

UMMER

BRAINERD, MN

2018 Just For Kit Lance CAMP

It's more fun w<mark>hen you</mark> are not the only one having it!

Forestview Middle School 12149 Knollwood Dr. Baxter, MN 56425

Camp 1: July 8 - 11	, 2018
Dorm Student:	\$375
Commuter Student:	\$251*
Dorm Coach:	\$401
Commuter Coach:	\$215*
*Includes Lunches and Dinne	ers





 Camp 2: July 15 - 18, 2018

 Dorm Student:
 \$375

 Commuter Student:
 \$251*

 Dorm Coach:
 \$401

 Commuter Coach:
 \$215*

 Camp 3: July 22 - 25, 2018

 Dorm Student:
 \$375

 Commuter Student:
 \$401

 Dorm Coach:
 \$401

 Commuter Coach:
 \$215*

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 of Just For Kix personally orchestrates these camps and teaches numerous classes.

Cindy Clough Executive Director Just For Kix

JUST FOR

() (1-800-450-3262

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HIGH SCHOOL ANCE CAMP TZUI FOR KIX Π

BRAINERD, MN

DAY #1

SPIRIT DAY! Show us your team spirit!

0 1	ers check in at hotel first orestview Middle School	8:00							
Commuters chee Middle School	8:30								
Sign up for what during private co	8:00								
Turn in your music for Home Routine Show									
Arrive dressed in dancewear and bring water bottles									
Remember to E	AT before you arrive	12:00 1:00							
9:30 - 10:45	Registration								
10:50 - 11:20	Opening Meeting Notes: Meet the Director & Staff. -Staff Introductions	0.00							
11:20 - 11:50	Warm Up	2:00							
11:50 - 12:20	Demo for Class #1	3:15 4:30							
12:30 - 1:30	Class #1	4.30							
1:30 - 2:00	Snack in Cafeteria	5.00							
2:05 - 2:35	Demo for Class # 2	5:00							
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								
	Pink at 5:45 Blue at 6:00 Green at 6:15								
7:00	Home Routine Show	After (
After Show	Comfort Teams Bus 1st, Lodge/Holiday Bus 2nd	Aller							
10:00	Be in Hotel Room								
10:30	Room Check Lights Out!								

DAY #2

DISNEY DAY! Dress up as your favorite Disney character or movie. Get creative!

- 8:10	Comfort Teams Bus (Private Coaching 8:55 - 9:25)
- 8:40	Lodge/Holiday Teams Bus
- 9:30	Breakfast in Cafeteria Camp Store is Open
- 10:40	Roll Call cheers, Stretc & Strengthening, Announcements
- 11:50	Class #1
- 1:00	Special Sessions
- 2:00	LUNCH—Captains Meeting • Just For Kix Store is open Green /Captains at 1:00 Pink at 1:15 Blue at 1:30
- 3:00	Class #2
- 4:15	Class #3
- 5:00	Meet with JFK Team Leader, Camp Games/ Team Building
- 6:00	DINNER - Contest Participants may go through the line first • Just For Kix Camp Store is Open
	Green at 5:00 Pink at 5:15 Blue at 5:30
	Contest Participants report to the gym at 6:00 to learn combinations
6:15	Kick, Leaps, Turns & Toe Touch Contest
Contest	Comfort Teams Bus 1st, Lodge/Holiday Teams Bus 2nd after Private Coaching
10:00	Be in Hotel Room
10:30	Room Check Lights Out!

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DAY #4

school colors!

TEAM SPIRIT DAY!

Show us where you are from and -

stand out at the camp show in your

DAY #3

DANCE STYLE DAY!

JFK Challenges you to be creative and dress up as your favorite dance style. The possibilities are endless!

8:00 - 8:10	Lodge/Holiday Teams Bus (Private Coaching 8:55 - 9:25)	8:00 8:30
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	8:00 9:30
10:50 - 11:50	Class #1	9.30
12:00 - 1:00	Special Sessions	
1:00 - 2:00	LUNCH—Senior Non- Captain Meeting • Just	10:40
	For Kix Store is open	11:20
	Blue/Seniors Non- Captains at 1:00	11:50
	Green at 1:15 Pink at 1:30	
2:00 - 3:00	Class #2	
3:15 - 4:15	Class #3	
4:15 - 4:30	Meet with JFK Team Leader	• There
4:30 - 5:00	Review Class #1 at Class #1 location	show to atte
5:00 - 6:00	DINNER • Just For Kix Camp Store is Open	 Just F imme
	Blue at 5:00	minut
	Green at 5:15 Pink at 5:30	 See y
6:15	Class #1 Show	• HAVE
After Class 1 Show	Lodge/Holiday 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!	· .

