



Fit For The King Flyers 2020-2021 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.*

All registration forms/registration fee must be returned to FFTK by 7:00 P.M. on Tuesday September 29th.

The FFTK staffed hours are M-F 7am-7pm and Sat. 7-11am

The primary goals of the Flyers program:

- Teach dance fundamentals & skills. Techniques & choreography taught 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 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.

Welcome from program director & head coach Heather Foy ...

I am excited to begin the 19th consecutive season for my dance program, Fit For The King Flyers. This is my 28th year coaching cheer/dance and each year brings challenges, but countless rewards.

As we are aware, this season will look a little different. Since 2002, I have started the Flyers season in August, so the delayed October start seems so odd to me. The world in general looks different right now, but my coaching staff and I are committed to trying our best to make this dance season as “normal” as possible. We all agree, nothing is for certain during these crazy times. Our goal is to offer a full 7-month season, which will hopefully include traditional performances, competitions, and a big season-ending Showcase. We will strive to be creative and flexible this season with all Flyers activities. I ask for your patience, grace, and support as we move through the next 7 months together.

We will try our very best to give special attention to virus-related concerns this season. A few basic changes we will make include;

- All dancers will use hand sanitizer as they arrive and depart practices.
- “Shared” (practice) Pom Poms will not be used during practices early in the season. Dancers can bring a pair of Poms in her dance bag if she owns a pair. Later in the season if/when practice Poms are needed, Poms will be sprayed with disinfectant before and after use.
- Shared equipment such as mats and ballet bars will be wiped down before and after practices.
- To avoid water fountain usage, dancers will be required to bring her own water bottle to every practice. Required, not optional! (This is honestly a time-saver during practices).
- Team size will be limited, which will allow more opportunity to spread out during practices.
- Just like school and work guidelines, parents will agree NOT to send their dancer to Flyers if she is ill. Basic guidelines apply, regardless if they are COVID-related symptoms. If your dancer has strep, the stomach flu, a fever, or ANY contagious symptoms, she is not permitted to attend practice.

Feel free to reach out to me with any questions. The following pages will provide information on the structure of our Flyers teams, cost, and expectations. The last page is a registration form, which can be completed and returned. All registration forms and registration fees must be returned to FFTK by 7 PM on Tues. September 29th.

GO FLYERS!

Heather Traylor Foy

FLYERS TEAMS: *Each team has 8-15 dancers. Placement of girls on teams is the coaches' discretion & final decision.*

Exact practice days and times will not be announced until Thursday October 1st. Practices begin Sunday October 4th. All registered Flyers will receive an email on Th. 10/1 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.

ITTY-BITTY FLYERS – **New for 2020-2021 season!**

- Preschool. For girls entering Kindergarten in school years 2021 and 2022.
- * 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 (35 minutes).
- Itty-Bitty teams will perform for a small audience at FFTK and at the end of season Showcase.

TINY FLYERS –

- Grades K/1st. **Kindergarten & 1st 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 –

- Geared toward girls in 2nd-4th grade. Depending on experience, maturity, age, and ability some 5th graders might be placed on a Mini team.
- Mini teams will practice twice a week (9 hours of instruction/month).
- Flyers typically offers two Mini teams; Mini Silver & Mini Teal. Division of these teams is based on the coaches' discretion.*
- Will perform 3-4 times locally and at the end of season Showcase. Mini teams will most likely attend 1 competition.

YOUTH FLYERS –

- Geared toward girls in 5th-7th grade.
- Youth team will practice twice a week (11 hours of instruction/month).
- Will perform 4 times locally and at the end of season Showcase. Youth teams will most likely attend 1-2 competitions.

JUNIOR and/or SENIOR FLYERS – **Tryouts required with potential cuts made.**

- Geared toward girls in 7th-12th grade. Tryout decisions and placement of dancers on teams is fully the coaches' discretion. 7th and possibly 8th grade dancers will be placed on the Youth team if there are not enough girls to have separate Junior and Senior teams.
- Junior team will practice 2x/week. (14 hrs of instruction/mo.) and Seniors will practice 2-3x/week. (18-22 hours/mo).
- Both the Junior and Seniors teams 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 8/31/20) 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 8/31/20.***

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. Skills & a short dance will be taught during tryouts.

A list of dancers who make the Junior and/or Senior teams will be taped to the FFTK outside gymnasium door at 9:00 P.M. following tryouts. Parents of girls who made a team will also receive an email that evening.

