



# Recap from the All Dancer Meeting!

Find your Morale Group and sit with them!

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# 4 DAYS UNTIL DANCEBLUE 2020!!!

Saturday, February 29 8:00PM -  
Sunday, March 1st 8:00PM

Memorial Coliseum

Everyone is welcome!! Invite your  
friends!



# – Marathon Rules

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- NO sitting
- NO sleeping
- NO running
- If you leave marathon, cannot reenter
- Behavior and speech need to be FTK appropriate
- Listen to committee members and follow their directions

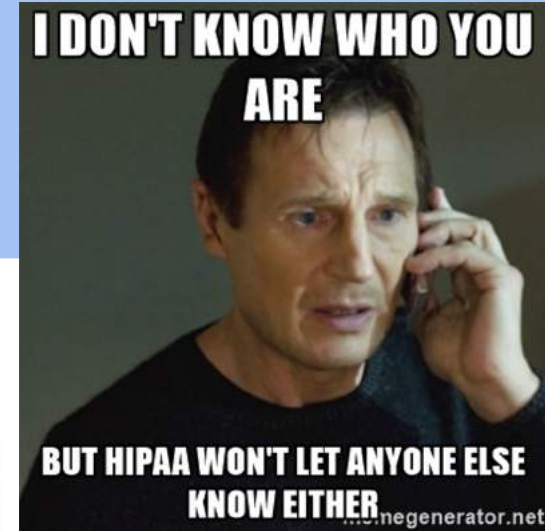
**HAVE FUN!!!!!!!**

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# Do Not Take Pics of the Kids

- HIPAA
- Photos of Patients at the Marathon are only allowed by the official DB photographers
- You ARE allowed to take pics with friends, but you are NOT allowed to take any photos of kids at the marathon on your phones



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# Interacting with the kids and their families:

- Do NOT crowd the kids
- Be careful playing
- NO ROUGHHOUSING

- If you are sick, please avoid all kids!** (\*Look for kids with masks in particular)
- Everything you do must be FTK appropriate!





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# Preparing for the Marathon

## TAKE GOOD CARE OF YOURSELF

- Be careful!
- Wash your hands
- Do not get sick this week
- Do not get injured this week



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## Resting:

- Get plenty of sleep
  - Go to sleep early this week
  - Take lots of naps
- Full night's rest Friday before!



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## Eating/Drinking

- As many fruits and veggies as possible
  - Vitamin C: bell peppers, kale, strawberries, kiwi, broccoli
  - Drink Water
  - Eat a FULL dinner before DanceBlue on Saturday!
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## Exercise

- Stick to your regular routine
- Rest the 48 hours prior to the
- Stretch and don't strain your muscles!
- Do not come to DB19 sore



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# Schoolwork



Stay in and do homework this Friday

Make sure your homework/studying for Monday and Tuesday are done before DanceBlue

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# — What to Bring!

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## Clothes (bring multiple outfits):

- SOCKS - at least 3 pairs
- Shoes: Some for support and some for when your feet swell (flip flops)
- Clothing (FTK appropriate)

## Toiletries:

- DEODORANT (please)
- Toothbrush/ Toothpaste
- Baby Powder
- Dry Shampoo
- Babywipes

-Icy/Hot

-CHAPSTICK!

-Any medications you will be taking for the 24 hours of the marathon

-Phone Chargers/Cell Phones

-Water bottle

Take photo of your driver's license

-Fanny packs! (optional, but recommended)

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# Leave at Home

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- Laptops/Electronics
  - Hair Dryer, Straightener, Curling Iron
  - Alcohol, Drugs, Tobacco, Weapons
  - Pets
  - Coat/Jacket/ Backpack
  - Anything that doesn't fit in your dancer bag!
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# Marathon Check in

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- 2 shifts: Last names A-M arrive @ 6:15pm
- Last names N-Z arrive @ 6:45pm
- You will receive a wristband with your dancer number on it and stickers indicating dietary restrictions/incentive program levels
- After you check in, you will take your bag to bag check and sit on the floor with your morale group!

Eat before you come and **do not drive yourself!**

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# Dance Blue

University of Kentucky  
Dance Marathon

Lexington Ave.



