



Competition Parent Guide

Le Center JFK

2023

WHAT TO EXPECT

TWD Fee: All TWD and class fees will need to be paid before the competition. Directors are given wristbands for all dancers. Dancers will only get wristbands if their account is all paid for. If their account is not paid for, they will be unable to dance. TWD fees need to be paid manually. Since they are separate from class fees, autopay will not work. Fees are explained later on in this guide.

The Night Before: PACK everything they need the night before; their costumes, shoes, tights, hair pieces, and more. Create a checklist and abide by it. Additionally, maybe have one bag that is your dancers "performance" bag that has everything they need for shows and competitions. Make sure your dancer eats a good, fulfilling meal and gets plenty of sleep. Don't forget to pack a water bottle! Your dancer will be practicing backstage.

Arrival: Your dancer will need to arrive at the team location by their arrival time. Aim to be at the competition location 10 minutes early, and to the team location 5 minutes early. The set arrival time is in **STONE!** It is important that your dancer arrives on time. We will stretch as a team and practice backstage. If your dancer arrives late, it is at the coach's discretion if they have had enough prep time to compete. Early is on time, on time is late. Be sure that they go to the bathroom before they get to their team meeting spot. Dancers will often get nervous beforehand and really have to go to the bathroom; ensuring they went before they arrived helps with this. Once you arrive at the competition with your dancer, please drop them off at their team location and then head to find a spot in the gym or explore! We only get a short period of time with your dancer before they compete, and it is important that we get every second with them that we can.

Makeup, Hair, and Costumes: First things first, **LABEL** all of your dancers items with their initials! Items are easily misplaced at competitions. Your dancer needs to arrive with the hair and makeup done and in their costume. For competitions where my family needed to leave early in the morning, my dad would drive and my mom would sit in the back with me and my sister and she would do our hair; it saves some time in the morning and you get some extra sleep! Costumes can be uncomfortable, if your dancer does not want to be in the car with their costume on, make sure they have time to change when they arrive. If your dancer wears their costume in their car, be sure they have their warm up jacket or something else on over; especially if they will be eating or drinking anything, we don't want any last minute mishaps! Ordering **EXTRA** of tights and hair pieces is encouraged as those are the easiest lost and damaged items.

Changing at the Competition: At most competitions, the dancers are in a secluded area away from spectators and are able to comfortably change. We will not always be by bathrooms or locker rooms, but Just For Kix typically has pop-up changing tents for dancers to change in. Not all dancers are comfortable changing out in the open. One tip to get around this is to *wear a leotard underneath your costume* at all times! Just make sure it is not visible underneath their costume. This helps us speed up changing times, especially when the same team performs twice in a

short span of time. You can usually find a basic leotard at Target or Walmart, but here is a link to one from [Just For Kix](#).

Phones: If your dancer has a phone, it is our expectation that it is **out of sight** so they can focus on their routines. If you *need* to get a hold of them, your best bet will be to go through the coaches. We will not confiscate them, but we trust our dancers enough to know that they need to keep them in their bags. Ideally, leave it with whoever they came with. We need to utilize every second we have with your dancer to prepare them as best as possible for the competition!

Awards and Team Pictures: All teams will be called back to the floor when their division is completed for awards. We will sit in a circle as a team on the floor. All teams will be given a ribbon for their score (Silver, Gold, High Gold, Platinum, or Double Platinum). Teams that place will be given a ribbon for their placement. Additionally, there is an option to purchase medals for their placement at the merchandise table. Win or lose, we will take a team picture when awards are done (unless time does not allow for it). Sometimes there is a break after awards and we can take a team picture on the floor. If that is not the case, we will take a picture in our team designated area, in a hall, or elsewhere. If we cannot get on the floor for a picture, one of the coaches will try to post on the BAND app where to meet and tag your dancers class; have your notifications on! If you miss the team picture, no worries! All team pictures will be posted on BAND and our social media pages.

Dancer Pick Up: You will be able to pick your dancer up where you dropped them off when they are done for the day. Please say “bye” to a coach so we know everyone got picked up, and only leave when dancers are told they are good to go. We don’t want anyone missing anything! If you would like, we encourage you to stay for a while and cheer on our Le Center Teams!

