

*The Protocol School of East Texas*

*Cindi Rains*

*Presents*

*Making the Cut: Rette Prep Bootcamp*

*Name:* \_\_\_\_\_

*Address:* \_\_\_\_\_

\_\_\_\_\_

*Phone: (home)* \_\_\_\_\_ *(cell)* \_\_\_\_\_

*Parents:* \_\_\_\_\_

*Phone: (home)* \_\_\_\_\_ *(cell)* \_\_\_\_\_

*Briefly answer the following questions:*



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*Why should you be selected as a Rangerette? What makes you stand out over the other young ladies who are trying out?*

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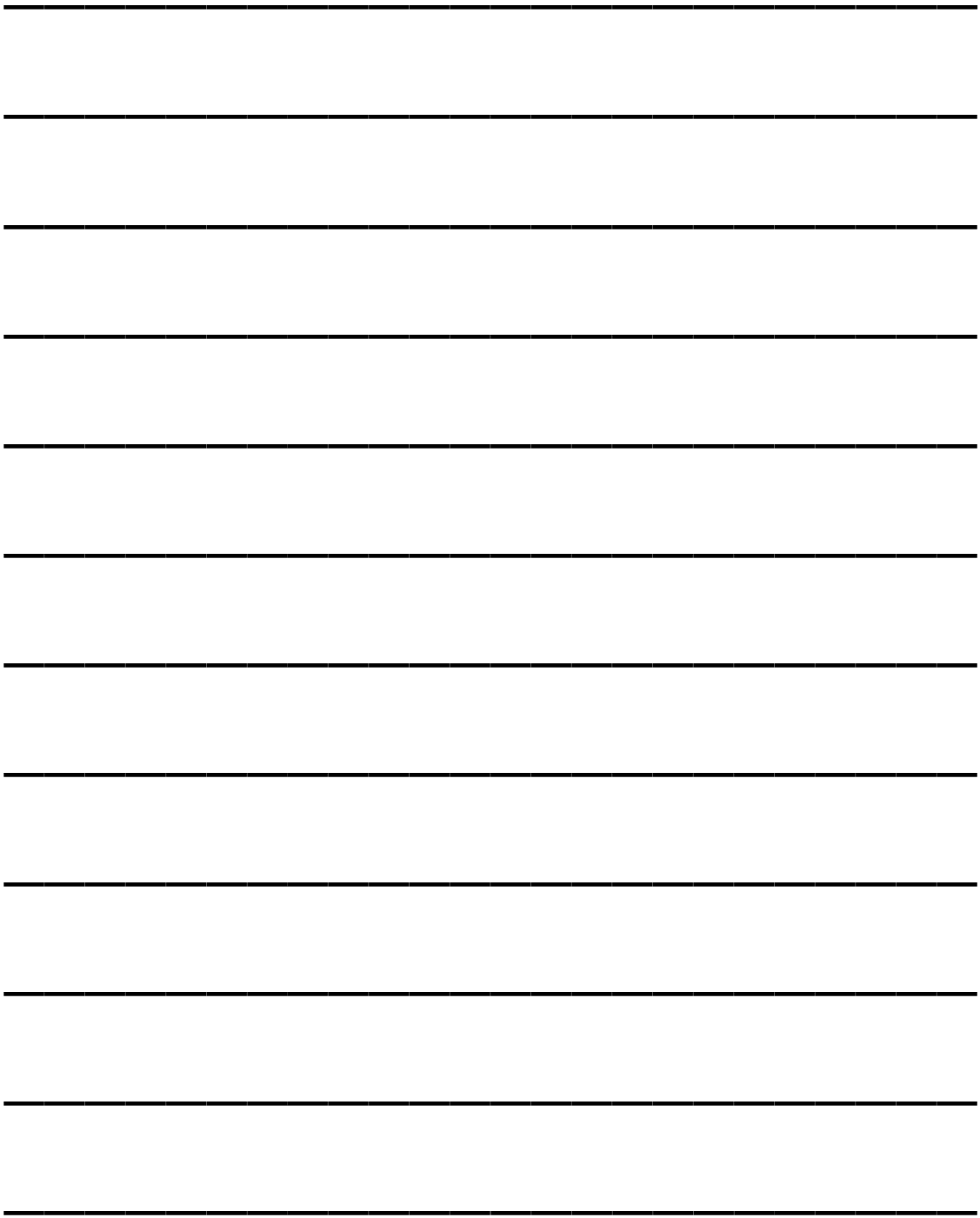
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*What talent will you be performing at talent night?*

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Intensive Dance Company  
Cindi Rains  
3888 SH 43 East  
Henderson, Texas 75652  
(903) 646-3055  
cindirains@yahoo.com

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*&*

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It's time to start preparing for Rette Prep Bootcamp! Here are a few reminders of how you must get ready for this **INTENSE** two-week camp.

1. Lay off the soft drinks!!! No more starting **TODAY!**
2. Drink plenty of water. Hydrating your body **BEFORE** you come to camp will ensure a higher-performing body.

