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**CENTRAL-SPRINGS JUST FOR KIX**

**PARENT PACKET**

**2017-2018**

**CONTACT INFORMATION**

**CENTRAL-SPRINGS PROGRAM INFORMATION**

 AMBER DORSEY

 320 East Main/PO Box 355

 Manly, IA 50456

**Phone:** 641-583-3776 (call or text)

**Email:** centralsprings\_ia@justforkix.com

**Website:**  www.justforkix.com/danceclasses/central-springs-ia

**Facebook:** www.facebook.com/CentralSpringsJustForKix

**Instagram:** csjfk

**Remind Text:** text **@csjfk** to **81010**

**JUST FOR KIX HOME OFFICE**

 S**hipping Address For Letters** **Physical Address To Ship Boxes**

 JUST FOR KIX JUST FOR KIX

 PO Box 724 7842 College Rd

 Brainerd, MN 56401 Baxter MN, 56425

**Phone:** 218-829-7107

**Fax:** 218-829-7618

**Email:** dance@justforkix.com

**Website:**  www.justforkix.com

**\*Payments:** www.justforkix.com/danceclasses and log into your account

**Facebook:** search Just For Kix

**Twitter:** @jfkdance

**Instagram:** officialjustforkix

FACILITY RULES 2017-2018

Our facilities are VERY important to us. There is no yelling, running, or gymnastics allowed while you are at the Central-Springs school (**inside or outside**). Always respect the facility and the other people using it. Dancers are to enter using the main school doors. At that time, they should change into their dance shoes, and sit quietly until it is time for their class. Pick up your dancer immediately after their class is finished, as there is no supervision after their class time. **PreK – 3rd Grade** **Parents please come inside to pick up your child. This is for safety reasons. I am starting another class and not always able to watch your child walk outside AND keep an eye on the other children inside.**

# FACILITY RULES

 1. Use doors listed above to enter & exit.

 2. Please do not arrive sooner than 5 or 10 minutes before your class begins.

 3. NO Running Around!! – Inside or outside

 4. NO Gymnastics – Inside or outside

 5. NO GUM – for safety reasons

 6. Cell Phones – only used to record the routine or to call a parent before or after class

 7. Use the bathroom BEFORE class

 8. No Pop or Food!! (Other than a water bottle)

 9. Pick up after yourself –

Make sure it looks nicer when you leave then when you came

10. Leave all items by the door.

11. Come dressed ready to practice –

Shorts, t-shirt or tank top and tennis shoes, ballet slippers or jazz shoes –

***No Jeans!! No Jeans!! No Jeans!!***

12. Hair should be up in a ponytail or a bun for every practice

13. If you are going to miss a practice, let Coach Amber know. That way I can get you

any information that you missed for that class.

**What I expect from a D A N C E R:**

**Determination:** Be determined to improve yourself as a dancer and as a person every day! Set goals and work toward them, even if you think it is a small goal. Pick one thing to work on each practice and be determined to master it…. Smile for the whole routine. Clean arms when traveling. Head snaps when kicking. No thumbs showing when hooked up. Push yourself daily.

**Attitude:** Your attitude in practice is contagious. If you think you can do that new skill, YOU CAN! If you think you can’t do it, than you probably won’t be able to. Are you familiar with Winnie The Pooh? Will you be a “Tigger” or an “Eeyor” at practice?

**Nice:** Being nice and kind to your teammates, and people around you, is contagious. Be willing to be positive and kind, even when you are having a bad day. Nobody likes a Negative Nelly. If you see a teammate struggling to achieve a skill, help them out. Give them POSITIVE feedback and help them improve.

**Contribute:** Make sure these answers are always **YES!**

Did I put 110% into practice today? YES!

Did I learn something new today? YES!

Was I listening and quiet during practice? YES!

Is the team better because I am on the team? YES!

Don’t just do the warm-up or across the floor drill to get it done and over with or be the first one to finish. Take your time and focus on doing the activity correctly. What you put into practice is what you will get out of practice. Practice as if you are performing and you will perform your best!