ONE-DAY TRYOUT PROCESS

Thursday October 1ST

6:00 – 8:00 P.M. (meet upstairs)

Additional Important Details/Expectations –

- Practices for the 2020-21 season will begin the week of October 4th. **All Flyers parents will receive an email on October 1st 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 during the season.
- 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 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 have clean tennis shoes with good tread AND socks 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. This is most important for our Youth, Junior, & Senior teams. 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 Tuesday September 29th). Registration fees must be paid by cash, check payable to FFTK Flyers, or by Venmo (@Heather-Foy-8).

Any Junior or Senior dancer that does not make the team will be refunded her \$30 registration fee.

* **MEMBERSHIP (DUES) PRICING – 7 month season October 2020 thru April 2021.**

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

FFTK Auto-draft procedure: 1st monthly payment is due during payment sign-up. (Check/cash or credit card). Then 6 following auto payments will be drafted on 11/15/20, 12/15/20, 1/15/21, 2/15/21, 3/15/21, 4/15/21. A \$10 late fee is added to any over-drafted account. If an over-draft is not paid to FFTK 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.

Monthly Payment Plans

** Auto-Draft Required

or

Full Season Payment Plan

** Check/Cash or Credit Card Accepted

** \$21 savings per dancer

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 FFTK front desk during one of the following dates/times to pay for the season in full or set up your auto-draft payments.

- * **Thursday October 1st** **4:00 - 7:00 P.M.**
- * **Friday October 2nd** **7:00 A.M. - 1:00 P.M.**
- * **Sunday October 4th** **1:30 - 4:30 P.M.**
- * **Monday October 5th** **4:00 – 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. Miscellaneous expense can be paid by: Check payable to FFTK Flyers, cash, Venmo to @Heather-Foy-8, or by fundraising credit.

Dance shoes estimate \$20-45

Poms estimate \$20-25 (Itty-Bitty teams will not purchase Poms)

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 will purchase a 2nd costume for a combined Christmas routine.

Our Itty-Bitty teams will most likely purchase just 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.

Competition entry fees variable, but typically \$20-80 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.

Choreography (Jr/Sr ONLY) estimate \$50 (divided evenly among team members)

The Junior AND Senior teams will hire a professional choreographer.

NEW this year – We will most likely not hold a traditional parent meeting at FFTK. Instead, communication for potential fundraisers will go out via email to parents. Flyers parents typically do 2-3 fundraisers each season (during the first 3 months). Fundraiser participation is optional (credit earned can be applied to Miscellaneous expenses, not monthly dues). Additional reminders for the season will go out to all parents via email and the Flyers Facebook page. Parents are expected to check email at least once a week for the duration of our season.

TO REGISTER FOR FLYERS!! ...

1. Complete the attached registration form.
2. Attach the \$30 registration fee AND copy of birth certificate (for new Flyers) to your registration form.
3. Turn this in to the FFTK office by 7:00 P.M. on Tuesday September 29th.
4. Check email for verification of team placement and 1st practice reminder on October 1st. *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.*

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. 24 year Wellness Coordinator for KDH & 28 year group exercise instructor. Jefferson County Council member.

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 11th year coaching Flyers.

Kim Traylor Crawford – High school cheer and dance experience and sang/danced professionally post-high school. Employed with Morgan-Nay Funeral Center. This will be Kim's 9th 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 8th 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 7th 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 7th year coaching Flyers.

Belle Crawford – Current Senior at Southwestern HS. Belle has been dancing for 14 seasons with Flyers. This will be her 4th year as a Flyers coach.

Brandy Graham – Grew up dancing in a studio setting. Holds a REFIT group exercise certification. Works full time for the American Red Cross. This will be Brandy's 3rd year coaching Flyers.

Logan Smoot – Current Senior at Madison HS. Logan has been dancing for 13 seasons with Flyers. This will be her 1st year as a Flyers coach.

Jennifer Carroll – MCHS graduate and danced as a Senior Flyer in high school. Jennifer is employed full time with DCS. This will be her 1st year as a Flyers coach.

2020-2021 Flyers Registration Form

Return this form, \$30 registration fee and copy of birth certificate (needed for new Flyers) to the Fit For The King office by
7:00 P.M. on Tuesday September 29th.

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 8/31/20) _____ Date of Birth _____

Grade for 2020-21 school year _____ School _____

Home address _____ City _____ State _____

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 October-April. 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. I understand that FFKC cannot be held liable for an exposure to the COVID-19 virus.

_____ (guardian signature) _____ (date)