



2022



INFORMATION HANDBOOK



As a prospective family, I warmly welcome you to our community for 2022. After a successful 2021 season, this will be another thrilling year for us.

It is always a joy to see the growth, commitment and professionalism in our athletes and this has been shown through our many achievements at competitions and individual improvements in our recreational athletes.

I look forward to working with the entire KDF community for what will be a thrilling 2022.

Well done for being a part of the KDF family.

Let's get started.

Sophia Franzini
Founder of KINETIC DANCE FORCE



About Us

We believe every child has the potential to be a great athlete. It is our job to create an environment where they can flourish.

Kinetic Dance Force was founded to give new athletes the right start in dance and provide programs to empower kids to become the best versions of themselves.

With 8x National Champion titles to our name - proves our dedication to safety, enjoyment and progression as our priorities. Hosting 35+ acro, cheer and dance programs per week, we have a class for any child aged 3-18 years who is eager to learn and join the fun.



@kdfdance_official



facebook.com/kineticdanceforceconcordw

What we offer

All Star Cheer

A competition sport that involves athletes performing a 2.5-minute routine composed of stunts, tumbling, jumps and dance.



Gym

Designed to give boys and girls coordination and the fundamentals of Gymnastics tumbling skills.

Hip Hop

Refers to street dance styles primarily performed to hip-hop music as part of hip-hop culture. Students will learn how to pop, lock and slide.



Musical Theatre

A form of theatrical performance that combines songs, spoken dialogues, acting, and dance.

Jazz & Pom

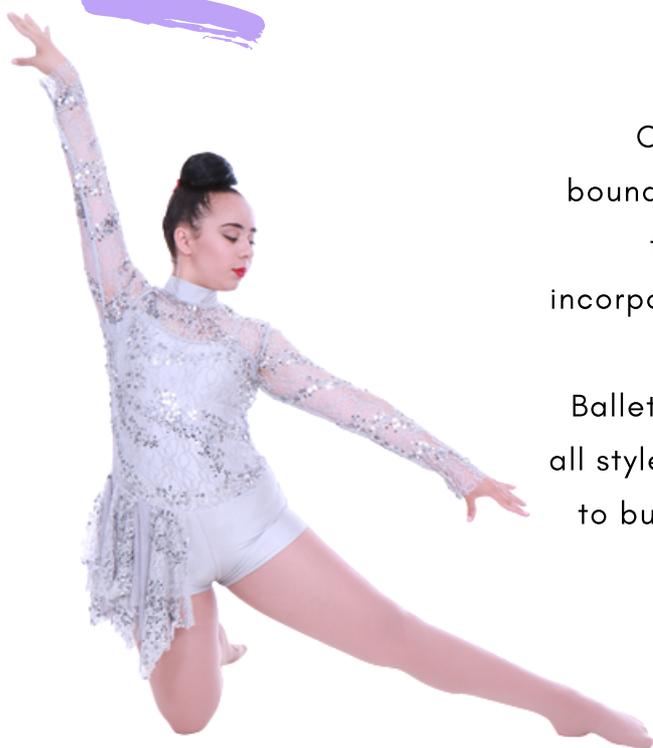
Is energetic and fun, consisting of unique moves, fancy footwork, and big leaps and quick turns.



Contemporary & Ballet

Contemporary dance is versatile and pushes the boundaries of the body's natural movement. Students will tell stories through expressive movement while incorporating elements of classical ballet and modern jazz.

Ballet is a graceful form of dance that is fundamental to all styles of dance. The techniques taught remain important to build students' strength and correct body placement.



Acrobatics & Tumbling

Acrobatics will teach the same skills plus other things such as basic contortion and partner stunts. The movement of acrobatics is fluid compared to tumbling which is very sharp, so it can be added into dance routines seamlessly. Our acrobatic athletes must also execute their skills on both mats and hardwood floors. Acro athletes learn a routine that is performed at the end-of-year show.



Contortion

Contortion is a circus performance discipline that focuses majorly on the extreme flexibility of the performer. Those that perform contortion are called Contortionists, and at their highest level represent the same amount of discipline as many of the world's top athletes. Practicing contortion takes huge amounts of commitment and discipline from the participants.