Concessions and JFK Merchandise: All competitions have concessions available for dancers and spectators. Occasionally, there are additional vendors available (mini donuts, gourmet suckers, etc). Just For Kix also has a merchandise table with that year's TWD Shirt and more just for kix apparel.

Lastly... Please remember, at competitions the coaches have to focus on MANY teams, not just your dancers. We will do our best to answer questions, check for messages from parents, and check the BAND app. Come with a smile on your face, and be prepared to have fun! Leave all the stress at home, or at least in the car.

2022-23 COSTUMES, HAIR, AND MAKEUP

Hair Example:



Eye Shadow:



Lip Example:



Hair: All groups will have a low, slick back ponytail with a soft right part. No visible fly aways, gel them all back. Make sure the ponytail is thoroughly combed through so it looks neat, straighten it if needed. Using gel will work better than hairspray to keep everything in place.

Face: No need to go crazy. A nice foundation base with some blush to define features. Some highlighter and bronzer is okay, but not necessary.

Eyes: Nice, neutral eyeshadow. I would recommend the [Elf Bite Size Cream and Sugar Palette](#). It is easy and small enough to fit in a dance bag if touch ups are needed. If you have enough eyeshadow that works at home, no need to buy more. Mascara is also necessary as it helps define the eyes. Eyeliner is optional.

Lips: A bold, red lip is nice to help define facials for judges! I recommend the [Maybelline Super Stay Matte Ink Liquid Lipstick](#) in the shade "Dancer." This lipstick doesn't budge! Nice for costume changes and it doesn't smudge. Just make sure it dries and don't "Smush" lips together. *This shade is in the example above.*

Hair and makeup should be DONE by dancers scheduled arrival times. If they want to do it at the competition, they need to arrive early enough to do so. We will have time to do touch ups if needed.

In the table on the next page will detail all the pieces your dancer needs!

<i>Class</i>	<i>Costume Pieces</i>	<i>Hair</i>	<i>Makeup</i>
<i>Sparkler Jazz</i>	Formation Biketard (no tutu), Tan Tights, Tan Jazz Shoes.	Low Slicked back ponytail, soft right part. Pink Glitter Hair Bow Above ponytail.	Foundation, Brown/Nude Eyeshadow, Blush, Mascar, Red Lipstick.
<i>Sparkler Lyrical</i>	Come Home Dress, Tan Tights, Tan Jazz Shoes	Low Slicked back ponytail, soft right part. Rhinestone Barrette above ponytail.	Foundation, Brown/Nude Eyeshadow, Blush, Mascar, Red Lipstick.
<i>Starlite Jazz</i>	Gloria Biketard, Tan Tights, Tan Jazz Shoes.	Low Slicked back ponytail, soft right part. Pink Ombre Rhinestone Clip above ponytail.	Foundation, Brown/Nude Eyeshadow, Blush, Mascar, Red Lipstick.
<i>Starlite Lyrical</i>	Black Tank Leotard, Mesh Collared Overdress, Tan Tights, Tan Jazz Shoes.	Low Slicked back ponytail, soft right part. Rhinestone Barrette above ponytail.	Foundation, Brown/Nude Eyeshadow, Blush, Mascar, Red Lipstick.
<i>Mini Kix</i>	Gloria Biketard, Black Tights, Black Alexandra Leggings and Jazz Shoes.	Low Slicked back ponytail, soft right part. Pink Ombre Clip above ponytail.	Foundation, Brown/Nude Eyeshadow, Blush, Mascar, Red Lipstick.
<i>Starlite Hip Hop</i>	Custom Crewneck, Black Tank Leotard, Black Leggings, Spark Shoe.	Low Slicked back ponytail, soft right part.	Foundation, Brown/Nude Eyeshadow, Blush, Mascar, Red Lipstick.
<i>Middle Kick</i>	Criss Cross Biketard, Black Tights, Black Leggings, Black Jazz Shoes.	Low Slicked back ponytail, soft right part.. Red Diamond Barrette above ponytail.	Foundation, Brown/Nude Eyeshadow, Blush, Mascar, Red Lipstick.
<i>Dream Team Hip Hop</i>	Custom Cropped Sweatshirt, Tan body tights, Black Leggings, Spark Sneaker.	Low Slicked back ponytail, soft right part.	Foundation, Brown/Nude Eyeshadow, Blush, Mascar, Red Lipstick.
<i>Starmakers Jazz</i>	Encore Biketard, Tan Tights, Tan Jazz Shoes.	Low Slicked back ponytail, soft right part. Iridescent Rhinestone Hair Clips	Foundation, Brown/Nude Eyeshadow, Blush, Mascar, Red Lipstick.
<i>Starmakers Lyrical</i>	Slowburn Dress, Tan Tights, Tan Jazz Shoes.	Low Slicked back ponytail, soft right part. Iridescent Rhinestone Hair Clips on the left side.	Foundation, Brown/Nude Eyeshadow, Blush, Mascar, Nude Lipstick.