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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 Put all suitcases 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 Pink at 11:50 Blue at 12:10 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 yeardrive safely! HAVE AN INCREDIBLE SEASON!			· · · · · · · · · · · · · · · · · · ·	
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11:20 - 11:50 Class #3 11:50 - 12:15 BREAK/SNACK Pink at 11:50 Blue at 12:00 Green at 12:10 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 yeardrive safely!	9:30	-	10:35	Cheers, Stretch & Strengthening,
11:50 - 12:15 BREAK/SNACK Pink at 11:50 Blue at 12:00 Green at 12:10 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 yeardrive safely!	10:40	-	11:10	Class #2
Pink at 11:50 Blue at 12:00 Green at 12:10 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 yeardrive safely!	11:20	-	11:50	Class #3
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 yeardrive safely!	11:50	-	12:15	Pink at 11:50 Blue at 12:00
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 yeardrive safely!			12:30	
immediately following the show for last minute purchases! See you next yeardrive safely!	show	1.1	All family an	
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HAVE AN INCREDIBLE SEASON!	See	ус	ou next year	drive safely!
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Please be flexible and allow for schedule changes. Be on time for everything!



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BRAINERD, MN

SUMMER

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 4 and 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!

- 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.)
- 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

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(We do this to control long distance phone calls.) We suggest bringing your cell phone to camp with you.

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- 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.
- 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.

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AT JUST FOR KIX HIGH SCHOOL DANCE CAMP

BRAINERD, MN

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- 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 = "DISNEY DAY" Dress up as your favorite Disney character or movie. Get creative!
 - Day 3 = "DANCE STYLE DAY" JFK Challenges you to be creative and dress up as your favorite dance style. The possibilities are endless!
 - Day 4 = "TEAM SPIRIT DAY 2" 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.
- 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.) On the third evening of camp, we will be conducting auditions for the Outback Bowl Dance Team which will be performing at the 2019 Outback Bowl in Tampa, Florida. 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.

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.

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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

PACKING LIST

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- 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!

Dorm Campers & Coaches Should Also Bring

- Hair Dryer
- Alarm Clock
- · Fan (some dorm rooms are not air conditioned)

() (1-800-450-3262

- · Bed linens, pillow, blanket & towels
- Hand Soap
- Shampoo & Conditioner



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Medical Consent & Liability Release Form

JUST FOR KIX EV	'ENT:	S																															
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PARTICIPANT																				DA	TE] -	•			-					

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Code of Conduct

JUST FOR KIX EVENTS

Please read the following rules. Make sure you understand and agree to follow them.

Dancer's Information



- NO member of the opposite sex allowed in your hotel room, unless it is a parent or roomate.
- NO use of alcohol, drugs, or tobacco for performers.
- Be on time for all rehearsals and functions. Never leave the group waiting for you. Early is on time...on time is late!
- We will be using the buddy system the entire event. YOU DO NOT GO ANYWHERE WITHOUT YOUR BUDDY!!
- **Safety:** You are expected to stay in your assigned groups for the duration of the event. Avoid talking to people outside of our group. You are allowed only in the areas predetermined by our event itinerary.
- Participants are not allowed to associate with outside guests at any time nor entertain in or outside of the hotel.
- Room check will be done nightly. Do not leave your room after room check. Lock & bolt your room each night.
- Just For Kix, the hotel associated with the event and/or the transportation company are not responsible for lost or stolen valuables. Make sure that you are sensible with your money and valuables. Lock your room. Do not leave valuables laying around.
- Just For Kix event hotel shuttles may be used only at approved events. Please see event itinerary for more information.

• Remember that you are representing your school and Just For Kix at all times. **Make us proud to have you at the Just For Kix event.** Swearing and vulgar language will not be permitted. Reasonable, positive, responsible conduct is required at ALL times.

- HAZING: JUST FOR KIX strictly prohibits hazing of any team or participant.
- Cover-ups must be worn over dancewear & swimwear when in the public areas of the hotel.
- You are expected to participate in all scheduled activities.
- Impromptu meetings will be called occasionally. Attendance is required by all participants.
- Participants are financially responsible for their own room service, phone calls (we recommend cell phones) and personal expenses. These charges MUST be taken care of BEFORE you check out. Any damage or theft from your hotel room will be billed to you.
- Proper shoes should be worn at all times during the event. Failure to do so could put you at risk for infection, wounds, and discomfort.
- If at anytime you must leave the event early, you must let the proper event staff know.
- Make everyone's event more fun by following the rules and setting a great example!
- Any infringement on the above rules can result in being sent home at your or your parent's expense.

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

SIGNATURE

DATE



www.justforkix.com

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