

# Location

#jfkdancecamp



The total camp experience.

## Brainerd, MN

**Forestview Middle School**  
12149 Knollwood Dr.  
Baxter, MN 56425

**Camp 1: July 8 - 11, 2014**

Dorm Student: \$327\*  
Commuter Student: \$175\*  
Dorm Coach: \$364\*  
Commuter Coach: \$106\*

**Camp 2: July 13 - 16, 2014**

Dorm Student: \$327\*  
Commuter Student: \$175\*  
Dorm Coach: \$364\*  
Commuter Coach: \$106\*

**Camp 3: July 20 - 23, 2014**

Dorm Student: \$327\*  
Commuter Student: \$175\*  
Dorm Coach: \$364\*  
Commuter Coach: \$106\*

\* Price good prior to June 10th, 2014



**FACILITY:** The Minnesota camps are held at the beautiful Forestview Middle school.

**CLASSES:** This camp boast 16 - 20 class choices per hour. All three camps are large, but the numbers are handled in JFK fashion. 3 lunch groups, 20 class choices, etc. The event is thought out and organized to a T. The opening daily aerobics are orchestrated in the huge field house which is larger than four gymnasiums.

**BUSSING:** Shuttle busses are hired to transport dancers from hotel to the school daily and back again at night.

Parents or team busses can drop them on day one and pick up on day four. No cars are needed or allowed for safety.

**DINING:** All meals are catered in and served at the Middle School. Meals typically offer one main dish choice, so picky eaters or those with special medical conditions can call ahead for the menu. Dancers are encouraged to bring extra snacks to snack on and water to stay hydrated with in their bag. Breakfasts are continental and have cereal, muffins, rolls or bagels, milk and fruit. Lunches range from pizza to subs. Dinners range from pasta to taco night.

**ACCOMMODATIONS:** Dancers are housed at Arrowwood Lodge Water Park or Comfort Suites Water Park. Rooms are suite style. 6 to a room. \*This is all arranged by our staff when you register.

**OTHER SPECIAL ATTRACTIONS:** Since Brainerd is the headquarters of Just For Kix, attendees are in for a treat.

**HIGHLIGHTS FOR COACHES!** Coaches are taken on an optional tour of the Just For Kix warehouse for the catalog and The Teehive custom apparel facility. Coaches have access to the state of the art Just For Kix dance studio for classes in ballet and cardio barre.



**CINDY CLOUGH** Executive Director of Just For Kix personally orchestrates these camps and teaches numerous classes.

Cindy Clough  
Executive Director  
Just For Kix



1-800-450-3262

www.justforkix.com/camp



## Minnesota Camp

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### CAMPERS/COACHES

You will receive an email as to which hotel you will be staying at for camp two weeks prior to your camp's starting date. Please have your bus or carpools bring you to your assigned hotel Day 1 to drop off your luggage and then bring you to Forestview Middle School for registration. Day 4 please have your bus or carpools pick you up at Forestview following the camp show and have them bring you back to your hotel to pick-up your luggage. Just For Kix shuttles to and from the hotels/school will begin night one of camp and continue to run each morning and evening during camp.

### NO DRIVING POLICY

If dancers drive to camp in their own personal vehicles, they are not allowed to drive around the area once camp begins. They are to walk to all activities or take the shuttle buses that are provided. Just For Kix will not be responsible or liable for any drivers that drive during camp or to and from camp activities.

### COMMUTERS

Register at the main entrance at Forestview Middle School. Be ready to DANCE!

### PAYMENT

If you have a balance due on your camp tuition, final payment is due **THREE WEEKS** prior to the start of your camp. We are unable to accept final payment at camp. You may send a check to the Just For Kix office or call payment with a credit or debit card.

### MEDICAL CONSENT AND CODE OF CONDUCT FORMS

Please be sure all campers have downloaded the form off the Just For Kix website and completed it upon arrival at camp. We will collect them from each team at registration. (If dancer has registered and completed this form online we will send directly to camp.)

### ROOMING LIST

Rooming Lists must be sent into the JFK Office **THREE WEEKS** prior to your camp or we will assign rooms. Most rooms are 6 person occupancy and a few are 4 person occupancy. Stacie will email you ahead of time with the number and types of rooms each team has ahead of time. (Roll-a-ways are available on a first come first served basis and we strongly suggest the fifth person bring a sleeping bag and pillow.) Coach's fee is based on a double occupancy.