Private Lessons

Private lessons are available for any athlete of any age. Lessons are available in acro, tumbling, singing, and dance.

Private lessons are catered to the athlete's goals and needs. Lessons can be booked for a full term for 1 or 2 athletes only. Private lesson fees are not covered under the capped rate.

Join the KDF family today!

Register Online

- ✓ Go to <http://dancestudio-pro.com/online/kineticdanceforce>
- ✓ Log in or create a new account
- ✓ Fill out and submit registration details
- ✓ Agree to KDF policies and T's & C's
- ✓ Finalize registration fees
- ✓ Collect the training uniform and be ready to dance!



- KDF t-shirt
- KDF crop top
- KDF cropped t-shirt
- KDF shorts/tights
- White cheer shoes (Cheer)
- Tan Jazz shoes (Jazz & Pom)
- White high-top shoes (Hip Hop)
- Pink leather half shoe (Contemporary)

	Size	Prize
KDF Baby Leotard	4, 6, 8, 10	\$65
KDF Crop Top	6, 8, 10, 12, 14, S, M, L	\$45
KDF Girls Hot Shorts	6, 8, 10, 12, 14, S, M, L	\$45
KDF Girls High Waisted Shorts	6, 8, 10, 12, 14, S	\$45
KDF High Waisted Leggings	6, 8, 10, 12, 14, S, M, L	\$60
KDF Unisex t-shirt	6, 8, 10, 12, 14, S, M, L	\$45
KDF Athlete Jacket	4, 6, 8, 10, 12, 14, S, M, L	\$70
KDF Performance Jacket	4, 6, 8, 10, 12, 14, S, M, L, XL	\$95
KDF Bag	n/a	\$50
Jazz Shoes	Ch10, Ch11, Ch12, Ch13, Ch1, Ch2, AU3, AU4, AU5, AU6, AU7, AU8, AU9	\$65
KDF Cheerleading Uniform (Leotard, skirt, & bow)	Made to measure	Form \$310
Cheerleading Shoes	Order online at Cheer Direct https:// www.cheerdirect.com.au /product-category/shoes/	From \$110
KDF Drink Bottle	n/a	\$30
KDF Poms	n/a	\$30

All prices quoted are exclusive of GST

Studio Information

Team Placement

All athletes will be placed into the most appropriate class/team based on their age, aptitude, and interest. Athletes will not be placed in an older/non-novice/level 2+ divisions if coaches feel as though the athlete lacks skills and maturity. With safety and enjoyment being our priorities, we want our athletes to reach their full potential and execute skills with perfect form.



Watching Training Sessions

At KDF, we believe it is important to keep parents involved and informed with our classes and athlete progress. We hold open sessions once a term where we invite parents and siblings can see what happens in a normal lesson. Parents, siblings, and friends are not permitted to watch lessons unless invited by the coach.

*Let us help your child reach their
full potential!*

Term 1

- Monday 31st January - 2022 Classes Start
- Thursday 7th April - Last Day of Term 1 Classes
- Sunday 10th April (School Holiday)
- Saturday 9th - Sunday 10th April - Compulsory Cheerleading Choreography Days (Kittenz, Katz & Kobraz teams)

Term 2

- Tuesday 26th April - Term 2 Starts - Lessons Resume
- Monday 2nd - Thursday 5th May - Bring your Mother to Dancing Week
- Sunday 29th May - Pre-Season Debut Showcase - The Orion Function Centre, Campsie
- Friday 10th (evening) to Sunday 12th June - AASCF Winterfest - Quay Centre, Sydney Olympic Park - This is the Long Weekend
- Monday 13th June - No Lessons - Queen's Birthday Public Holiday
- Monday 27th - Thursday 30th June - Pyjama Dress Up Week
- Thursday 30th June - Last Day of Term 2 Classes

