

2021

STORM LAKE, IA

# JUST FOR KIX HIGH SCHOOL DANCE CAMP RESILIENCE

## Buena Vista University

Lamberti Recreation Center  
610 West 4th Street  
Storm Lake, IA 50588

June, 27th - 30th, 2021

Dorm Student: \$416  
Commuter Student: \$337  
Dorm Coach: \$416  
Commuter Coach: \$337



### LOCATION

This camp is located on the beautiful campus of Buena Vista University in North Western Iowa with views of Storm Lake. (approximately 3 hours from Minneapolis). Near Spirit Lake, Lake Okoboji. Camp will take place in the Lamberti Recreation Center.

### FACILITIES

All facilities are air conditioned! Daily warm ups are in the main gym. Break out practice areas include; 2 stages, 2 ballrooms, 3 field house gyms and the main gym.

### ACCOMMODATIONS

Teams stay in the air conditioned dorms.

### DINING

Meals take place in a beautiful dining hall that overlooks the football field and lake. All you can eat meals with numerous choices of main



1-800-450-3262 [www.justforkix.com/camp](http://www.justforkix.com/camp)

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## DAY #1

### SPIRIT DAY!

Show us your team spirit!

- All Students check in at the White/ Pierce dorms first - then go to the Lamberti Rec Center.
- Sign up for what you'd like to work on during private coaching
- Turn in your music for Home Routine Show
- Arrive dressed in dancewear and bring water bottles
- Remember to EAT before you arrive
- Check out the JFK Camp Store

9:30 - 10:30	Registration
10:45 - 11:00	Opening Meeting <i>Notes: Meet the Director &amp; Staff. -Staff Introductions</i>
11:00 - 11:55	Warm Up & AM Fun Jam
12:00 - 12:15	Demo for Class #1
12:30 - 1:30	<b>Class #1</b>
1:30 - 2:00	Snack Time - teams get a break to re-fuel. Bring a snack from home.
2:05 - 2:20	Demo for Class #2
2:35 - 3:35	<b>Class #2</b>
3:50 - 4:05	Demo for Class #3
4:20 - 5:20	<b>Class #3</b>
5:30 - 6:30	DINNER
6:45	Home Routine Show
10:00	Be in Dorm Room
10:30	Room Check Lights Out!

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

## DAY #2

### Emoji Day

Bring the emoji's on your phone to life. Dress up as your most-used emoji or the one you wish you used more. Let your creative juices flow!

8:00 - 9:00	Breakfast in Cafeteria
9:00 - 10:15	Roll Call cheers, Stretch & Strengthening, Announcements
10:20 - 11:20	<b>Class #1</b>
11:30 - 12:30	<b>Special Sessions</b>
12:30 - 1:30	LUNCH— Captain Meeting
1:40 - 2:40	<b>Class #2</b>
2:50 - 3:50	Private Coaching
4:00 - 5:00	<b>Class #3</b>
5:00 - 5:30	Team Building Games
5:30 - 6:30	DINNER - Contest Participants may go through the line first
	Contest Participants report to the gym at 6:15 to learn combinations
6:45	Kick, Leaps, Turns & Toe Touch Contest
8:30 - 9:45	<i>Camp Store is open</i>
10:00	Be in Hotel Room
10:30	Room Check Lights Out!

## DAY #3

### Music Group Day

Dress up as an iconic music group - your favorite boy band, the girl gang of the decade, or an epic duo...Get Creative!

8:00 - 9:00	Breakfast in Cafeteria
9:00 - 10:15	Roll Call cheers, Stretch & Strengthening, Announcements
10:20 - 11:20	<b>Class #1</b>
11:30 - 12:30	<b>Special Sessions</b>
12:30 - 1:30	LUNCH—Senior Non-Captain Meeting
1:30 - 2:00	Camp Games / Team Building & Review Home Routine
2:10 - 3:10	<b>Class #2</b>
3:20 - 4:20	Private Coaching
4:30 - 5:30	<b>Class #3</b>
5:30 - 6:30	DINNER
6:45	Master Class
8:30 - 9:45	<i>Camp Store is open</i>
10:00	Be in Dorm Room
10:30	Room Check Lights Out!

• Fill out Camp evaluations and turn in on Day #4

## DAY #4

### 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 - 9:50	Roll Call Cheers, Stretch & Strengthening, Announcements
10:00 - 10:30	<b>Class #1</b>
10:40 - 11:10	<b>Class #2</b>
11:20 - 11:50	<b>Class #3</b>
11:50 - 12:15	Prepare for Show (Bring a snack from home to "refuel" before the show)
12:15	CAMP ROUTINE <b>FINAL SHOW</b>
After the Show	Pack up your dorms and turn in keys!
	• At this time, due to COVID restrictions, we are not able to have spectators at the final camp show.
	• Just For Kix <i>Camp Store is open</i> immediately following the show for last minute purchases!
	• 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](http://www.justforkix.com)



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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 plaque 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 off your skill and participate!

## CAMP SHOW

On the final day of camp, we will present the routines that you've learned at camp. At this time, due to COVID restrictions, we are not able to have spectators at the final camp show.

## MEDICAL CONSENT & COVID FORMS

Please be sure all campers have completed the medical consent code of conduct and COVID form. Coaches will turn these in at registration Day 1 of 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) must be returned THREE (3) weeks prior to camp or we will assign rooms. Please have your rooming list prepared and send it to Support at support@justforkix.com. 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 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.

## 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 Rising Stars, 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 receive a free gift when attending camp. You'll love it! You will learn so much - your year will go so much smoother. We offer classes for you too! We do require 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.

## 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.

## COMMUTER 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.) 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 year from now to allow for more fundraising time.

## 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 = "EMOJI DAY" Bring the emoji's on your phone to life. Dress up as your most-used emoji or the one you wish you used more. Let your creative juices flow!!

Day 3 = "MUSIC GROUP DAY" Dress up as an iconic music group - your favorite boy band, the girl gang of the decade, or an epic duo...Get Creative!

Day 4 = "TEAM SPIRIT DAY 2" Show us where you are from and stand out at the camp show in your school colors!

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



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## HERE IS A LIST OF ITEMS TO BRING TO CAMP!

### All Campers Should Bring

- Your signed Medical Consent, Code of Conduct & COVID Waiver Forms.
- Dance bag
- Face masks - all participants are required to wear a face mask while inside all facilities.
- 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
- Personal toiletries
- 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!



### Dorm Campers & Coaches Should Also Bring

- Hair Dryer
- Alarm Clock
- Fan (some dorm rooms are not air conditioned)
- Bed linens, pillow, blanket & towels
- Hand Soap
- Shampoo & Conditioner