We strongly recommend that a coach or a chaperone attend with their teams/dancers that will have eight or more participants. Please Note: You may not have more than one room with three people. All rooms must be filled before moving onto the next room when filling out your roommate requests. Thank you! You may FAX your rooming list to: Just For Kix Camps at 218-824-3545. Please be sure to include your team name and which camp you are attending.

### LUGGAGE

In most cases, all luggage will be placed in a large room at the hotel until evening since it will be too early to check into your room. **HAVE EVERY ITEM LABELED. DO NOT** leave valuables in your suitcase the first day of camp. Just For Kix nor any of the hotels are responsible for lost or stolen items. Helpful Hint: Use luggage that is on wheels! Be sure to bring a backpack or duffel bag with you to carry your personal items to the school.

### IMPORTANT

Have everything you need for the 1st day and the Home Routine Show in a separate bag to take with you to the school as you will not be back at the hotel before the show. Wear your practice clothes to registration so you will be ready to dance!

### REGISTRATION TIME

9:45 - 11:00am

PLEASE be on time. The opening meeting of camp is in the gym following the close of registration. During registration and before the opening meeting, the camp store will be open.

### CLASS SELECTION

Dancers are able to choose the style and difficulty level of their classes. Teams can decide to stay together or split up to learn more routines. Levels range from beginner to advanced, with elite offered at select camps. Styles range from jazz, kick, pom, novelty, hip-hop, contemporary and lyrical. A short portion of each routine is demonstrated by staff to aid in the class selection process.

### DETAILS, DETAILS, DETAILS...JUST A FEW DETAILS TO GET YOU READY FOR JUST FOR KIX CAMP!

- 1. MEDICAL CONSENT & RELEASE FORM** Double check that each dancer fills out and turns in their forms. You may download it off our website at [www.justforkix.com/hscamp](http://www.justforkix.com/hscamp) Medical forms will be turned in Day 1 of camp at registration. (If dancer has registered and completed this form online we will send directly to camp.)
- 2. LOST OR STOLEN ITEMS** JUST FOR KIX is not responsible for lost items. Please do not bring valuables to camp and do not leave any valuables in the luggage storage rooms. Leave your jewelry at home. Carry your money with you at all times.
- 3. HALLS** will be monitored at night by Just For Kix personnel. Campers not following the rules may be sent home at their parents' expense.
- 4. HOTEL PHONE POLICY** The phone in your room will be shut off during camp from outside phone calls. (We do this to control long distance phone calls.) We suggest bringing your cell phone to camp with you.

- 5. EARLY IS ON TIME, ON TIME IS LATE!** Stress to your team that it is very important to be on time for everything. Also encourage them to attend all classes faithfully. Skipping causes "holes" in the routines and is hard on the rest of the dancers and instructors.
- 6. ROLL CALL CHEER** On mornings 2, 3 & 4 at camp we will be doing a roll call cheer. Each team will do their own cheer, and must end with a count down of your dancers so that we can see that you are all present. Please be sure cheers are in good taste and politically correct.
- 7. THE HOME ROUTINE SHOW** will be held the first evening of camp. It will take place in a full-sized gym. The purpose of the show is to share ideas rather than compete. We do, however, award trophies for outstanding performances. Our hope is for every team to participate! Maybe you want to bring your uniforms! Being involved makes camp so much more fun! The more teams/individuals that participate, the more fun it will be!
- 8. MEALS** Your first camp MEAL is on the first evening of camp. Plan accordingly. You may wish to get a bite to eat before registration. (There will be a light snack provided in the afternoon.) Vegetarians will be accommodated, please ask the Just For Kix Staff for assistance.
- 9. COMMUTERS** may purchase lunch and/or dinner. Those who are interested in doing so must pre-order since meals are catered. The cost for two lunches and three dinners is \$45.00. (Please Note: Snacks on Day 1 & Day 4 are included in your camp tuition.)





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**10. THEME DAYS** To add to the fun of camp and help your team build camaraderie, we encourage you to join into the fun of dressing up for our THEME DAYS. All costumes should be appropriate and in good taste.

