



## Fit For The King Flyers 2023-2024 Dance Program Information Packet and Registration Form

*Please read all information before deciding if the Flyers program is right for your family.  
All dancers are asked to commit to a full 7-month season before registering.*

**Registration closes at 7:00 P.M. on Friday September 1<sup>st</sup>**

"I am thrilled to kick off the **22<sup>nd</sup> Flyers dance season!** What a joy it has been to coach hundreds of girls & watch the program grow over the past 2 decades. This is my 32<sup>nd</sup> year coaching cheer & dance. My coaching staff and I can't wait to get started!" *Heather Traylor Foy, Flyers Program Director/Head Coach*

### **The primary goals of the Flyers program:**

- Teach dance fundamentals & skills. Techniques & choreography have a Pom and Hip Hop dance focus.
- Provide a fun exercise opportunity, with a strong focus on flexibility, strength, and physical conditioning.
- Learn and polish a choreographed team routine and a group dance for the end-of-season Showcase.
- Teach the value of teamwork, unity, hard work, and respect for self, coaches, and teammates.

**FLYERS TEAMS:** *Each team has 8-18 dancers. **Placement of girls on teams is the coaches' discretion & final decision.***

### **ITTY-BITTY FLYERS** –

- Preschool. For girls entering Kindergarten in school years 2024 and 2025.
- \* All dancers must be fully potty-trained. **Girls will be separated into 2 teams if enough girls register.**
- Itty-Bitty teams will practice once a week (40 minutes).
- Itty-Bitty teams will have 1-2 performances and will dance at the end of season Showcase.

### **TINY FLYERS** –

- Grades K/1<sup>st</sup>. **Kindergarten & 1<sup>st</sup> graders will be separated into 2 Tiny teams if enough girls register.**
- Tiny teams will practice once a week (50-60 minutes).
- Tiny teams will perform 2-3 times locally and at the end of season Showcase.

### **MINI FLYERS** – *Eligible dancers by birth year 2013-2018*

- Geared toward girls in 2<sup>nd</sup> up to 5<sup>th</sup> grade. **Coaches will separate Mini dancers into 2-3 teams if enough girls register.**
- Mini teams will practice twice a week (9 hours of instruction/month).
- Will perform 3-4 times and at the end of season Showcase. Mini teams could possibly attend 1 competition.

### **YOUTH FLYERS** – *Eligible dancers by birth year 2010-2015*

- Geared toward girls in 5<sup>th</sup> up to 8<sup>th</sup> grade.
- Youth team will practice twice a week (11 hours of instruction/month).
- Will perform 4+ times and at the end of season Showcase. Youth teams will most likely attend 1-2 competitions.

### **SENIOR FLYERS** – *Eligible dancers by birth year 6/1/2004-2011*

- Geared toward girls in 8<sup>th</sup> - 12<sup>th</sup> grade.
- Senior team will practice 2-3x/week. (18-22 hours of instruction/month).
- The Seniors team will perform 4+ times locally/regionally and at the end of the season Showcase. They will most likely attend 2-3 competitions.

(See information on following page about Senior team tryouts).

## **Important Tryout Information for the Senior Team –Required for girls born before 2010.**

Tryouts are held at FFTK and are closed to the public. Please wear exercise/dance attire & tennis shoes. Bring jazz shoes if you have them. Parents of girls who try out for the Senior team will receive an email following tryouts.

**ONE-DAY TRYOUT PROCESS - Tuesday August 29<sup>th</sup> – 7:00 – 8:30 P.M. (meet upstairs at FFTK)**

## **Additional Important Details/Expectations –**

- Practices for the 2023-24 season will begin the 2<sup>nd</sup> week of September. **All Flyers parents will receive an email with team placement details and a reminder about your assigned first practice day/time.**

- Practices will be held in the FFTK gymnasium and/or upstairs dance room.

- Each dancer will receive a detailed monthly calendar. This will be emailed to parents, & posted on the Flyers Facebook page. The monthly calendar will always be posted at the top of the dance stairwell at FFTK.

- Practices are “closed” to spectators. Young dancers have a better focus at practices, when mom/dad are not watching. Older dancers have a better focus when outside friends/boyfriends are not watching. 😊

- Each dancer on the Itty-Bitty, Tiny and Mini teams will be asked to have an adult female (mom, grandma, aunt) serve as a “helper” during practices (on rotation) during the season. Helpers will assist with walking girls to the restroom, helping to tie shoes, etc. This will also give you the opportunity to watch a few practices.

- All dancer should arrive on time for practices. Any missed practice should be for a *justified* reason such as an illness. *Any missed practice can negatively impact the missing dancer and the entire team.* Any tardiness or missed practices must be reported to the dancers’ individual coach(es) before practice begins.

- Please keep this level of commitment in mind when signing your dancer up for Flyers. If you know that a conflicting activity (sports, band, part time jobs, etc.) will be an on-going conflict with Flyers, please make a choice between activities. *Some flexibility* will be considered with conflicts for other school activities. For example – A dancer might need to arrive late to a practice from a volleyball game or band concert, but she must be willing to rush from 1 activity to the next and/or “split” times.

