

Dancer Registration

Name _____
Address _____
Phone _____

12 Hour Dancer: Yes _____ No _____

If no, please specify the time and reasons for leaving _____

Size of T-shirt: S _____ M _____ L _____ XL _____

Student Acknowledgment

I, _____, have read the rules and regulations for the mini-thon and agree to abide by them.

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Parent/Guardian Permission

I, _____, grant permission for my son/daughter, _____, to participate in the 12-hour mini-thon on April 26th at 7 p.m. at North Salem Elementary School. I understand that my child cannot leave at any time during that 12-hour period without a parent's note. If my child is asked to leave the dance-a-thon for any reason, I will have to pick up my child. I also understand that any student who is to receive medication must contact the school nurse prior to the mini-thon, and complete the necessary information on the Dancer Medical Information form.

Parent/Guardian Signature _____ Date _____

Phone number where I can be reached during the mini-thon _____

Dancer Medical Information Form

Name _____ Grade: _____ Age: _____

Address _____ Home Phone _____

Family Physician _____ Phone _____
Address _____

In case of emergency, please contact:

Name _____ Phone _____
Relationship _____

Name _____ Phone _____
Relationship _____

Medical Information:

Please mark an "X" next to any medical condition that applies to your current or past medical history. Please use the additional space to briefly explain.

_____ Asthma	_____
_____ Diabetes	_____
_____ Emphysema	_____
_____ Epilepsy	_____
_____ Heart problems	_____
_____ Allergies	_____
_____ Other	_____

Medications: (List medications you are currently taking).

_____	Dosage _____	Times _____
_____	Dosage _____	Times _____
_____	Dosage _____	Times _____

My son/daughter, _____, may receive the medication listed above at the specified times by the attending school nurse or emergency medical technician during the mini-thon.

Parent/Guardian Signature (only if there is medication needed)

_____ Date _____

Dancer Rules & Regulations

1. Pre-registration is mandatory.
2. The following forms must be completed and signed by the student and parent/guardian by April 12.
 - Dancer Registration Form and money
 - Dancer Emergency Medical Form

3. Envelope

Put all of your money into an envelope with your name on it. Checks are to be made out to Dover High School Student Council.

A minimum of \$100 is required to participate. The students will receive a free t-shirt and wrist band.

4. All participants must stay within the designated areas during the mini-thon.
5. The mini-thon hours are from 7:00 p.m. – 7:00 a.m. **Early departure from the mini-thon is not permitted unless a permission slip has been completed by your parent/guardian.**

If you must leave the mini-thon early and a previous permission slip has not been completed, you must have a chaperone contact your parent/guardian.
6. Proper demeanor is expected at all times. The following activities are prohibited: smoking, alcohol, drugs, or sexual misconduct/harassment. If any of these behaviors are exhibited, police, chaperones and/or school officials will contact your parent/guardian immediately and you will be asked to leave the mini-thon.
7. You will be on your feet for 12 hours. Do not give any chaperones trouble if you are asked to stand up. You are doing this to raise money for the Four Diamonds Fund. Standing on your feet for 12 hours is a small sacrifice compared to those children who are living daily with cancer.

Dancer Tips Prior to Mini Thon

Generally, 10-12 hours is not an unreasonable amount of time for most students to stay awake and on their feet, but here are a few suggestions that you might like to consider:

- | | |
|--------------------------|---|
| Positive Mental Attitude | Picture yourself standing for 10-12 hours and believe that you can do it. You are here to raise money for the Four Diamonds Fund. You only get out of the mini-thon what you put into it. If you do not participate in the activities, the night will seem to drag on forever. |
| Physical Conditioning | Try to maintain a regular sleep pattern during the week before the mini-thon. Stretch daily. Give your body a chance to conserve energy the week before by limiting strenuous physical exercise. |
| Diet | Eat a balanced diet. Load up on carbohydrates 3-4 days prior to the mini-thon. Your “final” meal should be light, mainly carbohydrates, about two to four hours before the mini-thon. This may not be as critical for 10-12 hours, as it might be for a 48-hour dance marathon, but the basics still apply. |

During the mini-thon

- | | |
|---------|---|
| Diet | Nutritious meals and snacks will be provided. |
| Liquids | DRINK – DRINK – DRINK! Fluids are always important. Depending upon the types of activities planned, you want to prevent dehydration. Water and sports drinks will be provided. Caffeine in any form is discouraged. Please make sure you clean up after yourself. |

What to wear and bring

- | | |
|-------------------------------|--|
| Shorts, t-shirts, sweat pants | You should not need a change of clothes, but an extra set of clothes might be a good idea, depending upon the activities planned. We will have a room available for you to keep your valuables secure. |
| Shoes | Sneakers with strong arch support such as cross trainers. |
| Electronic devices/valuables | Do not bring your electronic devices to the dance-a-thon. We are not responsible if something gets stolen. |