Day 1 = "TEAM SPIRIT DAY 1" Show us your team pride by matching and wearing team gear.

Day 2 = "OLYMPIC DAY" If your team could compete in the Olympics what sport would you choose? Pick and country and a sport that best represents your team!

Day 3 = "HOLLYWOOD DAY" Dress up as your favorite movie or show. The possibilities are endless.

Day 4 = "SCHOOL SPIRIT DAY" Dress in your school colors today and show us where you're from!

*\* PLEASE NOTE: No Glitter may be used on any type of costume, in your hair or any type of facial make-up*

**11. LEAPS, TURNS, KICKS AND TOE TOUCH CONTEST** Again we will have our leaps, turns, kicks, and toe touch contest. Each team may nominate one to two individuals to participate in each category to compete and be evaluated by our staff. Awards will be given in each of the four categories. Show your stuff and participate!

**12. CAMP SHOW** On the final day of camp, we will present the routines you've learned. The Camp Show will be held at Forestview Middle School. It is more fun for all if we have a big crowd for the show. Please encourage friends, relatives and coaches to attend. Awards will be presented at this time.

**13. CAMP STORE** We will have an assortment of dance related SALE ITEMS available to purchase. Included will be camp tee shirts, dance wear, and more.

**14. COACH'S SESSIONS** We offer classes for coaches each day. The first coaches classtime will be Class #1. You will receive a more detailed schedule at registration. Get ready for a jam packed week! Please bring any of your rules, constitution, motivational ideas, fundraising ideas or other unique hints to share with other coaches from across the state. (You may wish to bring with you 25 copies of anything you feel other coaches would find helpful).

**15. PERFORMANCE TOUR** Each year JUST FOR KIX produces a performance tour for dancers at the OUTBACK BOWL in Tampa, Florida over the Holiday season. We are recruiting outstanding teams and individuals to participate. Entire teams can attend or small groups from each school. (Often teams send their captains or seniors as a perk for all their hard work.) The MSHSL dance team rules and regulations does not allow us to hold our annual All Star tryouts in Minnesota. We are inviting all interested teams and/or individuals to attend this AMAZING event. (The MSHSL has now lifted the ruling with coaches traveling with their teams!) We still want to assure the caliber of dancers attending remains high and we feel all the teams that attend our Minnesota camps meet the qualifications of our National Team. Join us in Tampa for a week full of fun, excitement, and DANCE! If you have any questions, please call our office or visit our website. Many groups get local sponsors or fundraise their way to attend. It is a once in a lifetime experience. We hope you will consider bringing your team this coming year. Also consider planning this a year from now to allow for more fundraising time.

**16. EMERGENCY PHONE NUMBERS**  
Just For Kix Office: 218-829-7107  
(8:00AM - 5:00PM Mon - Fri)

**BRAINERD LODGING**  
The Lodge at Brainerd Lakes: 218-822-5634  
Comfort Suites: 218-825-7234

**17. CAMP LEAVE** If for any reason you must leave camp, you must officially sign out with the Camp Director. If you have any questions on camp please call our office at 218-829-7107!

### DIRECTIONS

#### Directions to Forestview High School

**Traveling North to Brainerd:** From 371, take the Baxter Exit. At the first set of lights turn left on County Road 48. Follow approximately 1 mile to the next set of lights. Turn left on Knollwood Drive and follow around to the front of Forestview Middle School.

**Traveling South to Brainerd:** Take 371 South to the intersection of County Road 48. Turn right on County Road 48 and follow approximately 1 mile to the next set of lights. Turn left on Knollwood Drive and follow around to the front of Forestview Middle School.



