



# 1 DAY CLINIC

**Saturday, July 9th, 2016**

**9:00 am - 4:00 pm**

**St. Pius X High School  
1500 NE 42nd Terrace  
Kansas City, MO 64116**

We're excited to be partnering with the St. Pius X Pommies to host a one day clinic! Our main focus will be to teach usable and crowd pleasing material for the upcoming school year that includes transitions, visuals, and different options so that you can make the material fit your team. We've heard from countless coaches that camp can be a valuable experience, but it's also an expensive one, and often teams don't come home with a lot of performable material. At our clinic we will teach you a total of 6 routines that are fun AND fit to perform at pep rallies and athletic events for your school. We'll also include a warm-up that you can utilize at practices to improve cardio conditioning, flexibility, and strengthen the all important core muscles. We hope you'll take advantage of this local opportunity that is an affordable alternative or enhancement to a larger camp experience!



**Cost:**  
**Dancers \$60**  
**Coaches FREE!**

Plus coaches will receive handouts with ideas for a successful year, information on how to perfect routines, access to the hospitality room, and a flash drive with all the music used at the clinic!

## Schedule

- 8:15** Check-in open  
**9:00** Warm up routine  
**9:30** Gym 1: Advanced/Elite Jazz  
Gym 2: Beginner/Intermediate Pom  
**11:00** Show routines learned in Session 1  
**11:30** Hip Hop Sideline 1  
**12:00** Lunch Break-bring a sack lunch or visit a nearby restaurant  
**1:00** Condensed warm up  
**1:15** Gym 1: Advanced/Elite Pom  
Gym 2: Beginner/Intermediate Jazz  
**2:45** Show routines learned in Session 2  
**3:00** Hip Hop Sideline 2 & Review Hip Hop Sideline 1  
**4:00** Dismissal



# LARKSPUR STAFF

**Melanie Dailey** made her first dance team 30 years ago and since then she's never stopped dancing, teaching, choreographing, and staging productions. As an instructor, choreographer, and director for Dancz America's national camp, private clinic and instructional video program, Melanie has taught over 10,000 dancers. She has choreographed for and judged competitions at the local, regional, and state level for the Missouri Dance Team Association, Indiana High School Dance Team Association, Oklahoma Dance Team Directors Association, Miss Kansas Drill Team Festival and Headliners Dance Competition. She has had success in the commercial dance arena, choreographing and dancing in performances with country music artists Toby Keith, Emerson Drive and Jack Ingram, appearing in commercials, movies and television shows, and performing, choreographing and staging national industrials for Silpada Jewelry, Phillip Morris and the School Nutrition Association. She works with many dance teams on choreography, instruction and perfecting routines for competition. Her company, Larkspur Dance and Choreography, hosts The Kansas City Classic, a regional dance team competition in Missouri.



**Fallon Gardner** was a four year member of the nationally ranked Northwest Missouri State University Bearcat Steppers. She was co-captain, and led her team to a top ten placement in jazz at the UDA National Collegiate Competition in Florida. While she was a Bearcat Stepper, she and her team received numerous awards at camps and competitions including National Dance Alliance, United Spirit Association, and Universal Dance Association, where Fallon also received a recommendation to become a staff member. She choreographed and performed many of the Bearcat Steppers' performances, including the Division II National Championship football game in Florence, Alabama. Fallon was a dancer with Toby Keith's Whiskey Girls and assisted the director with choreography, public relations, and social media. With Larkspur Dance & Choreography, she choreographs and perfects routines for many local high school dance teams and hosts The Kansas City Classic dance team competition. She also serves as a judge at many local tryouts and solo competitions including The Kansas City Classic, the Lee's Summit North Invitational and the Missouri Dance Team Championship.



**Kayla Kernel** was a member of the nationally ranked Bearcat Steppers for four years, and co-captain for one year. She has participated and excelled in competitive dance as a performer, and has also choreographed dance team performances and competition material for the high school and collegiate level, including several pieces for the Miller Marley Competition Team. Kayla was a member of the Kansas City Chiefs Cheerleaders, performing in front of thousands at every home game at Arrowhead Stadium, representing the squad at promotional events, and appearing in their top selling calendar. She was also a member of the AFL's Kansas City Command Dancers. As a Whiskey Girl, she danced with country music artist Toby Keith and assisted with choreography. She has judged solos for the Lee's Summit North Invitational, the Kansas City Classic and the Missouri State Dance Team Championship. She's also a panel judge for the Indiana High School Dance Team Association and choreographs for teams with Larkspur Dance and Choreography.