**Energy:** Make sure to get plenty of rest and eat a snack before you come to practice. Dancing burns many calories and takes a lot of energy to get through a practice. Some great ways to get enough energy for practice is ….

Make breakfast a priority – giving your body enough fuel to start your day is very important.

Eat healthy snacks throughout the day – fruit, protein (eggs or peanut butter), and yogurt

Drink water instead of pop – pop/soda will dehydrate you

**Retention:** Your dancer probably won’t retain new information if they only work on skills and learn a routine for one hour, once a week. Retaining the new information will require repetition, which means that your dancer will have to practice at home! Feel free to video tape the routine during the last 5 mins of class, so your dancer can practice at home.

**Central-Springs Just For Kix**

**Policies, Procedures & Expectations**

In Central Spings - IA we celebrate the achievements of every student, at any skill level. At Just For Kix doing your best, is more important than being the best.

**Proven Technical Training:** As an established youth dance studio, Just For Kix is a leader in dance instruction. We offer proven technical training, a focus on teamwork and a respectful experience to our students. With a strong balance of fun and technique in our classes, we create a teaching environment that is low stress and less pressure. Styles vary from location to location offering everything from: Kick • Jazz • Lyrical • Hip Hop • Ballet • Tap • Pom.

**Here, Dancers Grow:** As dancers progress through our studio, they experience the health and fitness benefits of working to build cardiovascular endurance, strength and flexibility, along with the core attributes of confidence, pride, and friendship.

**Meet The Director:** This will be Coach Amber’s 2nd year as the director of the Central Springs Just for Kix program. She has been dancing since elementary school through Just for Kix in Mason City as well as her high school dance team. It has always been her dream to share her passion of dance through coaching.

**24-Hour Rule:** Approaching a coach to discuss a sensitive topic before or immediately after a practice or performance is better if you wait 24 hours. If after 24-hours, you wish to visit with the coach, please contact her to set up a meeting time.

**Attendance:** Attendance is very important for every dancer! Attending all practices is part of being a team. We move very fast when learning new parts to a new routine, so if you are gone for a practice you might miss a lot of the learning. It will be up to the dancer to try to learn any new information/skills before our next practice. When a dancer is gone from practice, the other dancers have to adjust their spacing in formations and sometimes have to change the counts that they are on, which might get confusing. If you know that you will be gone, please let coach know ahead of time. Missing practice because you are involved in another school activity or sport is ok, and will be an excused absence, but missing because you want to go and *watch* another school activity or sport will NOT be an excused absence.

**Uniforms:** Each dancer is required to wear the appropriate uniform for their group. Whether you purchase the uniform new or used, that doesn’t matter, as long as you have ALL required pieces for your group. Uniform orders placed from Just For Kix website are due by **September 30th**. It will take about 8-10 weeks for your uniform to arrive. Uniforms are shipped directly to the director and will be passed out during the next class. You are able to return/exchange the uniform if it has not been worn for a performance. There are instructions included with the uniform order on how the parent should return/exchange the uniform.

Uniforms are not required for practices, but there are a few things to keep in mind when dressing for practice. Wear shorts or leggings, so we can check for straight knees. Wear a tshirt or tank top, so we can check for straight arms. Wear dance shoes or clean tennis shoes to every practice. It is hard to do some of the skills with bare feet and you will be not allowed to dance in only socks due to safety reasons.

**Performances:** Each group is a little different for how many performances you will have, but you will have at least 4 each season. Because the 4th-12th graders attend Together We Dance Competitions, they might perform one or two more times than the younger groups. Each group will participate in our Winter Show, Spring Show and at least one basketball game halftime performance. I do my best to schedule “just the right amount” of performances for each group. Dancers, if it is not your group performing, please cheer loudly for the group that is performing! Parents, please cheer loudly for all groups performing!

