

**BRAINERD, MN**

# JUST FOR KIX HIGH SCHOOL DANCE CAMP

# FEEL THE POWER

## Forestview Middle School

**12149 Knollwood Dr.  
Baxter, MN 56425**

### Camp 1: July 7-10, 2024

Dorm Student:	\$495
Commuter Student:	\$345
Dorm Coach:	\$515
Commuter Coach:	\$345

### Camp 2: July 14-17, 2024

Dorm Student:	\$495
Commuter Student:	\$345
Dorm Coach:	\$515
Commuter Coach:	\$345

### Camp 3: July 21-24, 2024

Dorm Student:	\$495
Commuter Student:	\$345
Dorm Coach:	\$515
Commuter Coach:	\$345

**\*Prices reflect the \$20 discount before June 12th registration deadline.**



## FACILITY

The Minnesota camps are held at the beautiful Forestview Middle School.

## CLASSES

This camp holds 16 - 22 class choices per hour. All three camps are large, but the numbers are handled in JFK fashion. 2-3 lunch groups, 16+ class choices, etc. The event is thought out and organized to a T. The opening daily warm-ups 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 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 sandwiches. 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.

## CINDY CLOUGH

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



**Cindy Clough**

Executive Director | Just For Kix

**BRAINERD, MN**

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FEEL THE  
**POWER**

## DAY 1

### **SPIRIT DAY!**

Show us your team spirit!

- Overnight campers check in at hotel first and then go to the School
- Commuters check in at Forestview Middle School
- Arrive dressed in dancewear and bring water bottles
- Remember to EAT before you arrive

9:15 - 10:30 Registration  
10:40 - 11:10 Opening Meeting  
*Notes: Meet the Director & Staff.*  
11:10 - 11:40 Warm Up  
11:45 - 12:20 Demo for Class #1  
12:30 - 1:30 **Class #1**  
1:30 - 2:00 Snack in Cafeteria  
2:05 - 2:25 Demo for Class # 2  
2:35 - 3:35 **Class #2**  
3:40 - 4:00 Demo for Class #3  
4:10 - 5:10 **Class #3**  
5:15 - 6:15 DINNER  
**Green** at 5:15  
**Red** at 5:35  
**Blue** at 5:55

6:30 Home Routine Show  
After Show Rapid River Lodge/Holiday Inn Teams Bus 1st, Arrowwood Lodge Bus 2nd

10:00 Be in Hotel Room  
10:30 Room Check  
Lights Out!

STAY UP TO DATE ON WHAT'S  
HAPPENING AT JUST FOR KIX!

Like us on Facebook

Follow us on TikTok @officialjustforkix

Follow us on Instagram @officialjustforkix

Subscribe to our YouTube channel

Checkout our website for the latest dancer trends at [www.justforkix.com](http://www.justforkix.com)

## DAY 2

### **OLYMPIC DAY!**

If your team could compete in the Olympics what sport would you choose? Pick a Country and Sport that represents your team best.

8:00 - 8:10 Rapid River Lodge & Holiday Inn Teams Bus (Private Coaching 8:55 - 9:25)  
8:30 - 8:40 Arrowwood Lodge Teams Bus  
8:00 - 9:30 Breakfast in Cafeteria  
*Camp Store is Open*  
9:40 - 10:40 Roll Call cheers, Stretch & Strengthening, Announcements: Contest Participants learn combinations during warm ups  
10:50 - 11:50 **Class #1**  
12:00 - 12:45 **Special Sessions**  
12:45 - 1:45 LUNCH— Captain Meeting  
*Camp Store is open.*  
**Red** at 12:45  
**Blue** at 1:05  
**Green** at 1:25  
1:50-2:50 **Class #2**  
3:00-4:00 **Class #3**  
4:10-5:00 Contest Round 1 - Kicks, Leaps, Turns, Toe Touches & Improv  
5:00-6:00 DINNER - Contest Participants may go through the line first  
*Camp Store is Open.*  
**Blue** at 5:00  
**Green** at 5:20  
**Red** at 5:40  
6:15 Kick, Leaps, Turns, Toe Touch & Improv Contest  
After Contest Rapid River Lodge/Holiday Inn Teams Bus 1st, Arrowwood Lodge Teams Bus 2nd after Private Coaching  
10:00 Be in Hotel Room  
10:30 Room Check Lights Out!

## DAY 3

### **GOLDEN OLDIES!**

Dress up and represent a past decade. Idea: dressing up in vintage team apparel!

