

HELPING YOU SUCCEED!

The total camp experience.

“

*The thinking must
be done first,
before training begins.*

”

— Sebastian Coe

JFK WORKOUT **NEW**

This new class is created to maximize your practice time. Get more bang for your buck. A dance team work out created to condition and strengthen all parts of the body in a short span of time.

This routine is guaranteed to get your team in top physical condition and will use your precious practice time to the max. All attending coaches will be given an audio file to utilize as a training tool after camp.

CLEANING ROUTINES

How to clean a routine for a powerful performance.

LESSONS LEARNED IN 3.5 DECADES OF COACHING

Candid advice and hints to help you be a better coach from the start.

TOP TEN TRAITS OF AN OUTSTANDING COACH

THE MENTAL SIDE OF COMPETING

How to get your athletes to relax and perform like they practice.

CHOREOGRAPHY

How to create a winning routine. Tips and ideas to improve and enhance the creative process.

HOW TO RUN THE MOST EFFECTIVE PRACTICE

INCORPORATING BALLET INTO YOUR PRACTICES

We will make it easy for you, with videos and audio files to be utilized in your rehearsals. If your team is not technically trained, this will help take them to the next level.

JUDGES CLASS

A class where judges share what they are looking for and the method to their madness. Coaches will view video. (Minnesota camps only.)

COACHING OVERVIEW

Developing your program from all sides. A round table discussion with the camp director. Topics are presented that will help coaches see different perspectives to help run a more effective program.

NUTRITION FOR YOUR DANCERS

ROOKIE COACHES SURVIVAL GUIDE

MEET THE PARENTS

Tips for working well with parents. Meeting agendas and how to deal with all types of parents.

KICK TECHNIQUE

JAZZ TECHNIQUE

POM TECHNIQUE

TEAM BUILDING

LEADERSHIP

What gives you the right to lead?

* Note class offerings vary from location to location For specific information and requests, call 800-450-3262.

JUST FOR KIX
www.justforkix.com