

Location

#jfkdancecamp



The total camp experience.

Clayton, MO

Fontbonne University
6800 Wydown Blvd.
Clayton, MO 63105

July 21 - July 23, 2014
Dorm Student: \$335
Commuter Student: \$287*
Dorm Coach: \$300
Commuter Coach: \$252*
*Includes Lunches and Dinners



THE CAMPUS: Located just outside of St. Louis, Missouri, Fontbonne University features a stunning campus with beautiful architecture and landscape. Classes will take place inside the Dunham Student Activity Center complete with a large gym and aerobics/dance studio.

ACCOMMODATIONS: Coaches and dancers will enjoy staying in St. Joseph Hall. Each room sleeps two people with community-style bathrooms. Overnight campers should bring their own sheets, pillows, and towels for the dorms.

DINING: Meals will be served in the Ryan Dining Hall. Enjoy all you can eat meals with 2 entrée choices, paired with various side dishes. Lunch and dinner are complimented with cookies and soft serve ice cream.



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Missouri Camp

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ROLL CALL CHEER

On mornings 2, 3 & 4 of camp we will be doing a roll call cheer. Each team will do their own cheer. Cheers should end with a count down of your dancers so that we can see that you are all present. Please be sure your cheers are in good taste and politically correct. Cheers should help us get to know your team's personality. Cheers may coordinate with the camp theme days if you would like.

HOME ROUTINE SHOW

We can't wait to see your Home Routine! Perform a short routine from your school/studio during this event. It's a great way to share styles! We don't expect perfection because we know it's early in the year. Maybe you want to bring your uniforms/costumes! Don't be afraid to do a duet or small group routine if you're the only dancers from your squad. Being involved makes camp so much more fun! **A trophy will be awarded for the Most Outstanding Home Routine.**

LEAPS, TURNS, KICKS AND TOE TOUCH CONTEST

Again we will have our leaps, turns, kicks, and toe touch contest on night 2 of camp. 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!

CAMP SHOW

On the final day of camp, we will present the routines that you've learned at camp. 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.

MEDICAL RELEASE FORMS

Please be sure all campers have downloaded and completed the medical consent and code of conduct form from our website at www.justforkix.com. Coaches will turn these in at registration Day 1 of camp. (If dancer has registered and completed this form online we will send directly to camp.)

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. Just For Kix will not be responsible or liable for those that drive during camp or to and from camp activities.

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.

ROOMING LIST

Rooming lists (arranged in double rooms for IA and quad rooms for ND & WI) must be returned **THREE**

(3) weeks prior to camp or we will assign rooms.

Please have your rooming list prepared and send it to the Just For Kix Office. (Fax: 218-824-3545) Please be sure to include your team name and what camp you are attending. Room numbers will be assigned at camp.

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 cover 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.

AWARDS

Although our camp's focus is not on competition, we do want to recognize participants for their hard work. A little competition adds to the FUN! We'll award Firecrackers, Most Outstanding Dancers, Heather Habeck Memorial Awards, Most Spirited Team and more! Join in the fun!

CAMP STORE

Be sure to check out the Just For Kix Camp Store where we have several dance related items for sale, including the hottest new camp wear, bags, tee shirts, etc. The store will be open during registration and after the camp show as well as in the evenings. Check the camp schedule for store hours. For convenience, commuters may request the store to be opened during lunch.

COACHES

We strongly recommend that you make every effort to attend camp. Coaches get a discount on their camp fee, plus a free gift. You'll love it! You will learn so much -- your year will go so much smoother. We offer classes for you too! We do request that groups send a chaperone or coach to camp. We find that the dancers are better behaved when chaperoned by someone from their hometown.

CODE OF CONDUCT

Dancers are asked to behave in a respectable manner while attending camp. Swearing, use of alcohol, drugs, or tobacco is forbidden. You are not allowed to leave the campus or ride in a motor vehicle. You are not allowed to have males in your room. Any student who does not act in a manner acceptable to the camp staff will be asked to return home at their own expense, in which case, camp tuition will not be refunded. (See code of conduct.)

