



**SANDY JUST FOR KIX
PARENT PACKET
2017-2018**

Program Overview

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. In Sandy, OR 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.

Meet The Director: This will be Tiffany's 2nd season as a Just For Kix director. She has been dancing since she was 5 years old. Training in ballet, jazz, hip-hop, pom, and kick styles. She was on her high school dance team for four years and continued to dance four years on the University of Oregon Dance/Cheer Team. She then started coaching high school dance teams, instructing at summer dance camps and teaching at dance studios. A little about her personal life...She was a high school Spanish/ESL teacher for several years before transitioning to a full-time stay-at-home-mom and now plans to substitute teach in the Oregon Trail School District. She has been married since 2005 to a wonderful man. They have two amazing children, who have all been involved with Just For Kix in one way or another. One of her favorite sayings is, "Life is too short not to dance!"

Communication: Please use all of the following to contact me

- **Director:** Tiffany Pfenning (Coach Tiffany)
- **Phone:** 503-673-2704
- **Headquarters Office Phone:** 218-829-7107
- **E-mail:** sandy_or@justforkix.com
- **Website:** <http://www.justforkix.com/danceclasses/sandy-or-or>
- **Facebook:** <http://www.facebook.com/Just-For-Kix-Sandy-OR-1295619007216844/>
- **Remind Text:** @sandyju to 81010 -My #1 way of reaching you in case of an emergency.

24-Hour Rule: Approaching a coach to discuss a sensitive topic before or immediately after a practice or performance is not advised. It is better if you wait 24 hours. If after this cool-off time, you wish to visit with the coach, please contact her to set up a meeting time.

How to sign up online: Create an account at www.justforkix.com/danceclasses

Register your child after you have created your parent/guardian account. You will also use this same account to go in and pay monthly class fees (unless you sign up for auto pay, or choose to pay in advance to get the discount), and to order uniforms or custom dancewear items, not offered in the JFK Catalog.

Fee Explanation:

Registration Fee: One time per year, \$16

Monthly Class Fee: 30 minute class = \$32/month, 45-60 minute class = \$35/month,

Uniform Fee: Plan for around \$125 or less for the WHOLE uniform.

Uniform includes leotard/pants/hairpiece/tights/shoes.

Class Payments: Due by the 1st of each month. \$10 late fee added on (by Just For Kix) if class fee has not been paid by the 5th of each month. You will receive payment reminders if you miss on the 1st through me and the company. You can also sign up for AUTOPAY through your parent account.

Ages: Preschool – 12th grade

Location: Masonic Lodge, 38308 Pioneer Blvd. Sandy, OR 97055

Class Days: Thursdays. From Sept. 7th 2017 through June 14th, 2018

Class Times: Thursdays between 5:00-7:45 P.M. Pre-school age tutu tots academy classes and hip-hop style classes are thirty minutes long. Our main jazz/kick style classes (Kindergarten through 12th grade) are 45-60 minutes. Our class times are packed with stretching, technique, strengthening, progressions, and choreography, so it is important to be prompt and not miss out on important instruction time. Please allow an extra 5 minutes to drop-off and pick-up your dancer on either end of your class time. The parking lot can get busy so please plan accordingly.

Class Styles: Our classes offer an introduction to jazz, hip-hop kick and ballet. Along with dance technique and choreography, we teach self-discipline, how to be a good teammate/friend, balance, flexibility, and strength. You should see growth in your dancer's communication, cooperation, confidence and coordination!

No Distraction Policy: Over the years, we have found the most productive way to run classes is without distraction from parents and siblings in the room. We only have a short time each week, so every minute is important. You are encouraged to watch the progress we are making and hear announcements during the last five minutes of class.

Number of classes each year: 36. We will reschedule if any classes are canceled due to weather or instructor's illness. You are promised 36 classes/rehearsals! Attendance is very important for every dancer! Attending all practices is part of being a team. We have 36 practices per season and each one is very important. We move very fast when learning 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.

Number of performances each year: 4-6. Each group is a little different for how many performances you will have, (pre-school groups might have less than the older groups) but you will have at least 4 each season. Each group will participate in our Winter Show, Spring Show and a few community events. I do my best to schedule “just the right amount” of performances for each group. 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. Parents, please cheer loudly for all groups performing- the dancers feed off the energy from the audience!

Dress Code:

- **Performances:** Each dancer is required to wear the appropriate uniform for their group. Uniforms will be used for one season (sept-may) in each class. Students will need to try on sample sizes within the first two weeks of class to make sure to order the correct size. Uniform orders should be placed and paid for online by October in order to receive it in time for the Winter Show recital. 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.
- **Classes:** Uniforms are not required for practices, but there are a few things to keep in mind when dressing for class. Students are expected to be in active wear for class – not jeans! Wear shorts or leggings, so we can check for straight knees. Wear a t-shirt 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 socks are very slippery. Please have long hair pulled back into a ponytail or bun or half-up with bangs out of the eyes. Dress for success- If you dress like a dancer you’ll feel like a dancer.

Facility Rules/Class Rules: Our facility is very important to us and we want to be allowed to continue renting this space so it is important we all follow these guidelines to help our classes run smoothly.

1. The upper level and kitchen areas of the Masonic lodge are off limits. We are not allowed on the staircase/lift at anytime or inside the kitchen area at anytime!
2. Always respect the facility grounds by driving slowly in parking lot, closing doors/windows properly, using trash cans for garbage, and not eating or drinking inside (other than water).
3. Please be respectful by acting courteous and polite and not yelling or screaming (inside or outside)
4. Leave gadgets/toys/valuables at home
5. Use the bathroom BEFORE class
6. Use back door to enter: At that time, dancers should change into their dance shoes, get their name tag on, and find their X spot to sit on quietly ready for class. Please do not arrive sooner than 5 or 10 minutes before your class begins.

7. NO Running Around!! – Inside or outside
8. NO Gymnastics – Inside or outside
9. NO GUM – it is a choking hazard
10. Cell Phones – used to record the routine or to call a parent before or after class only
11. No Pop or Food!! (Other than a water bottle)
12. Pick up after yourself – Make sure it looks nicer when you leave than when you came in
13. Come dressed ready to practice – No Jeans! Hair should be in a ponytail or bun or half-up (bangs out of the eyes) for practice
14. Act like a DANCER (determination, attitude, nice, contribute, energy, retention)
15. Parents/Guardians are to pick-up dancer immediately after their class is finished, as there is no supervision after their class time. I am starting another class right away and am not able to watch your child walk outside to the parking lot. For everyone's safety, please pick them up inside.

Act like 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. Pointed toes when kicking. Head spotting while turning. Splits position while leaping.) 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.