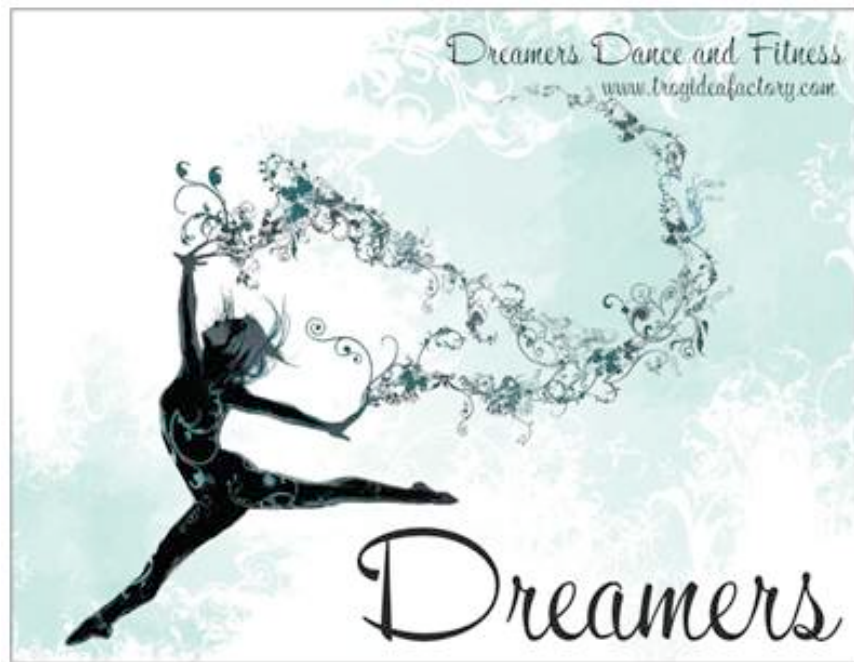


# We Need Dancers!



The Idea Factory is in need of junior high student volunteers who would like to help lead our *Dance and Fitness* program this semester. Dreamers is a free program offered to the 2<sup>nd</sup> -4<sup>th</sup> grade girls on Tuesday afternoons at Kyle Elementary.

Stop by the office for information  
or go online to [www.troyideafactory.com](http://www.troyideafactory.com)



Teen Volunteers and Parents,

**Dreamers** (Dance and Fitness) is a teen led, after-school program for 2<sup>nd</sup>-4<sup>th</sup> grade girls at Kyle Elementary School. The goal of the program is to focus on building a life-long foundation of healthy lifestyles. **Dreamers** will be a proactive approach to personal health by encouraging physical fitness through dance and healthy eating habits- with junior high and high school students to serve as role models and coaches.

**Dreamers Gymnastics** began in 2005 when a Troy Christian high school senior decided that she could make a difference in her community by offering gymnastics, dance and cheerleading through a weekly program for 12 elementary school students. Teens from within the community embraced the vision and over 200 elementary school girls have involved since we began.

Through a series of events and discussions with school leaders, parents and teens, we have come to the realization that Dreamers Gymnastics has the potential of addressing one of the most pressing needs within our youth culture – that of physical fitness and health. We are excited about our direction this year and will change our name from Dreamers Gymnastics to **Dreamers** (Dance and Fitness) to reflect the change in purpose of the program.

### Who leads Dreamers?

The **Dreamers Student Intern** is a high school student who is accountable and serves as a liaison between The Idea Factory, Dr. Kimbe Lange the school principal, elementary students and the teen and adult volunteers. Her responsibilities include: communicating the Dreamers mission, creating weekly workouts, training and engaging teen volunteers, partnering with the Dreamers Adult Chapter Leader and weekly updating with the Idea Factory Director of the progress and any potential needs or issues.

**The Dreamers Teen Leaders** are 7<sup>th</sup>-12<sup>th</sup> grade girls who enjoy working with elementary students in the areas of dance and fitness. As a positive role model, the teen volunteer can become more than just a coach, but like big sisters to the girls. This exchange of relationship benefits both students, knowing they make a difference in each other's lives.

**The Dreamers / Idea Factory** adults continuously equip and engage high school students to become effective in working with the children. **How do students become a Dreamer Teen Leader?** Contact the Idea Factory director: Coach Mike Nygren at [www.troyideafactory.com](http://www.troyideafactory.com) / [mike@soustudies.com](mailto:mike@soustudies.com) / 937-776-7362

### What happens at Dreamers?

Dreamers provides the junior high girls the opportunity coach and mentor younger girls in the areas of dance and fitness. Each session is designed around the girls learning basic exercise and dance routines. We will begin the fall series learning Zumba.

The sessions begin with a time of taking attendance and stretching while preparing for a 30 minute time of strenuous exercise. Following the dance and exercise time will be a cool down period, followed by small group conversations focused on health and nutrition. Activities during this time will include goal setting, learning healthy eating habits and exploring ideas for better health and nutrition. In addition to the individual skills gained, the girls will work throughout the year to prepare for a year-end community performance and creating a dance team for the Troy Strawberry Festival.

Sincerely,

Coach Nygren, Idea Factory Director, 937-776-7362

Dr. Kimbe Lange, Kyle Principal

Nicole Timmons, Student Director and Coach, High School Sophomore

\*Dreamers is a program of the Idea Factory, ([www.troyideafactory.com](http://www.troyideafactory.com)) along with Reading Buddies, Young Women of Distinction, Junior Leaders and Serve It Up!

Session One: 3:30-4:45pm in Kyle Gym

October 12 - 19 - 26

November 2 - 9 - 16 - 23 - 30

Session Two will resume in January

**Mandatory Teen Training Session**

Tuesday 3:30, October 5<sup>th</sup> at Kyle

# Teen Leaders Permission Form

Return by October 5th, to the school office.

My daughter \_\_\_\_\_ has my permission to participate in this semester beginning on Tuesday, October 15th, 2010 as a teen volunteer.

\_\_\_ I understand that there is not cost to be involved in the program.

\_\_\_ I understand that **Session One** will be 3:30-4:45pm in Kyle Gym / October 12 - 19 - 26 / November 2 - 9 - 16 - 23 - 30 and that **Session Two** will resume in January 2011.

\_\_\_ I understand that reasonable measures will be taken to safeguard the health and safety of my daughter and that in case of an emergency I will be notified as soon as possible. I have enclosed two phone numbers.

\_\_\_ I will not hold the Idea Factory, Troy City Schools, Stillwater Church or any of the teen or adult leaders in attendance, responsible for accidents, sickness or injuries incurred during this activity.

\_\_\_ I understand that the Idea Factory maintains a general liability policy in case of lawsuits against the facility for damage done by Dreamers participants. However, we maintain no coverage for the Dance participants. Thus, participants must be covered by their own medical policies.

\_\_\_ I allow my daughter's photograph to be posted on the Idea Factory website and other forms of communication, and understand her name or address will not be used in any printed material.

\_\_\_ I understand that the primary means of communication with parents is [www.troyideafactory.com](http://www.troyideafactory.com)

\_\_\_ I understand that we may be reminded about Dreamers schedule on ONE CALL NOW.

\_\_\_ I understand that the Idea Factory does not provide transportation to Kyle school.

Daughters name \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Phone \_\_\_\_\_

Emergency phone \_\_\_\_\_ Relationship \_\_\_\_\_

Email address \_\_\_\_\_