# Schedule

#jfkdancecamp



## Brainerd, MN

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DAY #1	DAY #2	DAY #3	DAY #4
<p><b>SPiRiT DAY!</b> Show us your team spirit!</p> <ul style="list-style-type: none"> <li>Overnight campers check in at hotel first and then go to Forestview Middle School</li> <li>Commuters check in at Forestview Middle School</li> <li>Sign up for what you'd like to work on during private coaching</li> <li>Turn in your music for Home Routine Show</li> <li>Arrive dressed in dancewear and bring water bottles</li> <li>Remember to EAT before you arrive</li> </ul> <p>9:45 - 11:00 Registration</p> <p>11:15 - 12:15 Opening Meeting, Introduction of Staff, Stretch &amp; Strengthening</p> <p>12:15 - 12:40 Demo for Class # 1</p> <p>12:50 - 1:50 <b>Class #1</b></p> <p>1:50 - 2:15 SNACK in Cafeteria</p> <p>2:15 - 2:40 Demo for Class # 2</p> <p>2:50 - 3:50 <b>Class #2</b></p> <p>4:00 - 4:25 Demo for Class #3</p> <p>4:30 - 5:30 <b>Class #3</b></p> <p>5:30 - 6:30 DINNER <b>Purple</b> at 5:30 <b>Red</b> at 5:45 <b>Green</b> at 6:00</p> <p>6:45 Home Routine Show</p> <p>After Show Comfort Teams Bus 1st • Lodge Teams Bus 2nd after Private Coaching</p> <p>10:00 Be In hotel room</p> <p>10:30 Room check Lights Out!</p>	<p><b>OLYMPiC DAY!</b> Take home the gold as you dress up as your favorite Olympic sport from your native country!</p> <p>8:00 - 8:10 Comfort Teams Bus</p> <p>8:30 - 8:40 Lodge Teams Bus</p> <p>8:00 - 9:30 Breakfast in Cafeteria - Camp Store in Open</p> <p>9:30 - 10:40 Roll Call cheers, Stretch &amp; Strengthening Announcements/Private Coaching*</p> <p>10:50 - 11:50 <b>Class #1</b> <b>Special Sessions</b></p> <p>12:00 - 1:00 LUNCH—Captains Meeting • Just For Kix Store is open <b>Green</b>/Captains at 1:00 <b>Purple</b> at 1:15 <b>Red</b> at 1:30</p> <p>1:00 - 2:00 <b>Class #2</b> <b>Class #3</b></p> <p>2:00 - 3:00 THE VIEW - Open Forum with Cindy Clough &amp; Staff</p> <p>3:15 - 4:15 DINNER Contest Participants may go through the line first • Just For Kix Camp Store is Open <b>Red</b> at 5:00 <b>Green</b> at 5:15 <b>Purple</b> at 5:30</p> <p>4:30 - 5:30 Contest Participants report to the gym at 5:45 to learn combinations</p> <p>6:15 Kick, Leaps, Toe Touch and Turns Contest</p> <p>After Contest Lodge Teams Bus 1st, Comfort Bus 2nd after Private Coaching</p> <p>10:00 Be In hotel room</p> <p>10:30 Room check Lights Out!</p>	<p><b>HOLLYWOOD DAY!</b> Be fabulous as you dress up as the characters from your favorite movie or TV show!</p> <p>8:00 - 8:10 Lodge Teams Bus (Private Coaching 8:55 - 9:25)</p> <p>8:30 - 8:40 Comfort Teams Bus</p> <p>8:00 - 9:30 Breakfast in Cafeteria - Camp Store in Open</p> <p>9:30 - 10:40 Roll Call cheers, Stretch &amp; Strengthening Announcements/Private Coaching*</p> <p>10:50 - 11:50 <b>Class #1</b> <b>Special Sessions</b></p> <p>12:00 - 1:00 LUNCH—Senior Non-Captain Meeting • Just For Kix Store is open <b>Purple</b>/Seniors Non-Captains at 1:00 <b>Red</b> at 1:15 <b>Green</b> at 6:00</p> <p>1:00 - 2:00 <b>Class #2</b> <b>Class #3</b></p> <p>2:00 - 3:00 Break</p> <p>3:15 - 4:15 Review Class #1 at Class #1 location</p> <p>4:15 - 4:30 DINNER • Just For Kix Camp Store is Open <b>Green</b> at 5:00 <b>Purple</b> at 5:15 <b>Red</b> at 5:30</p> <p>4:30 - 5:00 Class #1 Show</p> <p>5:00 - 6:00 Lodge Teams Bus 1st, Comfort Bus 2nd after Private Coaching</p> <p>6:15 Be sure to pack up your rooms and fill out your camp evaluations</p> <p>After Class 1 Show</p> <p>10:00 Be In hotel room</p> <p>10:30 Room check Lights Out!</p>	<p><b>TEAM SPIRiT DAY!</b> Show us where you are from and stand out at the camp show in your school colors!</p> <p>8:00 - 8:10 Comfort Teams Bus</p> <p>8:30 - 8:40 Lodge Teams Bus</p> <ul style="list-style-type: none"> <li>Put all suitcases in storage room to pick up after the show • Turn in room keys</li> </ul> <p>8:00 - 9:30 Breakfast in Cafeteria - Camp Store in Open</p> <p>9:30 - 10:30 Roll Call cheers, Stretch &amp; Strengthening Announcements</p> <p>10:40 - 11:10 <b>Class #2</b> <b>Class #3</b></p> <p>11:20 - 11:50 BREAK/SNACK <b>Red</b> at 11:50 <b>Green</b> then <b>Purple</b></p> <p>11:50 - 12:15 CAMP ROUTINE FINAL SHOW</p> <ul style="list-style-type: none"> <li>There is no fee to attend the final show. All family and friends are invited to attend! It will be held at Forestview Middle School. Visit our website for directions.</li> <li>Just For Kix Camp Store is open immediately following the show for last minute purchases!</li> <li>See you next year—drive safely!</li> <li>HAVE AN INCREDIBLE SEASON!</li> </ul>



