTEMPORARY	JAZZ
2:30-3:30	MUSICAL THEATRE		PARTNER STRETCHING & STRENGTHING	CONTEMPORARY
3:30 -4:50	REVIEW SESSION / INTENSIVE GAMES			
5:00 - FINISH	FINAL SHOW/CLOSING SESSION			

- Not all routines learned will be performed at the final show due to time
- There is no fee to attend the final show. All family and friends are invited to attend!



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## INTENSIVE MASTER CLASS

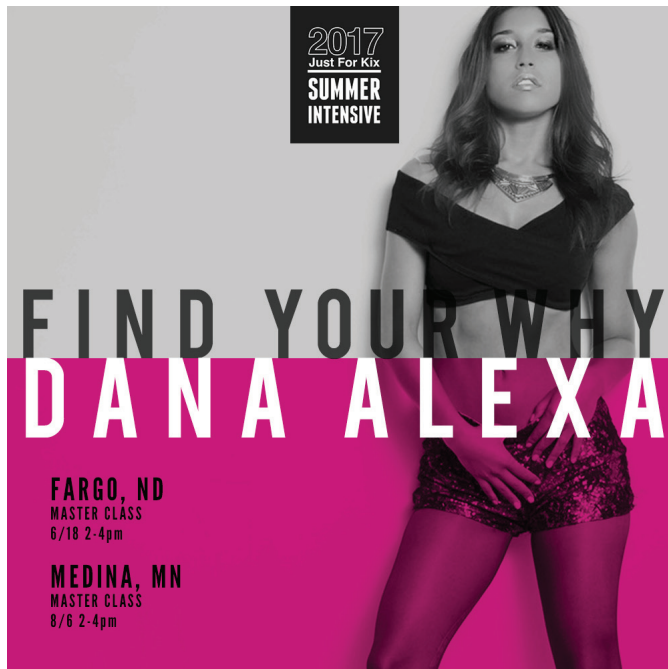
### 6/18 2-4PM

#### MEET DANA ALEXA.

The Master class will be taught by Dana Alexa. Dana Alexa is a professional dancer and choreographer from Brooklyn, NY currently living and working in Los Angeles, Ca. Dana travels all over the world teaching master classes.

Dana Alexa was born in Brooklyn, NY and started her dance training at 2 years old. She quickly fell in love with dance and began training seriously and pursuing a professional career at the age of 21. She has trained with the best instructors in the world in hip hop, jazz, street jazz, tap and ballet on both coasts. She has taught hip hop and street jazz to students of all ages and levels, for HS and college dance teams, studios, pro teams, semi-pro teams and more. Dana now has a permanent teaching slot at IDA Hollywood in Los Angeles and travels the world teaching master classes. She is on staff for multiple conventions like Epic Dance Showcase and Revel Dance Convention and this year will join as guest faculty for Dance Workshop Paris, Just For Kix and One Million Camp in Seoul, Korea.

Dana began her professional dance career by representing the NBA in NYC as a Knicks City Dancer. She went on to dance with recording artist Kat Deluna on her world promo tour. In addition, Dana became Kat's choreographer and artistic director and choreographed Kat's world tour for her album Inside Out and also two music videos. Dana then relocated to Los Angeles to pursue her career on the west coast.



Dana has choreographed and performed on Bravo TV's Watch What Happens Live and The Real Housewives of NJ. She has worked with artists like Tyga and Wiz Khalifa and toured as a dancer and assistant choreographer in China, where she performed, danced in a national commercial, choreographed a nightly show and taught workshops. Dana was cast as a dancer for a national Lexus commercial and also in a Skyy Vodka commercial under the direction of Tucker Barkley. Dana assisted choreography for the opening number of the Radio Disney Awards in 2015 for recording artist Natalie LaRose's hit single "Somebody" as well as for the opening number of the finale episode of So You Think You Can Dance: POLAND. Dana was featured in a Pepsi Commercial for the superbowl starring Joey Lawrence and Donald Faison and in May 2016 Dana won season 28 of CBS's The Amazing Race. She has choreographed numerous viral youtube videos and partnered with artists like Spencer Ludwig and Fergie to create exclusive youtube videos to their hit songs.

Dana has amassed a massive social media following, totaling over a million followers across all of her platforms. She is an active vlogger and produces an original series called "The Other Side" that follows her while she teaches classes internationally and adventures into the unknown to explore foreign cultures as well as take part in extreme adrenaline junkie activities! Dana is represented by The Movement Talent Agency and will continue to pursue her dream with relentless passion and drive.



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## 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



For Details go to: [www.justforkix.com/intensive](http://www.justforkix.com/intensive)

## MEDICAL CONSENT & RELEASE FORM

If, in the judgement of any representative of Just For Kix Intensive, 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"/>
PHONE	<input type="text"/> - <input type="text"/> - <input type="text"/>	ZIP	<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  -  -



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TEE SHIRT PRE-ORDER FORM

Orders Due June 9th

DANCERS INFORMATION

FIRST NAME, LAST NAME, EMAIL ADDRESS grid



Table with columns: QTY., PRICE EACH., TOTAL. Rows for sizes: EXTRA SMALL, SMALL, MEDIUM, LARGE, EXTRA LARGE, TOTAL TEE SHIRTS X, AMOUNT ENCLOSED.

PAYMENT

CHECK, MONEY ORDER, CREDIT CARD, VISA, MC, DISC, AM EX

ACCT. NUMBER#, EXPIRATION DATE, NAME ON ACCOUNT, LAST NAME, ADDRESS, CITY, STATE, ZIP

MAILING

Orders are due to Annie by July 16th. Just For Kix - Summer Intensive P.O. Box 724 • Brainerd, MN 56401

FAX 218-824-3545 attn: Annie
E-MAIL annie.lindberg@justforkix.com



For Details go to: www.justforkix.com/intensive