** Fergus Falls Just For Kix**

**Fergus Falls JUST FOR KIX**

**PARENT PACKET**

**2017-2018**

**CONTACT INFORMATION**

**FERGUS FALLS PROGRAM INFORMATION**

Director, Brittney Barnes

Fergus Falls VFW

420 East Washington Ave

Fergus Falls, MN 56537

**Phone:** (218) 731-9188 (call only)

**Email:** fergusfalls\_mn@justforkix.com

**Website:**  www.justforkix.com/danceclasses/fergusfalls-mn

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

**Remind Text: text all that apply (one at a time):** **to 81010**

Fergus Falls JFK: @3ced6

Tiny Kix A:99c279h Tiny Kix B:@h22hgk Tiny Kix C:@g4f97

Wee Petites:@9ecda4 Wee Kix:@6f72e Mini Kix:@minik

Hip Hop:@ka8dh

**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 facility is VERY important to us. There is no yelling, running, or gymnastics allowed while you are at the Fergus Falls VFW (**inside or outside**) by dancers or other children. Always respect the facility and the other people using it in the other areas of the building. This is also for safety. Dancers are to enter the Main door. At that time, they should stay by the table area, change into their dance shoes, and sit quietly until it is time for their class. Dancers should also use the restroom before class begins. **Dancers and other children must be accompanied by an adult at all times.** 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 main doors to enter and exit

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

3. All areas other then the tabled area are off limits – for safety reasons

4. NO Running Around!! – Inside or outside

5. NO Gymnastics – Inside or outside

6. DANCE shoes must be worn on the Floor after they have arrived!!

7. NO GUM – for safety reasons

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

9. Use the bathroom BEFORE class

10. No Pop or Food in the classroom!! (Other than a water bottle)

11. Pick up after yourself –

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

12. Leave all items along the classroom wall – again - no items or people should be anywhere other then the designated area!

13. Come dressed ready to practice – those who are not prepared for class (attire or hair) will be asked to observe for the day. This is for safety reasons.

All clothing must be stretchy and cover all personal areas. Only tennis shoes, ballet slippers, hip hop shoes or jazz shoes are allowed.

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

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

15. If you are going to miss a practice, let Coach Brittney 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! (The word “can’t” is NEVER allowed in the JFK studio room!) 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!**

Was I ready and on time for practice today? 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 when coach Brittney invites you into the studio room, so your dancer can practice at home.

**Fergus Falls Just For Kix**

**Policies, Procedures & Expectations**

In Fergus Falls, MN 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 is Coach Brittney’s third season as the Fergus Falls Just For Kix program. Coach Brittney has been dancing for over 18 years! She grew up right here in Fergus Falls dancing for the Just For Kix program, the Fergus Falls varsity dance team, as well as other dance institutions. Coach Brittney also has a full-time job as a massage therapist in Fergus Falls. Brittney was married in September of 2015. She has one step daughter and a baby boy who was born in May of 2017. Her favorite quote, “When you stumble, make it part of the dance!” she applies this to her life on a daily basis both on and off the dance floor.

**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 have 32 practices per season and each one is very important. 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 this includes hair pieces, shoes, tights, pants, leotard, etc. 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 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.

**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-7th 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 two other performances. I do my best to schedule “just the right amount” of performances for each group – dancer specific. Some Dancers, prefer to not perform as much while others love the spotlight. If it is not your group performing, please cheer loudly for the group that is performing! Parents, please cheer loudly for all groups performing!

If we perform at basketball games it will be during halftime of the Junior Varsity game and/or 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 Brittney**