



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

# **CONTACT INFORMATION**

## **NORTHFIELD PROGRAM INFORMATION**

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## **JUST FOR KIX HOME OFFICE**

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## **FACILITY RULES 2017-2018**

Our facility is VERY important to us. There is no yelling, running, or gymnastics allowed while you are at Life21 Church (**inside or outside**). Always respect the facility and the other people using it. This is also for safety. Dancers are to enter the main door. At that time, they should go to the hallway leading into the Fellowship Hall, change into their dance shoes, and sit quietly until it is time for their class. Please be sure to pick up your dancer immediately after their class is finished, as there is no supervision after their class time. **PreK – 3<sup>rd</sup> 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. NO running inside the church.
4. NO gymnastics inside the church.
5. NO GUM – for safety reasons.
6. NO cell phones to be used during class—if you need to contact your dancer during practice, please let me know beforehand.
7. Use the bathroom before class.
8. No pop or food in the Fellowship Hall—dancers may have a snack in the hallway before class, but must be finished before class starts.
9. Pick up after yourself—leave things nicer than they were when you arrived.
10. Leave all items by the door—during winter, please leave all wet shoes/boots on the carpet outside of the Fellowship Hall.
11. Come dressed ready to practice—shorts, t-shirt or tank top, and tennis shoes, ballet slippers or jazz shoes—**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 Kaycee know beforehand.

## 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. Guiding 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.

**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. 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 are:

- Make breakfast a priority—giving your body enough fuel to start your day is very important.
- Eat healthy snacks throughout the day.
- Drink water instead of pop—pop 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.

## **Northfield Just For Kix Policies, Procedures & Expectations**

**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.

**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.

**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 of a routine. If you know that you will be gone, please let Coach Kaycee know ahead of time. It will be up to the dancer to try to learn any new information/skills they missed before our next practice.

**Uniforms:** Uniform orders are due by **September 30<sup>th</sup>**. 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.

**Practice Attire:** 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 socks are VERY slippery. Please remember—NO jeans!

**Performances:** Each class will perform at least four times throughout the season. Our PreK-3<sup>rd</sup> graders will perform at our Halloween Show, Community Show in Owatonna, and our Winter and Spring Shows. Our 4-12<sup>th</sup> graders will perform at the Rochester Together We Dance Competition, Apple Valley Together We Dance Competition, Together We Dance Nationals, and our Winter and Spring Shows.

**I look forward to a wonderful season ahead!**

**With Kix,  
Coach Kaycee**