

# Location

#jfkdancecamp



*The total camp experience.*

## Spokane Area, WA

### Mount Spokane High School

6015 E Mt Spokane Park Dr.  
Mead, WA 99021

August 6 - 8, 2014

Commuter Student: \$158\*  
Commuter Coach: \$71\*  
\*Includes Lunch



Mt. Spokane High School provides an outstanding environment for our dance camp. The building is evidence of what happens when staff is involved in the design process. This building was designed by teachers for students. In the center of the school is a grass courtyard highlighted by Harold Balazs' inspiring sculptures, together entitled "Circle of Friends." Located in north Spokane, Mount Spokane High School has beautiful views of wheat fields, Green Bluff, and Mt. Spokane.

### Lodging

#### Ramada Limited Inn

9601 N Newport Hwy  
Spokane, WA  
(509) 468-4201  
ramada.com

#### Quality Inn Oakwood

7919 N Division St  
Spokane, WA  
(509) 467-4900  
qualityinnoakwood.com

#### Apple Tree Inn

9508 N Division St  
Spokane, WA  
(509) 466-3020  
appletreeinnmotel.com

#### Comfort Inn North

7111 N Division St  
Spokane, WA  
(509) 467-7111  
comfortinnspokane.com

#### Royal Scot Motel

20 W Houston Ave  
Spokane, WA  
(509) 467-6672  
royalscotmotelspokane.com

#### Super 8 Spokane Valley

2020 N Argonne Rd  
Spokane Valley, WA  
(509) 928-4888  
super8.com

#### Liberty Motel

6801 N Division St  
Spokane, WA  
(509) 467-6000  
spokanelibertymotel.com

#### Quality Inn Valley Suites

8923 E Mission Ave  
Spokane, WA  
(509) 928-5218  
qualityinn.com

#### Holiday Inn Express

9220 E Mission Ave  
Spokane, WA  
(877) 863-4780  
hiexpress.com

### Restaurants

#### Subway

(509) 467-4400

#### Arby's

(509) 465-4699

#### McDonald's

(509) 464-1555

#### Antonio's Pizza

(509) 242-0205

#### Frank's Diner

(509) 465-2464

#### Zip's Drive In-Mead

(509) 467-2475

#### Fat Daddy's Pizza

(509) 464-3644

#### Wandermere

(509) 466-8023

#### Twigs Bistro

(509) 465-8794

#### Olive Garden

(509) 466-1230



# Camp Information

#jfkdancecamp



## Washington Camp

The total camp experience.

### 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](http://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.)

### 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.

### 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

Lunches are included each day at camp. We suggest you pack snacks and bring a refillable water bottle.

### 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 = "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 2 = "HOLLYWOOD DAY" Dress up as your favorite movie or show. The possibilities are endless.

Day 3 = "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



1-800-450-3262

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

# Schedule

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## Mt. Spokane, WA

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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!

- Check in at Mt. Spokane High School
- 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

8:00 - 8:45	Registration
9:00 - 9:55	Welcome, Introduction of Staff, AM FUN JAM, Stretch & Strengthening
9:45 - 10:05	Demo for Class # 1
10:10 - 11:10	<b>Class #1</b>
11:15 - 11:25	Demo for Class # 2
11:30 - 12:30	<b>Class #2</b>
12:30 - 1:15	LUNCH - Captain Meeting
1:15 - 1:40	CAMP GAME
1:45 - 2:45	<b>Special Sessions</b> - See separate schedule
2:45 - 2:55	Demo for Class #3
3:00 - 4:00	<b>Class #3</b>
4:10 - 4:40	Private Coaching Bus to the Hotel
5:00	Home Routine Show & Final Group Meeting

### DAY #2

#### HOLLYWOOD DAY!

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

9:00 - 9:50	Roll Call Cheers, AM FUN JAM, Stretch & Strengthening
10:10 - 11:10	<b>Class #1</b>
11:15 - 12:15	<b>Special Sessions</b>
12:15 - 1:00	LUNCH—Senior, Non-Captain Meeting
1:00 - 1:30	AM FUN JAM REVIEW
1:45 - 2:45	<b>Class #2</b>
2:55 - 3:55	<b>Class #3</b>
4:00 - 4:30	Private Coaching
4:40	CAMP GAMES
	Contest participants meet in back of gym to learn your combinations
5:00	Kicks, Leaps, Toe Touch and Turns Contest
	Please fill out the camp evaluations and bring back on Day 3!

### DAY #3

#### TEAM SPIRIT DAY!

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

9:00 - 10:03	AM FUN JAM, Stretch & Strengthening, Team Bonding Activities
10:45 - 12:00	<b>Class #1</b>
12:00 - 1:00	LUNCH
1:00 - 2:15	<b>Class #2</b>
2:15 - 3:30	<b>Class #3</b>
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

- 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!

Please be flexible and allow for schedule changes.

Be on time for everything!

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



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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
- Ipad/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

**JUST FOR KIX**  
[www.justforkix.com](http://www.justforkix.com)



1-800-450-3262

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# Medical Consent & Release Form

## Dancer's Information

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

## Medical Data

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 _____

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

[illegible]

## 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

[illegible]

**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.

DATE 

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FIRST NAME         LAST NAME

AGE   DATE OF BIRTH   -   -

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

DATE 

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