



START UNKNOWN.
**FINISH
UNFORGETTABLE.**

HASTINGS, NE

Hastings College
710 Turner Ave,
Hastings, NE 68901

July 6 - 8, 2017

Dorm Student:\$309
Commuter Student:\$250*
Dorm Coach:\$264
Commuter Coach:\$179*

*Includes Lunches and Dinners



THE CAMPUS: This camp is located on the serene campus of the Hastings College. Beautiful grounds and exceptional vistas make this a wonderful place to say. State of the art facilities and easy access further compliment your camp experience.

ACCOMMODATIONS: Two to a room, comfortable air conditioned dorms.

DINING: All you can eat meals with numerous choices will keep you satisfied during camp.

**2017 JUST FOR KIX
HIGH SCHOOL CAMP**



JUST FOR KIX
www.justforkix.com



1-800-450-3262

www.justforkix.com/camp



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DAY #1

DECADE DAY!

From the roarin' 20's to the 1990's, dress up as your favorite decade. To get ideas we suggest looking through your grandparents closet.

- Check in at Taylor Residence Hall
- 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

9:00 - 9:30	Registration
9:45 - 10:45	Welcome, Introduction of Staff, AM FUN JAM, Stretch & Strengthening
10:45 - 10:55	Demo for Class # 1
11:00 - 12:00	Class #1
12:00 - 1:00	LUNCH - Captain Meeting
1:00 - 1:50	Special Sessions - See separate schedule
2:00 - 2:10	Demo for Class # 2
2:15 - 3:15	Class #2
3:15 - 3:45	CAMP GAMES
3:45 - 3:55	Demo for Class # 3
4:00 - 5:00	Class #3
5:00 - 6:00	DINNER
6:30	Home Routine Show & Final Group Meeting
After Show	Private Coaching (30 minutes)
10:00	Be in Your Room
10:30	Room Check Lights Out!

DAY #2

IT'S A SMALL WORLD!

What's your favorite country? Show us by dressing up with your team! Get creative.

8:00 - 9:00	Breakfast in Cafeteria
9:00 - 9:50	AM FUN JAM, Stretch & Strengthening
10:00 - 11:00	Class #1
11:10 - 12:00	Special Sessions
12:00 - 1:00	LUNCH—Senior, non-captain meeting
1:00 - 1:45	Review AM FUN JAM
2:00 - 3:00	Class #2
3:10 - 3:50	Private Coaching
4:00 - 5:00	Class #3
5:00 - 6:00	DINNER
6:00	*Contest Participants meet in back of gym to learn combinations
6:15	Kick, Leaps, Turns & Toe Touch Contest
10:00	Be in Your Room
10:30	Room Check Lights Out!

- Fill out Camp evaluations and turn in on Day #3!

DAY #3

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 - 10:00	AM FUN JAM, Stretch & Strengthening
10:00 - 10:30	CAMP GAMES
10:45 - 12:00	Class #1
12:00 - 1:00	LUNCH
1:00 - 2:15	Class #2
2:30 - 3:45	Class #3
3:45 - 4:10	Team works on AM FUN JAM and Camp Routines on their own
4:15	Camp Routine Final Show
After Show	Check out of dorms, turn in keys

- There is no fee to attend the final show. All family and friends are invited to attend!
- See you next year----drive safely!
- HAVE AN INCREDIBLE SEASON!

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



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ROLL CALL CHEER

On mornings 2 & 3 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 team. Being involved makes camp so much more fun! **A trophy will be awarded for the Most Outstanding Home Routine.**

LEAPS, TURNS, KICKS AND TOE TOUCH CONTEST

Again we will have our leaps, turns, kicks, and toe touch contest on night 2 of camp. 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. 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.

MEDICAL RELEASE FORMS

Please be sure all campers have completed the medical consent and code of conduct form. 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 Amanda at amanda@justforkix.com or fax to 218 - 824 -

3545. 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, novelty, 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 request 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.

COMMUTERS 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.

OUTBACK BOWL PERFORMANCE TEAM 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.) More detailed information will be distributed at camp. 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 = "DECADE DAY" From the roarin' 20's to the 1990's dress up as your favorite decade. To get ideas we suggest looking through your grandparents closet :)

Day 2 = "IT'S A SMALL WORLD" What's your favorite country? Show us by dressing up with your team! Get creative.

Day 3 = "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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PACKING

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
- Ipad/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!

Dorm Campers & Coaches Should Also Bring

- Hair dryer
- Alarm clock
- Fan (Some dorm rooms are not air conditioned.)
- Bed linens, pillow, blanket & towels
- Hand soap
- Shampoo & Conditioner

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



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Medical Consent & Release Form

Dancer's Information

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

LIST ANY MEDICATIONS THAT YOU ARE CURRENTLY TAKING _____

ARE YOU CURRENTLY UNDER A PHYSICIANS CARE YES ☐ NO ☐ PLEASE LIST ANY DRUG ALLERGIES _____

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

<input type="checkbox"/> ASTHMA OR LUNG DISEASE	<input type="checkbox"/> EPILEPSY	<input type="checkbox"/> DIABETES
<input type="checkbox"/> KIDNEY DISEASE	<input type="checkbox"/> HEART CONDITION	<input type="checkbox"/> FAINTING SPELLS OR DIZZINESS
<input type="checkbox"/> RHEUMATIC FEVER	<input type="checkbox"/> MENTAL ILLNESS	<input type="checkbox"/> OTHER _____

PLEASE EXPLAIN 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				-				-															

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

[illegible]

SIGNATURE _____

DATE

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Just For Kix Camps - Code of Conduct

FIRST NAME [] [] [] [] [] [] [] LAST NAME [] [] [] [] [] [] [] [] [] [] [] [] [] [] []

AGE [] [] DATE OF BIRTH [] [] - [] [] - [] [] [] []

- I have read the above listed **Code of Conduct** and, by my signature, agree to abide by their terms.

DATE

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