# REGISTRATION

To register, please click on this [link](#) to be taken to a Google Form. Please register by July 2nd. Payment in the form of cash or check will be accepted at Check-in the day of the clinic.

Please make checks payable to  
**St. Pius X High School**

Each participant must have a signed waiver to participate in the clinic. Waivers can be found on the following page. Signed waivers will be collected at Check-in.

Questions may be directed to:

Melanie Dailey [melanie@larkspurdance.com](mailto:melanie@larkspurdance.com)

Jill Hamerle [jhamerle@stpiusxhs-](mailto:jhamerle@stpiusxhs-)

[kc.com](http://kc.com)



**LIABILITY RELEASE AND WAIVER FORM**  
**(GIVE A COPY OF THIS FORM TO EVERY PARTICIPANT)**  
*Every participant must have a completed and signed Liability Release and Waiver Form on file with Larkspur Dance and Choreography, LLC in order to participate*

Minor's Name \_\_\_\_\_

Name of Parent or Legal Guardian \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

School/Team Name \_\_\_\_\_

Event Location: St. Pius X High School

Daytime Phone Number(\_\_\_\_) \_\_\_\_\_ Parent Cell Phone Number(\_\_\_\_) \_\_\_\_\_

Student Cell Phone Number (\_\_\_\_) \_\_\_\_\_

Event: LARKSPUR 1 DAY CLINIC, SATURDAY, JULY 9TH, 2016

**Acknowledgement of Risk and Release From Liability.** For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I \_\_\_\_\_, as parent or legal guardian of \_\_\_\_\_, a minor (hereinafter "Minor"), hereby grant the permission necessary to allow Minor to participate in the Event to be conducted by Larkspur Dance and Choreography, LLC. I, in my own behalf and on behalf of Minor, further agree to release and to hold harmless Larkspur Dance and Choreography, LLC, and the **Diocese of Kansas City-St. Joseph d/b/a St. Pius X High School** on whose premises the Event will be held (hereinafter the "Location"), and their respective officers, representatives, members, agents and employees and affiliates (hereinafter collectively referred to as "Releasees") from any and all liability, even in the event of negligence of the Releasees or otherwise, any claim, judgment, loss, liability, cost, and expenses (including, without limitation, attorney's fees and costs) arising out of or connected with the Event, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and/or death) that Minor may incur or sustain during the Event, all activities associated with the Event and while traveling to and from the Location for the Event. This Liability Release does not, however, apply to gross negligence or intentional torts by Releasees.

Parent or Legal Guardian Initials: \_\_\_\_\_

I further expressly agree to indemnify and hold harmless Releasees and Releasees' heirs, successors, assigns, executors, and administrators against loss from any further claims, demands or actions that may subsequently be from the foregoing activities. I further agree to reimburse and to make good to Releasees any losses Releasees may have to pay as a result of any such action, claim or demand.

I, in my own behalf and on behalf of Minor, acknowledge and agree that participation in the Event subjects Minor to inherent dangers resulting from the vigorous, physical nature of the Event, including but not limited to the possibility of physical illness or injury (including but not limited to death, serious neck and spinal injuries resulting in partial or complete paralysis, brain damage and serious injuries to virtually all bones, joints, muscles and internal organs) and that these risks may be increased by the actions of other participants over whom Releasees have no control and that I, in my own behalf and on behalf of Minor, acknowledge that Minor is assuming the risk of such illness or injury by participating in the Event. I hereby declare that I, in my own behalf and on behalf of Minor, willingly assume these risks, and other risks that may be contained therein; and we proceed voluntarily and of our own free will. And I, on my own behalf and on behalf of Minor, hereby WAIVE any right to SUE FOR PERSONAL INJURY or otherwise hold liable the Releasees for these risks. The Releasees shall not be liable for any damages arising from illness or injuries sustained by the Minor at The Location.

I understand that this waiver is intended to be as broad and inclusive as permitted by the law of the State of Missouri and agree that if any portion is held invalid, the remainder of the waiver will continue in full legal force and effect.

I understand that by signing this form I am giving up legal rights or remedies which may be available to me for the ordinary negligence of the Releasees.

**Parent/Guardian Consent for Photos and Recordings.** I understand that video, photographic or audio recording may occur during the competition and hereby agree and consent to the use of my recorded image and my name and those of Minor by Larkspur Dance and Choreography, LLC and The Kansas City Classic. Such images will be the exclusive property of Larkspur and I waive all claims for any compensation or damages for such use now or in the future. I have read, understand and agree to the above statement.

Signature of Parent or Legal Guardian X \_\_\_\_\_ Date \_\_\_\_\_