Basketball performances will be during halftime of the Junior Varsity game and halftime of the Varsity game. There is no way for me to give you an exact time that they will perform, since each basketball game is a little different, depending on how many times they stop the clock. Parents and grandparents of dancers will be charge admission to enter the gym. Even if you are only there to watch halftime and leave. This is set by the school district and is out of my control.

Each dancer will be responsible for their own transportation to and from practices and performances. Coach is not allowed to transport dancers in her vehicle. This is a rule set by the Just For Kix Home Office.

**Arrival Times:** Please do not arrive earlier than 10 mins before your practice time. Dancers will not be supervised when they are not in class. Watch the performance sheets for arrival times for each group for each performance.

**Remember…. Early is On Time and On Time Late!**

**Let me know if you have any questions!**

**With Kix**

**Coach Amber**

 **CENTRAL-SPRINGS JUST FOR KIX**

|  |  |  |
| --- | --- | --- |
| **Aug-17** | **MONDAY CLASS - MANLY SCHOOL** | **Jan-18** |
| **S** | **M** | **T** | **W** | **T** | **F** | **S** | Tiny Kix 5:30-6:00 |   | **S** | **M** | **T** | **W** | **T** | **F** | **S** |
|   |   | 1 | 2 | 3 | 4 | 5 | Wee-Petite 6:00-6:45 |   |   | 1 | 2 | 3 | 4 | 5 | 6 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | Mini Kix 6:45-7:45 |   | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | Junior Kix 7:45-8:45 |   | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |   |   |   | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 27 | 28 | 29 | 30 | 31 |   |   | **PERFORMANCES**  | 28 | 29 | 30 | 31 |   |   |   |
| **Sep-17** | Basketball Game TBD |   |   |   |   |   |   |   |   |   |
| **S** | **M** | **T** | **W** | **T** | **F** | **S** | 1/21 - Winter Show 2pm |   |   | **Feb-18** |
|   |   |   |   |   | 1 | 2 | 5/6 - Spring Show 2pm |   |   | **S** | **M** | **T** | **W** | **T** | **F** | **S** |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |   |   |   |   |   |   |   | 1 | 2 | 3 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | **SHOW REHEARSALS** | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 1/20 - Winter Show Rehearsal |   |   | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 5/5 - Spring Show Rehearsal  |   |   | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| **Oct-17** |   |   |   | 25 | 26 | 27 | 28 |   |   |   |
| **S** | **M** | **T** | **W** | **T** | **F** | **S** |   |   |   | **Mar-18** |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | **TWD COMPETITIONS** | **S** | **M** | **T** | **W** | **T** | **F** | **S** |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 1/27 Rochester Mini-Jr  |   |   |   |   |   |   | 1 | 2 | 3 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 2/24&25 Eastview Mini-JR |   |   | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 3/24 Decorah Mini-Jr  |   |   | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 29 | 30 | 31 |   |   |   |   |   |   |   | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| **Nov-17** |   |   |   | 25 | 26 | 27 | 28 |   | 30 | 31 |
| **S** | **M** | **T** | **W** | **T** | **F** | **S** |   |   |   | **Apr-18** |
|   |   |   | 1 | 2 | 3 | 4 |  | **S** | **M** | **T** | **W** | **T** | **F** | **S** |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |   |   |   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |   |   |   | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |   |   |   | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 26 | 27 | 28 | 29 | 30 |   |   |  | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| **Dec-17** |   |   |   | 29 | 30 |   |   |   |   |   |
| **S** | **M** | **T** | **W** | **T** | **F** | **S** |   |   |   | **May-18** |
|   |   |   |   |   | 1 | 2 |   |   |   | **S** | **M** | **T** | **W** | **T** | **F** | **S** |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |   |   |   |   |   | 1 | 2 | 3 | 4 | 5 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |  | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |   |   |   | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |   |   |   | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 31 |   |   |   |   |   |   |   |   |   | 27 | 28 | 29 | 30 | 31 |   |   |