2022-23 Competition Schedule

Below are the competitions Le Center Just For Kix is attending this competition season. Lyrical teams will not compete at the first competition. As of right now, they will be at the last three competitions, however that might change depending on where teams are at before competition. Sparklers Jazz/Lyrical will not compete at the first competition to make traveling more worth it for these dance families.

From last year, I gathered that most families would rather travel slightly farther and stay away from the metro, so that is what I did when registering for competitions.

Date(s)	Location	Hotel	Teams
Sat., January 28, 2022	ROCORI High School - Cold Spring, MN	No hotel - Saint Cloud is only about 10 minutes north.	Mini Kick, Starlite Jazz, Starlite Hip Hop, Middle Kick, Starmakers Jazz, Dream Team Hip Hop.
Sat. or Sun., February 25 or 26, 2022	Sauk Rapids-Rice High School - Sauk Rapids, MN	AmericInn by Wyndahm - Sartell	Sparklers Jazz, Sparklers Lyrical, Mini Kick, Starlite Jazz, Starlite Lyrical, Starlite Hip Hop, Middle Kick, Starmakers Jazz, Starmakers Lyrical, Dream Team Hip Hop, Junior Kick.
Sat., March 18, 2022	SMSU - Marshall, MN	EverSpring Inn & Suites	Sparklers Jazz, Sparklers Lyrical, Mini Kick, Starlite Jazz, Starlite Lyrical, Starlite Hip Hop, Middle Kick, Starmakers Jazz, Starmakers Lyrical, Dream Team Hip Hop, Junior Kick.
Fri., Sat., or Sun., April 28, 29, or 30, 2022	Nationals - Mayo Civic Center - Rochester, MN	Hotel Indigo Rochester - Mayo Clinic Area	Sparklers Jazz, Sparklers Lyrical, Mini Kick, Starlite Jazz, Starlite Lyrical, Starlite Hip Hop, Middle Kick, Starmakers Jazz, Starmakers Lyrical, Dream Team Hip Hop.

What times to expect:

These are not exact times, however this is when different divisions usually compete.

The main exception being Nationals, it does not follow a "usual" schedule. Most competitions begin at 8:00 a.m. and end at 9:00 p.m.; however, it depends on how many programs are competing and attending.

Minis (Starlites): Early to Late Morning.

Wees (Sparklers): Mid Morning to early afternoon

Middles (Starmakers, Dream Team): Early Afternoon to Evening

EXAMPLE CHECKLIST

It is important that you double, triple check that your dancer has everything they need. If it helps you, pack the night before. One thing I learned to make sure I have everything I need is to lay it all out on the kitchen table or living room floor before I put everything in my bag. By doing this, I never had to rummage through my bag to ensure I had everything. Try to avoid bringing anything extra (fidgets and toys, blankets and pillows, etc).

- Costume Pieces (see list above)
- Hair Pieces (see list above)
- Warm Up Jacket
- Extra clothes for in between performances (especially if there is a long time in between) and ride home.
- Tights
- Extra tights
- Shoes (tan and/or black and/or hip hop shoes)
- Hair Spray and/or gel
- Extra Bobby pins
- Hair brush and comb
- Makeup for retouching
- Water bottle
- Healthy, clean snacks or spending money for concessions
- Band aids (blisters happen)
- Tissues
- Makeup wipes
- Inhaler (if needed)

SCORING

Awards: Just For Kix introduced this two years ago so all dancers walked away from the studio with something indicating how they performed. Point level ribbons replace participation ribbons and indicate how teams did. Point level ribbons will be given to all dancers entered in the competition even if they do not place. Each judge can give the dances up to 100 points (100 being a perfect score). The judges scores will then be added together to create a total score of 300 (500 for nationals). JFK wants to award as many teams as possible, while still leaving no less than two teams on the floor without a place. Teams that place in the top 2 of each category will receive a plaque. Point totals will be announced throughout the competition as the totals come in from the judges. They will be announced like this: Entry # 200 - High Gold. You will find the entry numbers on the schedule.