- All dancers must bring a water bottle to every practice. Water is preferred and sports drinks are acceptable (no sodas). Do not send your dancer to practice on an empty stomach. Healthy food is fuel (energy)!

- All dancers should be dressed in comfortable exercise clothes (no denim, no skirts without leggings). Do not send your dancer to practice in flip flops/sandals. Dancers should wear socks and clean tennis shoes with good tread at each practice. Dance shoes will be purchased early in the season and each dancer is required to have dance shoes and tennis shoes at each practice. Dancers can keep an old pair of Poms in their dance bag.

- Families are asked to be supportive with any “take-home” assignments given to dancers. These can include practice for choreography or practice with flexibility or conditioning exercises.

**POLICY REGARDING “REDINESS” FOR PERFORMANCES/COMPETITIONS:** *A goal of our Flyers coaches is that all dancers will be “stage ready” for performances and/or competitions. Due to past history of some dancers missing far too many practices, and in some cases not working hard to know choreography, parents should know that if a dancer is not ready (does not know the routine &/or cannot adequately perform the dance), she may be asked to sit out 1 or more performances until she is ready to perform. The Flyers coaching staff does not demand perfection, but giving effort, working hard, and being at practices is a very important part of performing on a team.*

## Costs –

\* **REGISTRATION FEE - \$30.** This is due when you submit your registration form (due by 7:00 P.M. on 9/1). This \$30 registration fee must be paid by cash, check payable to FFK Flyers, or by Venmo (@Heather-Foy-8). Any Senior dancer who does not make the team at tryouts, will be refunded her \$30 registration fee. Siblings that live in the same household will each pay a \$25/dancer registration fee.

\* **MEMBERSHIP (DUES) PRICING – 7 month season September 2023 thru March 2024.**

Monthly dues can be paid for all 7 months in advance or paid by a monthly auto-draft. This is set up directly with FFK and paid through the FFK front desk staff.

FFTK Auto-draft procedure: 1<sup>st</sup> monthly payment is due during payment sign-up. (Check/cash or credit card). Then 6 following auto payments will be drafted on 10/15/23, 11/15/23, 12/15/23, 1/15/24, 2/15/24, 3/15/24. A \$10 late fee is added to any over-drafted account. If an over-draft is not paid to FFK prior to the next draft date, the entire balance due will be drafted on that date.

**Required – Valid checking or savings account. Bring bank name, Routing #, Account #, & valid email with you during payment sign-up.**

<u>Monthly Payment Plans</u>	or	<u>Full Season Payment Plan</u>
** Auto-Draft Required		** Check/Cash or Credit Card Accepted
		** <u>\$21 savings per dancer</u>

Itty-Bitty	\$28	\$175
Tiny	\$33	\$210
Mini	\$38	\$245
Youth	\$43	\$280
Junior	\$48	\$315
Senior	\$53	\$350

Due to the low monthly cost of this program, a sibling discount for monthly dues is not granted.



To avoid long wait times for payment set up during the first practice day, we will offer additional Flyers Payment Set-Up options. Parents are asked to stop by the FFK front desk during one of the following dates/times to pay for the season in full or set up your auto-draft payments.

- |                                       |                       |
|---------------------------------------|-----------------------|
| * Tuesday September 5 <sup>th</sup>   | 7:00 A.M. - 7:00 P.M. |
| * Wednesday September 6 <sup>th</sup> | 7:00 A.M. - 7:00 P.M. |
| * Thursday September 7 <sup>th</sup>  | 7:00 A.M. - 7:00 P.M. |
| * Friday September 8 <sup>th</sup>    | 7:00 A.M. - 7:00 P.M. |

## \* MISCELLANEOUS EXPENSES:

A 2-week notice will always be given before any misc. expense is due.

**All miscellaneous expenses must be turned in directly to a Flyers coach or put in the Flyers lock box at the top of the stairs. Do not turn in Miscellaneous expenses to the front desk. These cannot be combined with monthly membership dues. Miscellaneous expense can be paid by:**

**Check payable to FFTK Flyers, cash, Venmo to @Heather-Foy-8, or by fundraising credit.**

**Dance shoes** estimate \$20-40

**Poms** estimate \$20-30 (Itty-Bitty teams will not purchase Poms)

**Costume** goal < \$100. Some teams have been as low as \$40 in years past.

*Costume is worn for all performances, picture day, competitions, Showcase, & is yours to keep at the end of the season.*

*The Senior will purchase a 2<sup>nd</sup> costume for a Christmas routine.*

**Music** < \$25

*To comply with music regulations, professionally produced music is required for all routines. Cost is divided evenly among all dancers.*

**Competition entry fees** variable, but typically \$20-100 per competition. **Mini-Senior teams only.**

*We will register and pay early to ensure any available "early-bird" discount. Competition fees do not include travel costs, but these events are usually in close proximity, in cities like Indianapolis, Dayton, Cincinnati, etc.*