Avenue of Champions Entrance

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**Meal Hours: More info to come!**

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## Other Food Information

- Snack Station will be open during all hours with healthy options
- Hydration Station

\*Dietary Restrictions must be marked

\*\*If you have a concern about a meal, please come and talk to me after this meeting

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# — Guests

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- Entrance by Joe Craft/Ticket center on Lexington Avenue
  - We LOVE guests! Invite your family, friends, whoever!
  - Guests are not allowed on the floor
  - If a guest brings you food/coffee please have them hand it to you over the railing from the stands
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# Share your DB Experience

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- Power of sharing
- Leading up to #DB20
  - Share #WhyIDanceBlue this week
- Blowing up social media
- Hashtags
  - #DB20
  - #TilTheBattleIsWon
  - #FTK
- Charging stations available during the marathon





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# LET'S BE SOCIAL



@UKDANCEBLUE



@UK\_DANCEBLUE



@DANCEBLUE

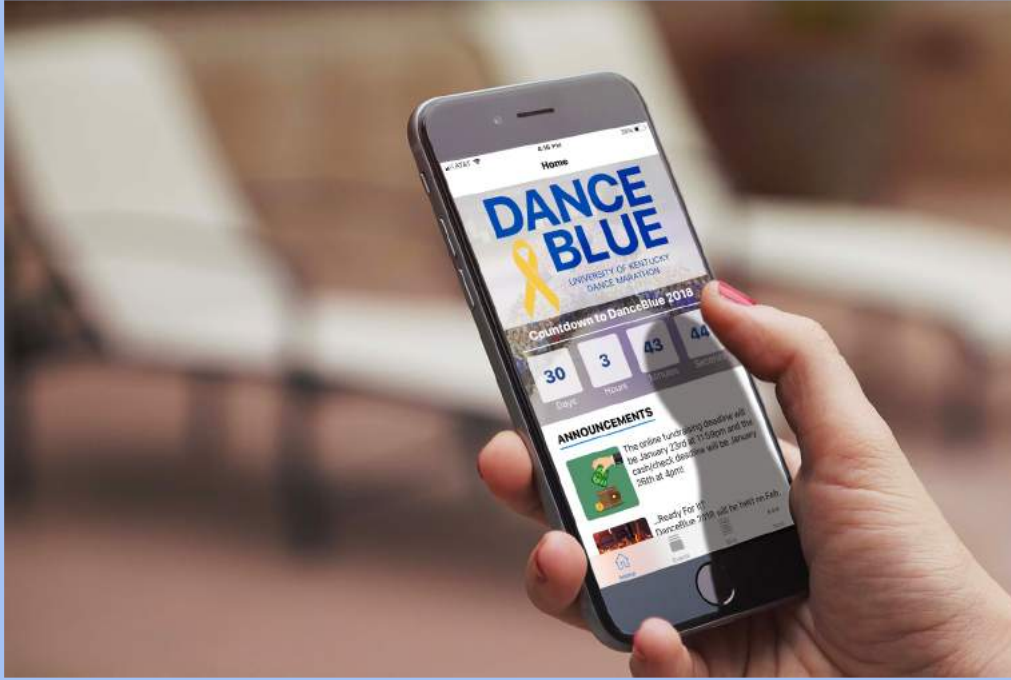


DANCEBLUE APP



# Download the DanceBlue App!

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## DanceBlue Details:

- What does FTK mean? For The Kids!
  - You will be learning the line dance for the first 2 hours, which we do every hour on the hour!
  - Games, activities, and music provided at the marathon
  - Golden Matrix Award/ FTK Cup/New Team of the Year
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# Morale Groups/ Leaders

- Play games/activities
- Make new friends!!
- Energy when you are tired or feel bad
- Win the Morale Cup!



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# Liability Release

- Please do not forget about the liability clauses that you agreed to in your Dancer Registration
  - DanceBlue will take care of you, but **we are not responsible for any injury**. If you indicated pre-existing injury, the medical staff is aware and will be prepared should you have a problem
  - **You have also agreed to a media release** allowing us to take pictures and videos at the marathon to be used by DanceBlue/UK in the future
  - If you have any problems or questions about this, please meet with me!
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## What to expect AFTER the marathon

- Dancer Survey

### Want to get involved?

- Keep an eye out for details about our information sessions
  - Chair/Coordinator Applications out the day after the marathon on [www.danceblue.org](http://www.danceblue.org)
  - Committee Applications out Spring Semester
    - Morale, Family Relations, Corporate, Programming, Operations
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# Thank You!

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