



Fit For The King Flyers 2018-2019 Dance Season 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 season, which runs from August-February.*

All registration forms must be returned to FFTK by 10:00 P.M. on Monday August 6th.

All girls age 13+ trying out for the Junior or Senior Flyers team must bring their registration form to day 1 of tryouts August 2nd (tryout information included in this packet).

The primary goals of the Flyers program:

- Teach dance fundamentals & skills. Techniques & choreography taught have a Pom and Hip Hop dance focus.
- Provide a great exercise opportunity, with a strong focus on flexibility, strength, and physical conditioning.
- Learn and perfect a choreographed team dance routine. Older Flyers teams will learn 1+ additional routine(s) to be used at special performances. In addition, teams will learn 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.**

TINY FLYERS –

- Grades K/1st.
- Tiny teams will practice once a week (Typically 4 hours of instruction/month).
- Tiny teams will perform 2-3 times locally and at the end of season showcase.

MINI FLYERS –

- Geared toward girls in 2nd-4th grade. Mini team members cannot turn 10 before August 31, 2018.
- Mini teams will practice twice a week (9 hours of instruction/month).
- Mini teams will perform 3-4 times locally and at the end of season showcase. The Mini teams will most likely also attend 1 competition.

YOUTH FLYERS –

- Geared toward girls in 4th-6th grade. Youth team members cannot turn 13 before August 31, 2018.
- Youth team will practice twice a week (11 hours of instruction/month).
- Youth teams will perform 4 times locally and at the end of season showcase. The Youth teams will most likely also attend 1-2 competitions.

JUNIOR FLYERS -

- Geared toward girls in 7th-9th grade. Junior team members cannot turn 16 before August 31, 2018.
- Junior team will practice twice a week + 1 additional Sat. AM practice/month (14.5 hrs of instruction/month).
- Junior team will perform 5-6 times locally/regionally and at the end of the season showcase. They will most likely attend 2 competitions.

SENIOR FLYERS –

- Geared toward girls in 9th-12th grade (Senior team members cannot turn 19 before August 31, 2018).
- Senior team will practice 2-3 times a week. (18.5-22 hours of instruction/month).
- Senior team will perform 5-6 times locally/regionally and at the end of the season showcase. They will most likely attend 2-3 competitions.

***** Both the Junior & Senior Flyers teams are tryout teams. Dancers that are over the age of 13 (age as of 8/31/18) that do not make the Junior or Senior team will (unfortunately) be cut.**

We do not enjoy this process, but it is part of a competitive program.

Important Tryout Information (Junior and Senior dancers only) –Required for girls age 13+ by 8/31/18.

Tryouts are held at FFTK and are closed to the public. Please wear exercise/dance attire & tennis shoes or jazz shoes. Skills & a short dance will be taught on 8/2. Girls will demonstrate material to coaches on 8/4.

A list of dancers who make the Junior & Senior team will be taped to the outside gymnasium door at 1:00 P.M. on Sat. 8/4. Parents of girls who made a team will also receive an email. The 1st practice day is 8/12.

Tryouts Day 1 Thursday August 2nd 7:00 – 8:45 P.M. (meet upstairs)

Tryouts Day 2 Saturday August 4th 9:30 – 11:00 A.M. (meet upstairs)

Additional Important Details/Expectations –

- Practices for the 2018-19 season will begin the week of August 12th. **All Flyers parents will receive an email by Aug. 8th with team placement details and a reminder about your assigned first practice day.**
- All practices will be held in the FFTK gymnasium and/or upstairs dance room.
- Each dancer will receive a detailed monthly calendar. This will be available for pick up at FFTK, emailed to parents, & posted on the Flyers Facebook page.
- 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 Tinys/Minis will be asked to have an adult serve as a “helper” during practices (on rotation) during the season. Helpers will assist with walking girls to restroom and water breaks and will help as needed.
- All dancer are expected to 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 coaches 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 rare conflicts for other school activities. For example – A dancer might need to arrive late to a practice from a volleyball game, but she must be willing to rush from 1 activity to the next.
- All dancers should 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 have tennis shoes AND socks at each practice. Jazz shoes will be purchased in the first two months of the season and each dancer is required to have jazz shoes and tennis shoes at each practice. Dancers are also encouraged to keep a pair of old “practice poms” in their dance bag for all practices. Coaches will have a limited number of practice poms to share.
- 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.

NEW 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 – we need to inform parents 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 - \$35.** This is due when you submit your registration form (due by 10:00 P.M. on Aug. 6th. Due at tryouts for Jr/Sr. dancers on Aug. 2nd). Any Junior or Senior dancer that does not make the team will be refunded her \$35 registration fee.