3. Begin walking/striding/running at least two miles per day for at least 4 days a week.
4. If you have a pool, begin swimming at least 10 laps for at least two days a week.
5. Stretch 6 out of 7 days! Stretch, stretch, stretch!
6. **KICK, KICK, & KICK MORE!** Your stamina is crucial to your success!
7. Make sure you cut your toenails the week **BEFORE** you come to camp – not too short yet long enough so that the toes will not hit the end of your shoes.
8. Eat high protein, low fat, low processed, low-sugar meals.

### **What to Pack**

1. All types of dance shoes – jazz, paws, sneakers, jogging, character (if you have them). **You may want to borrow/purchase 1 ½-2 inch nude-colored character shoes for model night.**
2. LOTS of dancewear that you can MOVE in. Please don't wear something that is constricting or hides your figure. I need to see your body type.
3. A cover-up for traveling to and from the house – studio – gym... I do not allow midribs, breasts, or derrières to show. The gymnasium is housed at my church, so we will need to dress with discretion – NO short shorts! **PLEASE BRING A PAIR OF WARM-UP/YOGA/JAZZ PANTS TO WEAR IN THE WORKOUT ROOM.**
4. Swimsuit (one piece is preferable but not absolute). If you wear a two-piece, then you must wear a cover-up in the house.
5. Bath & swim towels and wash/hand cloths
6. All personal hygiene items including **Band-Aids, Neosporin (or the like)...**
7. Ponytail holders and hair pins
8. Lots of **healthy** snacks
9. A case of bottled water (24) for each week **OR a refillable water jug.**
10. Dance tapes of recitals/spring shows that highlight your dance abilities
11. Music for your solo routine (if you have it)
12. Costume for your solo routine (if you have it)
13. Application for Rangerette Pre-training (Don't send it in until I have seen it.)
14. Pictures to accompany application for Rangerette Pre-training
15. Model night leotard – Keep in mind that I may need to suggest another type, style, and color
16. Lounge wear for evenings
17. Meal money for 10-12 meals – Residents; 18-20 meals – Commuters
18. **Inflatable air mattress on which to sleep; sheets, blanket, & pillow.**
19. Any medications you regularly take with a note from parent/guardian concerning medications and special needs
20. Balance of tuition (non-refundable)
21. Signed and notarized Injury Disclaimer (**I MUST have this before camp begins on Monday.**)
22. Copy of Insurance information (**I MUST have this before camp begins on Monday.**)
23. Great attitude and willingness to work hard

In addition to the one private lesson that each dancer receives, she may choose other private lessons.

\$30.00 per hour for private instruction

\$300.00 for choreography & instruction of talent night routine

Talent night remains one of the most important aspects of pre-training; therefore, all dances should be professional & of the highest level of performance. Spaces are limited for choreography & instruction, so I must have your cut music two weeks in advance of the camp. If you would like to take advantage of these extras, then you will need to call me ASAP to set up the times and appointments. The additional costs must be included in the balance check.

**Directions from the Austin area to 3888 SH 43 East:**

Travel to Henderson on 79 north. Keep traveling on 79 until you come to our traffic star. Take a Right on to **SH 43 toward Tatum**. I am 3.7 miles on the right at 3888 SH 43. You can't miss me. There is a yellow and black train station on my property. **My house is a reddish/brown brick with green shutters. If you have any problems, please call me at (903) 646-3055 or (903) 836-4033.** If you will be a resident, then please plan to be at my home at 8:00 PM on the **DAY BEFORE** the actual camp date.

**Directions from the Longview/Dallas area to 3888 SH 43:**

When you get to Kilgore, take 259 North to Henderson. When you get to Henderson, you will come to a traffic star. Take a LEFT on to **SH 43 toward Tatum**. I am at 3888 SH 43 (about 3.7 miles from turning on to 43). There is a yellow and black train station on my property. My house is a reddish/brown brick with green shutters. If you have any problems, please call me at (903) 646-3055 or (903) 836-4033. If you will be a resident, please plan to be at my home at 8:00 PM on the **DAY BEFORE** the actual camp date. Be careful!

**High Kicks & High Hopes,**

Cindi Rains

*The Protocol School of East Texas*



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*Injury Disclaimer*

I \_\_\_\_\_ (parent / guardian) of Rette Prep camper \_\_\_\_\_ do hereby understand and agree to the follow terms of responsibility on behalf of The Protocol School of East Texas dba Intensive Dance Company.

**The Protocol School of East Texas dba Intensive Dance Co. is not responsible for any injuries occurring on the way to practice, any injuries at practice, nor any accidents occurring on the way home from practice. If/when the camper/s travel to and from home or performance opportunities, whether as a camper, performer or spectator, The Protocol School of East Texas dba Intensive Dance Co. is not responsible for any injuries occurring during travel, whether to the camp or back and forth to practices at various gyms and studios, nor any accidents occurring while traveling back to her home from those places. Parents / guardians are solely responsible for all treatment, therapy, rehabilitation resulting from such injuries. Every effort is made for safe and thorough instruction. Please advise your dancer to pay attention and practice within her means of dance maturity.**

**Please have this signed and notarized. You may bring it to camp along with a copy of insurance and tuition balance.**

\_\_\_\_\_  
Parent / Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Notary's signature

\_\_\_\_\_  
Date

Notary's Stamp