

**CoMMotion and James Madison University
Mid-Atlantic Summer Dance Intensive**

**Mail all correspondence to:
13097 Wisteria Ave. Suite B Germantown, Md. 20874**

All students and guardians of participating students, prior to enrollment and participation in the Mid-Atlantic Summer Dance Institute sponsored by CoMMotion and James Madison University (referred to herein and after in this document Dance Camp) must first read, then complete the following **Waiver of Liability and Acknowledgement Form**.

I, _____ agree to assume all risks incidental to participation in dancing and all (Student's Name) _____ related activities associated with the Dance Camp. I hereby grant permission for myself, or my child to attend the Dance Camp. I hereby release Dance Camp from any and all liabilities, claims, actions, damages, costs, and/or expenses, arising from or in any way connected with my participation in all activities conducted by Dance Camp.

I hereby agree that Dance Camp, its owners, officers, and instructors, are not in any capacity personally responsible or liable for any injuries or damage resulting from my participation in any Dance Camp programs. I fully understand and acknowledge that dancing and related activities are inherently dangerous activities. I acknowledge and assume any and all risk associated with these activities.

Right To Photograph: By signing this agreement I hereby give my consent and approval to Dance Camp, that they shall have the rights, without obtaining my further approval, to photograph, take motion pictures of, televise, or reproduce in any manner or through any media, images of myself, my child, and my legal guardians. Dance Camp shall have the right to, display, use, sell or license any such pictures or other reproductions for any purposes commercial or otherwise without monetary compensation to myself, my child or my Ward.

Yes _____ No _____ (Please Check One)

I hereby authorize any Dance Camp personnel to conduct any minor Medical First Aid that may be required for my child or myself.

Yes _____ No _____ (Please Check One)

I hereby authorize any Physician or Nurses selected by Dance Camp personnel to order and conduct medical or surgical procedures deemed necessary for myself or my child in an emergency situation. I understand that I will be responsible for all Hospital, Laboratory, and Doctor Fees.

Yes _____ No _____ (Please Check One)

I verify that I am in good health and am fully capable of participating in any and all strenuous activities associated with any Dance Camp activities. I fully understand that each participant must be a competent dancer and acknowledge that I am a competent dancer.

Participant's signature and Date .

I, _____, as the parent or legal guardian of
(Guardian's Name)

(Students name)

give my permission for my child or Ward to participate in Dance Camp activities. I do understand and acknowledge the above stated risks associated with my child or Ward's participation in dance related activities with the Dance Camp.

(Parent or Legal Guardian signature and Date)

Campers and Families....

Drop off is between 2:00 and 4:00; follow the CoMMotion Dance signs on campus (you will see them posted as you enter the campus)

You will pick up the key to your dorm room at the front door of the dorm!

We are in the Bluestone complex, Converse building (which is lovely).

Quick reference packing list is included below this, please read this for more details about Camp

Dance Bag

Ballet Slippers (split sole preferred) (pointe shoes if you have been on point for over two years)

Jazz sneakers

Jazz shoes (bring both black and beige, if you have them)

Tap shoes

Tons of socks

2 Black Jazz pants

Black socks for performance

Black tights for performance

Plus Capri style jazz pants...NO SOFEES (shorts) or sweat pants in class. Fine to wear walking around campus over your dance gear with a tee shirt or tank top, no stomachs should be visible during meals or on campus.

Character Shoes

2 Black leotards, other leotards can be any solid color or style, must have

2 pair of pink Tights for ballet, you may also bring other colors of your choice

1 black ballet skirt (at least)

Snug tank tops or camisoles for jazz only SOLID colors (no logos or prints allowed)

5-6 hangers

HAIR: buns for ballet, and Derrick's Jazz class...bring plenty of hairnets and pins...clean, neat, pony tail for Hip-Hop and contemporary

Dorm life...our dorm is air conditioned, and has a refrigerator...bring ice packs a lot of ice packs! and plenty of water and HEALTHY snacks.

Camera, cell phones and chargers (cell phones may not be brought into class and may only be used in the evening). We would like to have the girls live in the moment. My cell number is 301-509-8851 and will be with me at all times if you need to get a message to your dancer/camper. We require that all dancers wear sneakers to walk around campus in. You can bring flip flops and sandals for evening casual wear in the dorm. We don't want to have any tendonitis or twisted ankles from wearing sandals.

Bedding...pillows, paper towels, sheets, blankets, a reading light for yourself, alarm clock, shampoo, conditioner, soap, and hand soap, razors, extra blades, any cosmetics (for final show) Deodorant!!!! Medications that you might need, allergy...Tylenol...you might be sore so bring, icy hot, cold packs, think ahead of what you might need for your tired muscles. Any thing you'd like to have in your room...ipod, head phones, books, magazines, favorite movie you'd like to share? Bring change and some money for doing your laundry...I will bring the detergent. There is a campus book store that has some snacks.

NO PHONES ARE PERMITTED TO BE WITH THE DANCERS DURING THE DAY. THEY ONLY HAVE PHONE PRIVILEGES AT NIGHT.

Itemized Packing List 2012

Dance Bag

Shoes:

Tap (prefer black)

Jazz (sneakers and shoes) tons of socks for warm-ups BLACK socks for performance!

Ballet (split sole would be preferred)
Pointe (if you have been studying for two or more years)
Character

Attire for Class:

Please no LOGOs on any dance attire (thank you)

Ballet (Leotards and tights) solid colors, skirts are optional bring at least 2 black leotards and 2 pair of pink tights (with feet or transitional) for pictures!

Jazz (leotards, tights, capri pants, jazz pants, dance tank tops) 2 pairs of black long jazz pants for picture day!

Modern (leotards and tights, or Capri pants and dance tank top)

Hip-Hop (same as jazz)

Tap (same as jazz)

HAIR: bobby pins, **hairnets**, hair ties (hair must be pulled back securely for ballet and jazz) (buns for ballet and Derrick's class)

Make-up for final show (mascara, eyeliner, blush, lipstick, eye shadow)

Tons of socks

Attire for campus life: campers must wear sneakers to walk around campus...no sandals or flip flops please.

6 Shorts

6 T-shirts

12 Undergarments (you'll go through at least two a day)

Pajamas & slippers

Raincoat (slicker) & Umbrella we walk everywhere, please be prepared

Hats

Jeans

Sneakers (mandatory)

Swimsuit, swimming towels, flip-flops only for pool and in the dorm

Suntan lotion for the Water Park*

Personal Items:

Shampoo

Conditioner

Razors

Paper Towels

Bath Towels

Nail clippers

Band aids

Ace bandage

Nail polish remover (no nail polish is worn at the end performance)

Tissue

Sore Muscle Medication of choice, Icy Hot, Ice Packs, ibuprofen, alleve

Allergy Medications, etc.

Books, magazines

Reading Light

Ipod dock

Sheets

Comforter

Pillows

Chargers for media

Soap

Feminine Products

Hand soap

Zip lock bags

Trash bags for dirty clothes

Small garbage can

All students must give a \$20 key deposit when they check in, please have correct change. If they don't lose their key, they will receive their deposit back upon check out!

Please bring a lanyard to put your key and food card on!!

We have organized activities in the evenings and we are asking you to bring some supplies to make it more personalized!

Things to bring:

- Decorations for rooms (tape, signs, streamers, magazines to cut out, scissors, balloons ,etc.) Yes, there will be a silly contest.....we love silly contests!