Term 3

- Monday 18th July - Term 3 Starts - Lessons Resume
- Monday 1st - Thursday 4th August - Filming AASCF Virtual Battle (Stunt and Dance Doubles)
- Friday 12th (evening) to Sunday 14th August - AASCF Battle (Cheer and All-Star Dance)- Quay Centre, Sydney Olympic Park
- Wednesday 24th August - Virtual AASCF Battle Stunt & Dance Double Awards Ceremony
- Monday 29th August - Thursday 1st September - Bring your Father to Dancing Week
- Friday 9th (evening) to Sunday 11th September - AASCF State Championships - Quay Centre, Sydney Olympic Park
- Monday 12th - Thursday 16th September - Filming AASCF Virtual State Championships (Stunt and Dance Doubles)
- Monday 19th - Thursday 22nd September - Silly Socks Week!
- Thursday 22nd September - Last Day of Term 3 Classes
- October (School Holidays)
- Wednesday 5th (afternoon) and Thursday (afternoon) 6th October - Spring Carnival Rehearsals
- Friday 7th (evening) to Sunday 9th October - AASCF Spring Carnival - Quay Centre, Sydney Olympic Park (Competitive Cheer and Recreational Dance & Cheer teams)

Please speak to our staff if you require assistance as to which dates apply to your child.

Term 4

- Monday 10th October - Term 4 Starts - Lessons Resume
- Wednesday 12th October - Virtual AASCF States Stunt & DD Awards Ceremony
- Monday 31st - Halloween Dress Up!
- Wednesday 23rd - Tuesday 29th November - No Lessons Held - Nationals Week
- Thursday 24th (evening) to Sunday 27th November - AASCF Nationals - Gold Coast Convention and Exhibition Centre
- Wednesday (afternoon) 30th November - Showcase Full Rehearsal (All Athletes)
- Saturday 10th December 2022 - End of Year Showcase - The Orion Function Centre, Campsie (All athletes)
- Thursday 15th December - Last Day of Term 4 Classes



What are the term dates?

2022 classes commence from Monday, 31st January 2022

Term 1: 31st January- 7th April

Term 2: 26th April - 30th June

Term 3: 18th July - 22nd September

Term 4: 10th October- 15th December

Please speak to our staff if you require assistance as to which dates apply to your child.

FAQ's



How much are the classes per term?

- 1 x 45mins class per term = \$190
- 1 x 60mins class per week = \$210
- 1 x 75mins class per week = \$260
- 1 x 90mins class per week = \$320
- 1 x 120mins class per week = \$370

THE ULTIMATE ATHLETE PACKAGE!

If your child/ren just can't get enough and want to do more...
Why not get them onto this awesome deal for group classes?

1x athlete = just \$779 per term

or

the WHOLE family = just \$1199 per term

Here is an example of WHY this is such a good deal!

Your child wants to do Acrobatics, Hip Hop, Jazz & Pom, Contemporary, and Cheerleading.

That's 5 classes. Let's say those 5x classes are an hour long each. 1-hour classes are \$210 per term

So, 5x classes @ \$210 per term = \$1050

BUT... Instead of paying \$1050 per term, you only pay \$779+GST.

YOU SAVE \$280 per term or \$1120 per year (NOW THAT'S VALUE!)

*All fees are paid upfront and by the term. **All lesson/tuition fees quoted are exclusive of GST***

How much is registration?

The registration fee is \$150 +GST per athlete. This fee secures a place in the class, insurance, APRA, AMCOS, PPCA music licensing costs, a reward system for the students, filming and music distribution administration, and a KINETIC DANCE FORCE shirt or baby leotard (Tiny Toes).

Competitive Athletes will require 2022 Australian All-Star Cheerleading Federation membership of \$15. It includes genuine Cheerleading and Dance Personal Accident Insurance for the individual athlete.

How do I pay?

Upon acceptance of enrolment, an invoice will be generated. Fees can be paid in cash, direct deposit, direct debit or credit card payment through the parent portal. Our account details are located at the bottom of your account statement. Unfortunately, we do not accept cheques.

We accept both Creative and Active Kids vouchers.
Please email these to kineticdanceassist@gmail.com

FAQ's (Cont'd)

What should my child wear?