8:00 - 8:10 Arrowwood Lodge Teams Bus (Private Coaching 8:55 - 9:25)  
8:30 - 8:40 Rapid River Lodge/Holiday Inn Teams Bus  
8:00 - 9:30 Breakfast in Cafeteria  
*Camp Store is Open*  
9:40 - 10:40 Roll Call cheers, Stretch & Strengthening, Announcements  
10:50 - 11:50 **Class #1**  
12:00 - 12:45 **Special Sessions**  
12:45 - 1:45 LUNCH—Senior Non-Captain Meeting  
*Camp Store is open*  
**Green** at 12:45  
**Red** at 1:05  
**Blue** at 1:25  
1:50 - 2:50 **Class #2**  
3:00-4:00 **Class #3**  
4:10-4:30 Review Class #1 at Class #1 location  
4:40-5:00 Camp Activities  
5:00 - 6:00 DINNER  
*Camp Store is Open.*  
**Red** at 5:00  
**Blue** at 5:20  
**Green** at 5:40  
6:15 Class 1 Show

After Show Arrowwood Lodge Teams Bus 1st, Rapid River Lodge 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 Rapid River Lodge Teams Bus  
8:30 - 8:40 Arrowwood Lodge Teams Bus  
Put all suitcases in storage room to pick up after the show  
8:00 - 9:20 Breakfast in Cafeteria  
*Camp Store is Open*  
9:30 - 10:10 Roll Call Cheers, Stretch & Strengthening, Announcements  
10:20 - 11:00 **Class #2**  
11:10-11:50 **Class #3**  
11:50 - 12:30 BREAK/SNACK  
**Blue** at 11:50  
**Green** at 12:10  
**Red** at 12:20  
12:45 CAMP ROUTINE  
**FINAL SHOW**

- There is no fee to attend the final show. All family and friends are invited to attend! (FINAL SHOW WILL NOT BE LIVESTREAMED)
- 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](http://www.justforkix.com/camp)

# JUST FOR KIX HIGH SCHOOL DANCE CAMP



## 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 & 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.

## 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 or last 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.

## 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.

Each team is required to have a coach or a chaperone attend with their teams/dancers at camp. 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.

## 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 9:15 - 10:30 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 intermediate to advanced, with elite offered at select camps. Styles range from jazz, kick, pom, street jazz, field, hip-hop, contemporary and lyrical. A short portion of each routine is demonstrated by staff to aid in the class selection process.

## EMERGENCY PHONE NUMBERS

Just For Kix Office: 218-829-7107  
(8:00AM - 5:00PM Mon - Fri)

### BRAINERD LODGING

Rapid River Lodge: 218-825-7234

Arrowwood Lodge Hotel: 218-822-5634

Holiday Inn: 218-834-3232

## DIRECTIONS

Directions to Forestview Middle 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 HIGH SCHOOL DANCE CAMP



## DETAILS, DETAILS, DETAILS...

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

### MEDICAL FORMS

Double check that each dancer fills out and turns in their forms. You may download it off our website at [www.justforkix.com/dancecamps](http://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.

### HOTEL HALLS

Will be monitored at night by Just For Kix Staff. Campers not following the rules may be sent home at their parents' expense.

### 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.

### 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.

### 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!

### 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.

### COMMUTERS

Commuter lunches and dinners are included in camp fee.

### 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: "SPIRIT DAY" Show us your team pride by matching and wearing team gear.

Day 2 = "GAME DAY"

Get creative by dressing up as your favorite board game or any type of game! What game will be the most popular?

Day 3 = "RHYME DAY"

Dress up as things that rhyme together. Examples - DJ's & PJ's, Sad & Mad, Cheer & Deer. Get creative!

Day 4: "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*

### KICKS, LEAPS, TURNS, TOE TOUCH & IMPROV CONTEST

CONTEST Again we will have our kicks, leaps, turns, toe touch and improv 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!

### 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 in the Fieldhouse/Gym. 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.

### 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).

### PERFORMANCE TOUR

Each year JUST FOR KIX produces a performance tour for dancers at the RELIAQUEST 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.) 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.

### LEAVING CAMP

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!





# JUST FOR KIX HIGH SCHOOL DANCE 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.
- ☐ Snacks
- ☐ 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
- ☐ Cell phone/cell phone charger
- ☐ Personal toiletries
- ☐ Spending money for the Just For Kix Camp Store
- ☐ Teams are also encourage to bring a first aid kit along with ace bandages and athletic tape

### Hotel Campers & Coaches Should Also Bring

- ☐ Swimsuit



# JUST FOR KIX HIGH SCHOOL DANCE CAMP

## MEDICAL CONSENT & RELEASE FORM

If, in the judgement of any representative of Just For Kix, 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																LAST NAME																			
EMAIL ADDRESS																																			
AGE			DOB			-			-																					GRADE					
ALLERGIES OR ALLERGIC REACTION TO MEDICATION																																			
PREVIOUS MEDICAL CONDITION																																			
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)																																

### PARENT/GUARDIAN INFORMATION

FIRST NAME																LAST NAME																
ADDRESS																																
CITY																STATE			ZIP													

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  -  -



# JUST FOR KIX HIGH SCHOOL DANCE CAMP

## 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