Award Guidelines (The team with the highest point total in the Division wins)

# of teams in division	Awards Given
2 teams	Award 1-2 nd place
3 teams	Award 1-3 rd place
4 teams	Award 1-2 nd place
5 teams	Award 1-3 rd place
6 teams	Award 1-4 th place
7 teams	Award 1-5 th place

One Judge Break Down:

<i>Silver</i>	<i>Gold</i>	<i>High Gold</i>	<i>Platinum</i>	<i>Double Platinum</i>
10-33 points	34-49 points	50-67 points	68-83 points	84-100 points

Three Judge Breakdown:

<i>Silver</i>	<i>Gold</i>	<i>High Gold</i>	<i>Platinum</i>	<i>Double Platinum</i>
30 - 99 points	100 - 149 points	150 - 199 points	200 - 249 points	250 - 300 points

Points: Different point numbers mean different things when scoring dances. Below is a breakdown of the point meanings.

<i>Silver</i>		<i>Gold</i>		<i>High Gold</i>		<i>Platinum</i>		<i>Double Platinum</i>	
1	2	3	4	5	6	7	8	9	10
Poor	Marginal	Below Average	Average	Above Average	Good	Very Good	Excellent	Out-standing	Superior

Categories: There are four categories and 10 sub-categories that the dancers are scored on. Judges analyze many different aspects of the dances. Each subcategory is a total of 10 points. Below is a breakdown of the categories and subcategories.

<i>Technique</i>	<i>30 pts.</i>	<i>Execution/ Timing</i>	<i>40 pts.</i>	<i>Difficulty</i>	<i>10 pts.</i>	<i>Overall Effect</i>	<i>30 pts.</i>
Body Placement / Positioning (posture, carriage) (10 pts.)		Strength / Quality Of Movements / Control (10 pts.)		Overall Difficulty of the routine.		Eye Contact with judges & Showmanship / Confidence	
Musicality / Quality of Movements (motions, isolation, body movement) (10 pts.)		Synchronization / Timing (10 pts.)					
		Knowledge Of Routine (10 pts.)				Energy Level/ Stamina Force Of Moves	
Proper Dance Technique Of Dance Movements (skills) (10 pts.)		Spacing / Transitions / Formations (10 pts.)					

Judges: All judges are hired and trained by Just For Kix. They are trained on what to look for, appropriate scoring, and more. Most judges are former dancers, High School Dance Team coaches, and collegiate dancers. Many steps are taken to avoid potential bias towards a competitive team.

TOGETHER WE DANCE COMPETITION FEES

New as of 2022

At ALL of our TWDS, we have gone to a no-gate admission policy. The dancers pay an upfront entry fee. This is something we have gradually started changing over to. Nationals, Streator, IL, Brandon, SD, Grand Island, NE, and Wahpeton, ND all did this in the past. All other competition companies orchestrate it this way. Many costs are incurred when running an event: Rent of the facility, announcer, judges, tabulators, staff travel, staff food and lodging, insurance, office set up time, post office, payroll, and so on.

RATIONALE

1. It really changes the "FEEL" of the event. Our patrons are happier when they arrive. They do not have to get out their wallet the minute they get to the door.
2. As we grow, it is harder to find the trusted employees it takes to work the volume of weekends. We have increased the number of days of competition this year and anticipate that will grow in the future.
3. At many facilities, there are so many doors and other events happening, that it will be impossible to know who are our parents and who are outsiders.
4. It will be nice for parents of children competing multiple days or with siblings on a different day. This way they will not have to pay multiple days.
5. The safety of our staff is important. We do not want them to leave venues with large sums of money.
6. You can bring an unlimited number of fans, however you will not get a discount if you send your child alone. Invite grandma, grandpa, aunts, uncles.
7. Everywhere we have implemented this, it has been met with rave reviews.
8. No touch is better for safety of COVID, FLU, etc.

Our event registration is way less than other events and we feel confident in our pricing.