MEALS

On day 1, please be sure to eat before you arrive or you may get hungry by lunch. We suggest you pack snacks and bring a re-fillable water bottle or case of bottled water per person.

COMMUTERS MEALS

Commuters lunches and dinners are included in camp fee.

KEYS

Campers will be charged for any lost room keys. The rate varies from camp to camp. Remember a diaper pin, lanyard, string or a shoelace to keep your key with you at all times.

OUTBACK BOWL

PERFORMANCE TEAM 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.) On the third evening of camp, we will be conducting auditions for the Outback Bowl Dance Team which will be performing at the 2015 Outback Bowl in Tampa, Florida. This year's theme is "Pirates." More detailed information will be distributed at camp. This is your opportunity to be a part of a professionally produced dance production. Many groups get local sponsors or fundraise 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.

THEME DAYS

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



Schedule

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Clayton, MO

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DAY #1

OLYMPIC DAY!

Take home the gold as you dress up as your favorite Olympic sport from your native country!

- All students check in at the dorm first – then go to the main Gym
- Sign up for what you'd like to work on during private coaching
- Turn in music for Home Routine Show
- Arrive dressed in dancewear and bring water bottles
- Remember to EAT before you arrive

9:00 - 9:30	Registration
9:45 - 10:45	Welcome, Introduction of Staff, AM FUN JAM, Stretch & Strengthening
10:45 - 10:55	Demo for Class # 1
11:00 - 12:00	Class #1
12:00 - 12:45	LUNCH
12:55 - 1:55	Special Sessions - See attached sheet
2:00 - 2:10	Demo for Class # 2
2:15 - 3:15	Class #2
3:15 - 3:45	CAMP GAMES
3:45 - 3:55	Demo for Class #3
4:00 - 5:00	Class #3
5:00 - 6:00	DINNER
6:30	Home Routine Show
After the Show	Private Coaching (30 Minutes)
10:00	Be In Your Room
10:30	Room Check

DAY #2

HOLLYWOOD DAY!

Be fabulous as you dress up as the characters from your favorite movie or TV show!

8:00 - 9:00	Breakfast in Cafeteria
9:00 - 9:50	AM FUN JAM, Stretch & Strengthening
10:00 - 11:00	Class #1
11:15 - 12:15	Special Sessions
12:15 - 1:00	LUNCH—Senior, Non-Captain Meeting
1:00 - 1:45	AM FUN JAM REVIEW/CAMP GAMES
2:00 - 3:00	Class #2
3:15 - 3:45	Private Coaching
4:00 - 5:00	Class #3
5:00 - 6:00	DINNER
6:00	Contest Participants report to gym to learn combinations
6:15	Kicks, Leaps, Toe Touch and Turns Contest
10:00	Be In Your Room - fill out camp evaluations!
10:30	Room Check

DAY #3

TEAM SPIRIT DAY!

Show us where you are from and stand out at the camp show in your school colors!

8:00 - 9:00	Breakfast in Cafeteria
9:00 - 10:30	AM FUN JAM, Stretch & Strengthening, Team Bonding Activities
10:45 - 12:00	Class #1
12:00 - 1:00	LUNCH
1:00 - 2:15	Class #2
2:15 - 3:30	Class #3
3:30 - 4:00	Teams work on AM FUN JAM and Camp Routines on their own
4:00	Best of AM FUN JAM & CAMP ROUTINE FINAL SHOW
After the show	Check out of dorms, turn in keys

- There is no fee to attend the final show. All family and friends are invited to attend!
- See you next year – drive safely!
- HAVE AN INCREDIBLE SEASON!

Stay up to date on what's happening at Just For Kix!

Like us on Facebook

Follow us on Twitter @jfkdance

Follow us on Instagram @officialjustforkix

Subscribe to our YouTube channel

Checkout our website for the latest dancer trends at www.justforkix.com



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



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Start Packing Your Bags

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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



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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 _____

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