Please be flexible and allow for schedule changes. Be on time for everything!



1-800-450-3262

www.justforkix.com/camp

# Start Packing Your Bags

# #jfkdancecamp



*The total camp experience.*

## Here is a list of items to bring to camp!

### All Campers Should Bring

- Your signed Medical Consent & Release Form and your Code of Conduct Form
- Dance bag
- Water bottle - Some teams will bring cases of water.
- Practice clothes
- Comfortable athletic shoes & dance shoes
- Uniform & music for Home Routine Show
- Theme Day Wear - See Theme Day info.
- Note book and pen to take notes
- Ipod/Ipod dock
- Camera
- Cell phone/cell phone charger
- Spending money for the Just For Kix Camp Store and to purchase snacks
- Teams are also encourage to bring a first aid kit along with ace bandages and athletic tape
- **"Yes" Book.** Have each dancer bring a notebook to camp. It will be something they keep all season, so encourage them to bring one with a hard cover. Each dancer decorates a small notebook with the letters "YES" which stands for **"You're Extra Special."** Have the dancers write positive notes to each other every night of camp when you have your team gatherings or on breaks through the day. At the end of the week of camp have them read what positive things their teammates wrote about them. They can keep this going all year and have the books at practice so teammates can add to them every so often. At the end of the year they get to take them home. What a treasure!

**"Everyone Should Bring a Good Attitude and a Lot of Energy!"**



### Dorm Campers & Coaches Should Also Bring

- Hair dryer
- Alarm clock
- Fan (Some dorm rooms are not air conditioned.)
- Bed linens, pillow, blanket & towels

### Hotel/Dorm Campers & Coaches Should Also Bring

- Swimsuits (MN Camps Only)
- Personal Toiletries



1-800-450-3262

[www.justforkix.com/camp](http://www.justforkix.com/camp)

# Medical Consent & Release Form

If, in the judgement of any representative of Just For Kix Camp, the student below should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize and consent to such care and treatment as may be given to said student by any physician.

## Dancer's Information

DANCER NAME											LAST NAME										
EMAIL ADDRESS																					
HIGH SCHOOL																					
AGE			DOB			-			-			GRADE									

## Medical Data

LIST ANY MEDICATIONS THAT YOU ARE CURRENTLY TAKING \_\_\_\_\_

ARE YOU CURRENTLY UNDER A PHYSICIANS CARE YES  NO  PLEASE LIST ANY DRUG ALLERGIES \_\_\_\_\_

DO YOU HAVE (OR HAVE YOU HAD) ANY OF THE FOLLOWING

<input type="checkbox"/> ASTHMA OR LUNG DISEASE	<input type="checkbox"/> EPILEPSY	<input type="checkbox"/> DIABETES
<input type="checkbox"/> KIDNEY DISEASE	<input type="checkbox"/> HEART CONDITION	<input type="checkbox"/> FAINTING SPELLS OR DIZZINESS
<input type="checkbox"/> RHEUMATIC FEVER	<input type="checkbox"/> MENTAL ILLNESS	<input type="checkbox"/> OTHER _____

PLEASE EXPLAIN OTHER \_\_\_\_\_

FOR YOUR SAFETY PLEASE NOTE BELOW ANY HEALTH CONCERNS NOT LISTED ABOVE THAT MAY BE IMPORTANT FOR STAFF TO KNOW.