Our uniform is available to purchase through us. Our staff will help you with everything you will need in regards to uniforms once you enroll in KDF. Our uniform consists of the KDF leotard dress, KDF t-shirt or KDF crop top, and dance shoes (white cheer shoes for cheer, jazz shoes for jazz and pom, white hi-top shoes for hip hop).



Where are the classes held?

Classes are held at Concord Community Anglican Church Hall - 270-272 Concord Road, Concord West.

Do missed lessons still need to be paid?

Yes, fees are paid upfront, by the term and non-refundable. Administration staff must be notified via email 4 weeks in advanced if a child will no longer be attending classes.

Do I need to notify KDF admin if my child no longer wants to attend classes?

Yes. This is very important as your account will continue if you do not communicate this with us. Please keep in mind that young children occasionally do not want to come to class as a result of feeling tired, sick or just not in the mood on that particular day. This is completely normal behaviour for this age group. Experience has shown that in majority of cases, it is simply a phase that the child will quickly pass through. Our staff at KDF are well equipped to comfort even the most unsettled child.

Can I watch my child's classes?

Parents with children in the 4 years of age classes may stay with their child's classes. However we recommend leaving your child on their own after a couple of weeks once they have settled in. At KDF, we believe it is important to keep parents involved and informed with our classes and athlete progress. Parents, siblings and friends are not permitted to sit in the studio unless invited by the coach. However, both studios have transparent doors which parents can see everything happening inside.

Is there an end of year concert?

At KDF, we host an End of Year Showcase. This is where all of our athletes get to perform their routines and skills to their friends and family in a professional setting. All athletes will receive a medal for participation, and trophies are awarded to exemplar athletes from each group. Costumes in previous years have varied from \$60 - \$120 each.

What Acro/Tumbling level is suitable for my child?

Beginner - Athletes are working towards perfecting skills such as forward rolls, cartwheels and primary walkover progressions. Athletes are learning to build core and shoulder strength as well as back, hamstring and shoulder flexibility.

Intermediate - Athletes are working towards perfecting skills such as walkovers, round offs and aerial progressions. Athletes are building core and shoulder strength as well as increasing their back, hamstring and shoulder flexibility.

Advanced/Level 2 Tumbling - Athletes are working towards aeriels and learning foundation back and front handspring progressions

Level 3 Tumbling - Athletes are working towards aeriels and learning foundation back handspring progressions Athletes are working towards perfecting skills such as handsprings, back tucks and primary layout progressions. Athletes are maintaining their core and shoulder strength as well as exploring contortion skills.

Will teams be competing at AASCF Nationals in 2022?

Kinetic Dance Force will select teams to be entered into AASCF nationals based on a minimum score. These scores must be achieved at any one of the NSW competitions.

Once that score has been reached, it is assumed that that team is entering into AASCF Nationals in 2022.

Why do recreational teams compete?

The coaches of Kinetic Dance Force will be providing the opportunity for our recreational athletes to compete in 2022! We wish them to experience the thrill of the competing and give them the chance to understand what it is like. These recreational classes will be competing at Spring Carnival held in October.

Are the coaches qualified?

All KDF coaches have the following:

- Advanced First Aid Trained for an educational setting
- Working With Children Check Clearance.

Some other qualifications include:

- Acrobatic Arts (Primary level to Pre-Professional 3)
- International All Star Federation Levels 1, 2 & 3 (Cheer and Tumbling)
- RAD Ballet Intermediate Foundation Award
- Advanced Diploma in Performing Arts

FAQ's (Cont'd)

What should I expect from my 4 year old child on the first lesson?

Who knows! Our staff have been coaching little ones for many years!!! Our experience shows that new athletes surprise their own parents! Remember that you have just brought them to a brand new environment, there are new sounds, new people, new outfits and we can't expect them to just jump on into the class and follow their coaches' instructions right away. They haven't even been introduced to the formalities of big school yet.



We need to stress to parents that it is normal for your child to be shy and not want to participate on the first couple of lessons despite how loud and confident they are home. Sometimes it might mean they watch a few lessons before joining into the group. We might think they aren't doing anything by watching, but they are thinking, processing it all analysing the activities. Or they could just walk straight in and be ready to learn. As we said "who knows!" We take those baby steps with you to help develop your child's confidence and social skills.

