



## Fit For The King Flyers 2021-2022 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 3<sup>rd</sup>.**

"I am thrilled to kick off the **20<sup>th</sup> Flyers dance season!** What a joy it has been to coach hundreds of girls & watch the program grow over the past 20 years. This is my 30<sup>th</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 2022 and 2023.
- \* 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 perform for a small audience at FFTK and 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 –**

- Geared toward girls in 2<sup>nd</sup> up to 5<sup>th</sup> grade. *(Born 2011-2016).* **Mini dancers are separated into 2-3 teams based on the coaches' discretion.**
- Mini teams will practice twice a week (9 hours of instruction/month).
- Will perform 3-4 times locally and at the end of season Showcase. Mini teams could possibly attend 1 competition.

### **YOUTH FLYERS –**

- Geared toward girls in 5<sup>th</sup> up to 8<sup>th</sup> grade. *(Born 2008-2013).*
- 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 –** (Junior & Senior teams could be combined or separated based on the # of girls that move on past tryouts. Girls born before 2008 must try out for the Junior/Senior teams).

- Geared toward girls in 7<sup>th</sup>-12<sup>th</sup> grade. *(Juniors born 2005-2011 / Seniors born 6/1/2002-2009).*
- 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 4-6 times locally/regionally and at the end of the season Showcase. They will most likely attend 2-3 competitions.

## **Important Tryout Information (Junior and Senior dancers only) –Required for girls born before 2008.**

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 following tryouts. Parents of girls who made a team will also receive an email.**

**ONE-DAY TRYOUT PROCESS**

**Thursday September 2<sup>nd</sup>**

**6:30 – 8:00 P.M. (meet upstairs)**

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

- Practices for the 2021-22 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 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 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.
- 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. 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 9/3). This \$30 registration fee 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 September 2021 thru March 2022.**

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: 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 10/15/21, 11/15/21, 12/15/21, 1/15/22, 2/15/22, 3/15/22. 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

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

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.

- \* **Friday September 3<sup>rd</sup>** 7:00 A.M. - 1:00 P.M
- \* **Tuesday September 7<sup>th</sup>** 7:00 A.M. - 1:00 P.M. or 4:00 – 7:00 P.M.
- \* **Wednesday September 8<sup>th</sup>** 7:00 A.M. - 1:00 P.M
- \* **Thursday September 9<sup>th</sup>** 7:00 A.M. - 1:00 P.M. or 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. These cannot be combined with monthly membership dues. Miscellaneous expense can be paid by:**

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

**Dance shoes** estimate \$19-40

**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 2<sup>nd</sup> costume for a combined 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 \$20-80 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 (Youth, Junior, Senior teams only)** estimate \$50 (divided evenly among team members)

NEW this season, the Youth team will potentially bring in a professional choreographer.

**Flyers parents typically coordinate 2-3 fundraisers each season (during the first 3 months). 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 to the FTK office by 7:00 P.M. on Friday September 3<sup>rd</sup> OR scan/email completed registration form to [ftkflyers@yahoo.com](mailto:ftkflyers@yahoo.com). (If registration is submitted via email, \$30 registration fee can be paid by Venmo).
4. Check email for verification of team placement and 1<sup>st</sup> practice reminder (email will be sent around Labor Day).

### 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. 25 year Wellness Coordinator for KDH & 29 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 12<sup>th</sup> 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 9<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 8<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 8<sup>th</sup> year coaching Flyers.

**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 4<sup>th</sup> year coaching Flyers.

**Jennifer Carroll** – MCHS graduate and danced as a Senior Flyer in high school. Jennifer is employed full time with DCS. This will be her 2<sup>nd</sup> year as a Flyers coach.

**Brynna Brandon** – Current Sophomore at MCHS. Brynna has been dancing for 8 seasons with Flyers. This will be her 1<sup>st</sup> year as a Flyers coach.

**Lauren Conner** – Current Sophomore at MCHS. Lauren has been dancing for 8 seasons with Flyers. This will be her 1<sup>st</sup> year as a Flyers coach.

**Kim Crawford will serve as a substitute coach this season. Our older Flyers teams will also receive technique instruction with Chelsea Shaner this season. Chelsea brings studio/technique/professional dance experience and is a staff member and Personal Trainer at FTK.**

## 2021-2022 Flyers Registration Form

*Return this form, \$30 registration fee and copy of birth certificate to FFTK by 7:00 P.M. on Friday September 9<sup>th</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 2021-22 school year \_\_\_\_\_

School \_\_\_\_\_

Home address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

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)