We have done analysis with other competition companies and, for example, Triple "S" is \$41.00 per dancer for the team competitions compared to our \$33.00. They do not discount the 2nd, 3rd, and 4th entries like we do. If a dancer competed in 4 styles, it would be \$164.00 whereas ours would be \$60.00. Triple "S" solos are \$113.00 and Midwest Starz is \$103.00, ours are \$95.00. They are \$64.00 for a duet and we are \$50.00 for duets. Masquerade is \$50.00 for each group dance and no discounts for 2nd and 3rd dances. Their solos are \$110.00 and duets are \$120.00 (60 each). So all and all we are still the best value.

You can go online and do a cost comparison and see that JFK is WAY lower than other dance competition companies. Our rates are lower than all of the ones listed below. We have not found one that is less expensive than JFK.

Masquerade
Triple "S"
Midwest Stars
Dance Extreme
Ovation
Starbound
Showbiz

HOW TO MAKE YOUR TWD FEE PAYMENT

Please follow these steps to pay for your dancer's TWD fees if you have not done so already.

**If your monthly class fees are taken out on autopay please note that TWD fees WILL NOT be automatically withdrawn and you will need to log into your JFK account to make these payments.

Step 1: Log into your JFK account at justforkix.com/danceclasses

Step 2: Click on "Make Payment / Classes" on the left side of your computer screen

Step 3: Add TWD fee to your shopping cart by clicking on the pink "Add" button to the right of the event.

TWD - Sauk Rapids	Together We Dance Competition	Su, Sa	8:00AM-5:00P M	\$33.0 0	Ad d	1 Month	Add+
----------------------	----------------------------------	-----------	-------------------	-------------	---------	---------	----------------------

Step 4: Continue to your shopping cart to make your purchase.

Once this is done we will have a wristband ready for your dancer at the event.

TOP 10 TIPS FOR SPORT PARENTS

by Carol Dweck 04.14.2017

Winning is great - but joyful, meaningful winning comes from a good team process.

First and foremost, teach children the purpose of youth sports:

1. *Having fun.* Win-at-all-cost parents and coaches spoil the fun for kids and cause many to drop out of sports entirely. Kids these days have lots of pressure on them to achieve. Sports should be something they look forward to and then feel good about.

2. *Growing their skills.* The serious part of sports is inspiring kids to grow their skills through mentoring and practice. It's a good lesson for life—teaching them to work on weaknesses (and existing strengths) and pointing out how they're progressing. This isn't about just praising effort. It's about guiding the development of high-level skills.

3. *Becoming a great team member.* On a win-at-all-cost team, it's often every team member for themselves. Each one proving that they're worthy. Yet, great teams have great "chemistry"—team members support, root for, and help each other whenever possible. Parents and coaches should encourage and reward this.

What you expect in a game:

4. *Full effort and commitment.* As legendary coach John Wooden said, that's a great game. Winning is secondary—but often follows from it.

What to do when the team loses:

5. *Analyze and learn.* You can share the team's disappointment, but then get down to work. What happened? What did we learn from it? What will we try to do next time? No finger-pointing, no blaming, but no excuses either—just learning. Let as much as possible come from the kids.

What to do when the team wins:

6. *Analyze and learn.* Often after a win, we just rest on our laurels. But wins can teach us a lot. What did we do that worked? How can we capitalize on that in the future? What were our weaknesses in the game? How can we overcome them? Again, let as much as possible come from the kids.

Final tips:

7. *Educate the other parents.* Many of the other parents may still be in the win-at-all-cost mentality. Bring them on board with your goals of having fun, growing skills, and building team spirit. They should understand that in the long run, this will serve their children best.

8. *Minimize talk about "talent."* Many parents may want to hear that their child is talented, more talented than the others. This kind of thinking can limit kids, both the ones with higher skills and the ones with lower skills at the moment. Therefore, talk of talent should be minimized.

9. *Highlight developing skills.* Talk of skills and developing skills should be highlighted. It gives more highly skilled children permission to take on challenges and make mistakes, without jeopardizing their "talented" status. And it gives students who currently have lower skill levels the motivation to learn and improve. It is not unusual for them to later excel.

10. *Stay mindful of one of my mantras.* "I have always been deeply moved by outstanding achievement and saddened by wasted potential."