**Professional Choreography Fee (Youth & Seniors only)** estimate \$60.

**Flyers parents typically coordinate 2 fundraisers each season (typically early in the season).**

**Fundraiser participation is optional (credit earned will be applied to miscellaneous expenses, not monthly dues).**

## TO REGISTER FOR FLYERS!! ...

1. Complete the attached registration form.
2. Attach the \$30 registration fee AND copy of birth certificate to your registration form.
3. Turn this in form to the FFTK office by 7:00 P.M. on Friday September 1<sup>st</sup>. Staffed hours are 7am-7pm M-F or 7-11am on Saturdays. You can also choose to email the completed registration form to [fftkflyers@yahoo.com](mailto:fftkflyers@yahoo.com). (If registration is submitted via email, \$30 registration fee can be paid by Venmo to @Heather-Foy-8).
4. Check email for verification of team placement and 1<sup>st</sup> practice reminder (email will be sent around Labor Day).

**Direct any questions regarding Flyers to Heather Foy.** Email - [fftkflyers@yahoo.com](mailto:fftkflyers@yahoo.com), cell – 812-701-2579

Contact information for all Flyers coaches will be given to parents after the season begins.

Exact practice days and times will not be announced until September 5<sup>th</sup>. Practices begin Sunday 9/10. All registered Flyers will receive an email to confirm your team placement and let you know your exact practice day(s) and times. We understand this is difficult for scheduling purposes and it would be nice to know the exact schedule in advance. We simply cannot determine the final schedule until we know the exact number of teams, which is based on the number of registrations submitted.

### Flyers Coaching Staff:

**Heather Traylor Foy** – Cheered and danced at the University of Louisville. Coach, judge, camp instructor for the competitive cheer and dance industry since 1992. 27 year Wellness Coordinator for KDH & 31 year group exercise instructor. Jefferson County Council member.

**Kelsey Greves Stephens** – Grew up dancing in a studio setting and cheered through high school at MCHS. 3-year high school Senior Flyers team member. Butler Univ. graduate and full time VSG employee. This will be Kelsey's 11<sup>th</sup> year coaching Flyers.

**Katie O'Neal King** – Cheered at MCHS all through school. 3-year high school Senior Flyers team member. Graduate of IU and Ball State and is the Director of Child Nutrition at Southwestern. This will be Katie's 10<sup>th</sup> year coaching Flyers.

**Brooke Bell Wynn** – Cheered at MCHS all through school. 2-year high school Senior Flyers team member. USI graduate and local dental hygienist. This will be Brooke's 10<sup>th</sup> year coaching Flyers.

**Brandy Graham** – Grew up dancing in a studio setting. Works full time for the American Red Cross. This is Brandy's 6<sup>th</sup> year coaching Flyers.

**Jennifer Carroll** – MCHS graduate and danced as a Senior Flyer in high school. Employed full time with DCS. This is her 4<sup>th</sup> year as a Flyers coach.

**Bryinna Brandon** – Current Junior at MCHS. Bryinna has been dancing for 10 seasons with Flyers. This will be her 3<sup>rd</sup> year as a Flyers coach.

**Lauren Conner** – Current Junior at MCHS. Lauren has been dancing for 10 seasons with Flyers. This will be her 3<sup>rd</sup> year as a Flyers coach.

**Logan Smoot** – Current student at Hanover College. Logan danced from childhood through high school with Flyers. This will be her 3<sup>rd</sup> year coaching.

## 2023-2024 Flyers Registration Form

*Return this form, \$30 registration fee and copy of birth certificate to FFK by 7:00 P.M. on Friday September 1<sup>st</sup>.*

*Please keep all other sheets from this information packet for your records.*

Flyers Office use only:

USASF Membership USERNAME \_\_\_\_\_ TEMP. PASSWORD \_\_\_\_\_

Membership Number \_\_\_\_\_

### PLEASE PRINT CLEARLY

Dancers legal full name \_\_\_\_\_

Parent/Guardian name(s) \_\_\_\_\_

Dancers current age \_\_\_\_\_

Date of Birth \_\_\_\_\_

Grade for 2023-24 school year \_\_\_\_\_

School \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent email address (**REQUIRED!!!**) \_\_\_\_\_

2<sup>nd</sup> email (optional if 2 parents want to be on an email group list) \_\_\_\_\_

**\*\*\* Parents must check email during the season at least once a week during the season.**

1<sup>st</sup> preferred phone Name \_\_\_\_\_ Phone \_\_\_\_\_

2<sup>nd</sup> preferred phone Name \_\_\_\_\_ Phone \_\_\_\_\_

In case of emergency if parents cannot be reached (name and contact phone number)

\_\_\_\_\_

Please note any medical conditions/allergies \_\_\_\_\_

\_\_\_\_\_

I \_\_\_\_\_ (guardian printed name) agree to allow my child to participate in the Fit For The King Flyers dance program. I understand that the 7-month season runs from September-March. I agree to comply with all expectations and costs outlined in the information packet. I also agree not to hold Heather Foy, the Flyers coaching staff, and/or Fit For The King Fitness Center responsible for any injuries that may occur as a result of participation in the Flyers program.

\_\_\_\_\_ (guardian signature) \_\_\_\_\_ (date)