Codes of Conduct

We have worked hard to create an amazing community at KDF where parents, coaches and athletes support one another. It is in KDF's values to 'Ignite the Vibe' which means it is everyone's responsibility to bring joy and happiness to the environment no matter what is happening in our personal/school lives. KDF is a place where we go to to have happy and positive experiences and we are proud of our club culture.

To uphold this culture, we will not tolerate negative behaviour. Pettiness, gossiping, or cliques that attempt to slander parents, children, coaches, or KDF as a club. Parents and/or athletes displaying inappropriate behaviour will be dismissed from the program immediately and will not be allowed to return until the following year.

All parents and athletes must treat all staff and coaches with respect. Should a parent or athlete promote unsportsmanlike behaviour, they will be asked to leave the program immediately.

We ask that parents and athletes not write anything negative in regards to KDF, our staff, or athletes on social media sites. Any parent or athlete found doing so will be removed from our program.

If an issue arises or you are unhappy with something, we would prefer you give us a call on [0415966814](tel:0415966814) or email kineticdanceassist@gmail.com

We do our best to communicate with our community and in return we expect parents to keep up to date and organised with the information distributed. Please check the emails, Instagram, Facebook page and Facebook group regularly.

We believe it takes a team to build successful athletes. With the commitment of both parents AND coaches to live through our KDF values, collectively we can create the ultimate environment for your child to become their best selves.

Testimonials

Hear it from parents like you:

"Wow what can you say, KDF is an amazing place for my child to attend. My daughter joined KDF at the end of last year and the minute she came **she felt so welcome** and they even joined her to their team.. many other studios would have not done that, they would most likely just put her to the side... you could not ask for a better person to teach my child, under the guidance of Miss Sophia **my child is improving immensely... The atmosphere at KDF is always buzzing with happiness** and you can see the kids want to come to Cheer&Dance every week... and **the attention the kids get is amazing** and when the kids ask for help it is always there... KDF is run as a professional place to attend and the showcases are amazing, it helps the kids in their performances to again have great **confidence in themselves**... I could not think of a better place to send my daughter." - Parent - M. Maria (Started 2020)

"KDF! Wow! I have been to many dance and cheer schools over the years with my daughter and none can attempt to compare with KDF. Sophia and her team are utmost professionals with top-notch communication and transparency! Kinetic Dance Force are **truly industry leaders** when it comes to coaching cheer and dance and we are so **proud to be a part of the magic.**" - Parent - K. O'Brien (Started 2021)



"Kinetic Dance Force has been a real highlight in my daughters' lives. They are so excited to attend the KDF's Cheer program each week! The growing joy for the sport has come about due to the professionalism of Miss Sophia and the entire KDF teaching team. **My girls feel motivated to do their best** for themselves, their Team, and their Coaches. All the KDF Coaches have **inspired them to continually improve through their care and ultra-professional athletic coaching methods.** If you're looking for a sport your child will literally fall in love with I highly recommend giving Kinetic Dance Force a try!" - Parent- D. Warne (Started 2020)

How to get started?

New Athletes

1. Book in a meeting with our Enrolments team and we will assist you with Registration
<https://calendly.com/kineticdanceforce/rightfitcall>
2. Finalise registration fees
3. Collect the training uniform and get ready to dance!



Current Athletes

1. Log in to your Parent Portal account
<https://dancestudio-pro.com/online/kineticdanceforce>
2. Click "Register for Classes"
3. Click the tab "2022 Term 1"
4. Select classes
5. Click "Submit"
6. Click "Finish Registration Now"
7. An Account Statement will be emailed to you with 2022 Re-registration Fee (\$90 per athlete) and Term 1 Tuition
8. Pay fees through the parent portal and submit Active/Creative Kids Vouchers to kineticdanceforce@gmail.com
9. If you require assistance with registration, please book in a call with the link above.

All fees are paid upfront and by the term. All fees quoted are exclusive of GST

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