EMERGENCY CONTACT																				
HOME PHONE			-			-			CELL PHONE			-			-					
WORK PHONE			-			-						-			-					
FRIEND OR RELATIVE																				
HOME PHONE			-			-			CELL PHONE			-			-					
WORK PHONE			-			-						-			-					

## Insurance Company Information

NAME																				
ADDRESS																				
CITY											STATE			ZIP						
PHONE			-			-						-			-					
POLICY NUMBER											GROUP NUMBER									
INSURED THROUGH EMPLOYER	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>																
EMPLOYER NAME (IF APPLICABLE)																				

## Parent/Guardian Information

FIRST NAME											LAST NAME										
ADDRESS																					
CITY											STATE			ZIP							

**REFUNDS:** If 14 days prior notice is given in writing to our office, students may receive a refund of camp tuition less the \$150 deposit.  
**NOTE:** We are unable to issue refunds once camp begins.

**CONSENT:** I/We, the parent or guardian of the above named student of the Just For Kix dance team program, hereby give approval for his/her participation in the summer youth dance camp. I/We assume all risks and hazards incidental to such participation including transportation to and from the activities; and do hereby waive, release, absolve, indemnify and agree to hold harmless the dance camp, Just For Kix: employees, owners, instructors, the organizers, sponsors, supervisors, participant and the person transporting the participant to and from the activities for any claim arising out of injury to the participant. I/We hereby grant permission to reproduce any individual images taken by photographers and/or videographers during the camp for promotional purposes.

SIGNATURE \_\_\_\_\_ DATE 

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# Just For Kix Camps - Code of Conduct

## Dancer's Information

FIRST NAME	<input type="text"/>	LAST NAME	<input type="text"/>
AGE	<input type="text"/>	DATE OF BIRTH	<input type="text"/> - <input type="text"/> - <input type="text"/>

- Display respectable conduct and remember that you are representing your school and Just For Kix at all times. Reasonable, positive and responsible conduct is expected at ALL times.
- No males are allowed in your hotel/dorm room.
- No use of alcohol, drugs or tobacco.
- You are not allowed to use the Hotel Shuttles. Just For Kix provides busses to shuttle you to and from the Forestview for all Brainerd camps.
- You must be in the hotel/dorm by 9:00pm and in your room by 10:00pm. Room checks will be nightly at 10:30pm. Do not leave your room after room check.
- Make sure your door is locked and bolted at night. Also be sure your curtains are always pulled.
- You are not allowed to walk to any restaurants, grocery stores, gas stations, etc. that are more than two blocks from the dorm/hotel. You must travel in groups of at least 4 campers.
- Just For Kix, the Comfort Suites, The Lodge Hotel, Holiday Inn Express, nor the colleges or the schools are responsible for lost or stolen valuables. Make sure that you are sensible with your money and valuables. Lock your room. Do not leave valuables lying around. This pertains to the luggage storage rooms as well as the hotel/dorms.
- Any damage or theft from your hotel/dorm room will be billed to you. Your parents and school principal will be notified.
- HAZING: JUST FOR KIX strictly prohibits hazing of any team or camp member.
- Proper shoes should be worn at all times during camp. Dancers are strongly advised to wear athletic shoes for Kick and Hip Hip routines. Jazz and Lyrical dancers are encouraged to wear Jazz Shoes. Jazz dancers needing more support in their arches, etc. should talk to their doctor in advance for advice on appropriate footwear. Dancers choosing to go barefoot are at risk for infections, wounds and have no support.
- If for any reason you must leave early from camp, you must officially sign out with the camp director.
- Any infringement on the above rules will result in immediate dismissal from camp. The camper will be sent home at their parent's expense.

I have read the above listed **Code of Conduct** and, by my signature, agree to abide by their terms.

SIGNATURE \_\_\_\_\_

DATE