* **MEMBERSHIP (DUES) PRICING – 7 month season August 2017 thru February 2018.**

All membership (dues) payments will be made directly to the FFTK front desk.

Cash, check payable to FFTK or credit/debit card are accepted for monthly dues or full season payments.

	<u>Monthly Payment Plans</u>	<u>Full Season Payment Plan</u>
Tiny (Typical month – 4 practices, 3-4 hours of instruction/month)	\$32	\$205
Mini (Typical month – 8 practices, 9 hours of instruction/month)	\$37	\$240
Youth (Typical month – 8 practices, 11 hours of instruction/month)	\$42	\$275
Junior (Typical month – 9 practices, 14.5 hours of instruction/month)	\$47	\$310
Senior (Typical month – 10-12 practices, 18.5-22 hours of instruction/month)	\$52	\$350

The **monthly payments are due** on or before 8/15/18, 9/15/18, 10/15/18, 11/15/18, 12/15/18, 1/15/19 and 2/15/19.

A \$10 late fee will be added for any late payment. The full season payment is due on or before 8/15/18.

Any additional fees for costumes, music, or entry fees, must be made separately from the membership payments.

No credit cards will be accepted for these additional “miscellaneous” fees.

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



* **MISCELLANEOUS EXPENSES:**

A 2-week notice will always be given before any misc. expense is due. Prepare for these miscellaneous expenses in late August-November. Fundraising credit earned can be used to pay for miscellaneous expenses. **All misc. expenses must be paid by check payable to FFTK Flyers, cash, or by fundraising credit.** These payments need to be turned in to a Flyers coach or put in the Flyers lock box at the top of the stairs. (Do not combine Misc. payments with monthly dues. Misc. payments cannot be made at the FFTK front desk.

Dance shoes estimate \$20-40

Poms estimate \$20-25

Costume goal < \$80. 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 & possibly Junior team could purchase a 2nd, inexpensive costume for a 2nd routine. This could be as simple as a matching t-shirt.

Music < \$25

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

Choreography estimate \$50 **Senior team only.**

Competition entry fees variable, but typically \$30-65 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.

A parent meeting will take place on Sunday August 26th. The time will be announced soon. This meeting will include discussion about fundraisers. Flyers parents typically work together to do 2-3 fundraisers during our season. These are optional, but can help off-set misc. expenses (fundraising credit earned cannot be used for monthly dues). Parent involvement and support is necessary for fundraising efforts.

TO REGISTER FOR FLYERS!! ...

1. Complete the attached registration form.
2. Attach the \$35 registration fee AND copy of birth certificate (for new Flyers) to your registration form.
3. Turn this in to the FTK office by 10:00 P.M. on Wednesday August 6nd. Junior/Senior dancers need to have their form & registration fee turned in at or before tryouts on August 2nd.
4. Check email for verification of team placement and 1st practice reminder. *Older dancers who unfortunately did not make the Junior or Senior team will simply not receive an email. In addition, these names will not appear on the team list that will be taped to the door following tryouts.*

Direct any questions regarding Flyers to Heather Foy. Email - fftkflyers@yahoo.com, cell – 812-701-2579

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

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. Started Flyers dance program in 2002. 22 year Wellness Coordinator for KDH & 26 year group exercise instructor.

Andrea Manning Andrew – Grew up cheering and dancing. 3-year high school Senior Flyers team member. MCHS graduate and full time employee at Madison Chemical. This will be Andrea's 9th year coaching Flyers.

Kim Traylor Crawford – High school cheer and dance experience and sang/danced professionally post-high school. Current elementary PE teacher at Southwestern. This will be Kim's 7th year coaching Flyers.

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 6th 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 5th 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 5th year coaching Flyers.

Ariel Hall – Current Junior at MCHS. Ariel has been dancing for 14 years and has been a competitive Flyers dancer for 5 seasons. This will be Ariel's 2nd year as a Flyers assistant coach.

2018-2019 Flyers Registration Form

Return this form, \$35 registration fee and copy of birth certificate (needed for new Flyers) to the Fit For The King office by 10:00 P.M. on Wed. August 6th. Junior/Senior Flyers must have their registration turned in on or before tryouts on 8/2.

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 age (as of 8/31/18) _____

Date of Birth _____

Grade for 2018-19 school year _____

School _____

Home address _____

Parent email address (**REQUIRED!!!**) _____

2nd 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.**

1st preferred phone Name _____ Phone _____

2nd 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 August-February. 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)