

# WELCOME TO HOOP GIRLS OF CT - created and directed by Betty Kelly - Camlin

## Bodywise by Betty

First, let me say, thank you for allowing your daughter to be a part of this awesome group of young ladies. A lot of this information is on our website. It's too much info to be added to class descriptions on Rec Dept brochure. However, it does say for further info go to [www.hoopgirlsofct.com](http://www.hoopgirlsofct.com) In the event you did not visit website, I thought a hand out could be something you could refer to as well. There is also a lot of info here. Please read through this entire document and keep in a safe place for reviewing from time to time. In the future, If you have any other questions, please refer to this document or the website before contacting me.

### HOOP GIRLS - What's it all about and why the girls love it!!.

I started this Hoop Girls program with a few goals in mind. **The first and most important**, was to provide a safe, welcoming environment for girls improve their overall fitness and to learn and love HULA HOOPING. **A second** was to instill in girls the idea that Hula Hooping or Hoop Dance is an EXERCISE not just a childhood toy - that is fun and can become a lifelong skill.

**Third:** To teach the girls that kindness and patience is Key. Kindness in that Hoop Girls support each other, in collaboration, team work, and positive team spirit. Being kind in class and elsewhere is easy and should be practiced often. They learn **PATIENCE** and a **"NEVER GIVE UP ATTITUDE"** as they try to master these new hoop skills. One of our mottos is "we never say I can't, we say "I can't yet" or we say "I'll try" And of course a tried and true MOTTO "If at first you don't succeed, try, try again".

**Fourth: BE INCLUSIVE & SHARE IDEAS:** We work together in a non-competitive way. They understand that everyone learns at their own pace and are happy for everyone's growth and success. They learn that they can overcome struggles, self doubt and fear when they master a difficult trick or create a new one. The younger girls look up to the older girls and the older girls become role models and Hoop Girl Mentors.

**Fifth: CREATIVITY.** We combined Hooping, Hoop Tricks and basic dance moves or rhythms and create choreography to turn them into **"Hoop Dances or Hoop Flows"**. Once the girls have mastered Hooping on their waist, we move on to learning some "off body" hand Tricks. Then I teach different routines using their newly learned skills to their favorite Pop Songs or show tunes or movies.. We review the songs multiple times as well as the tricks. Similar to what you would do if you were learning a dance routine or a gymnastics move, learning to swing a baseball bat or a golf swing. We need to commit these moves to muscle memory as well as the choreography.

If a girl continues with this program after about two full calendar years she, she MIGHT BE asked to join the advanced level. Some girls will attain this levels sooner. Especially if they are older when they start or if they take more than one class/week. It's at that level that the girls have the opportunity to perform in the Thanksgiving Spectacular Parade or any other event that requires an advanced Hooper . FYI - you must be 8 years or older for the advanced group - must **show a certain level of maturity** and be nine years or older to participate in the Thanksgiving spectacular. A hooper of any age might be an awesome hooper - but will not have the maturity to participate in an advanced class. If I don't have enough girls that meet this requirement, I skip a session of advanced and just provide beginner and Intermediate levels. I only do the Thanksgiving Spectacular Parade if I know I will have 25 girls qualified.

Since I have to sign a contract in mid Sept, I have to make that decision 2 weeks into the program.

The advanced level classes are currently taught at Davenport Ridge school on Wednesdays at 4pm. At the advanced level, the Hoop Girls will spend time Jan - June in class creating their own choreography. Sept- Dec we have extra practices will be required for the TGS and Holiday at the Mall.

## CLASSES: What to expect.

Classes are held as an after-school program or on Saturday at the star center. I arrive approx. 15 min before each class. Girls come to the gym once it is announced that I have arrived. Until then, they remain in their classroom or a space provided by the school.

Once I arrive, the girls are instructed to come to the gym in an orderly, quite fashion, then to go to the bathroom, fill their water bottles, tie their sneakers, etc., and prepare themselves for class. Once they have done all that, they are welcome to free Hoop until class begins. Sessions usually run for 7,8,9 or 10 week sessions ( depending on the day and school schedule) and are booked with Stamford Recreation Services at [www.stamfordrecreation.com](http://www.stamfordrecreation.com). Sessions do not usually include 1/2 days.

Hoops are provided at the beginning of the session for THE FIRST 3-4 weeks. These are not toy hoops or even gym hoops. They are strong, slightly weighted hoops, sized and designed and made to fit each girls size, age and ability. This makes learning easier and the colors make them more fun to use! **Once we have found the size and weight that best suits your hooper, you will purchase her a Hoop. Hoops come in 2 colors (gaffer & glitter tape) and are \$25 - \$30 depending on the size. If you were to shop online for these hoops, they would cost \$49 -\$60 or more plus shipping. Our hoop maker makes them at cost because I purchased them in bulk, to save our hoopers some \$\$\$\$.**

Hoops are sized by height and distance from floor to about 1.5 inch above the belly button. But some hoopers, especially new ones, occasionally do better in the beginning with a larger hoop as they go slower. So I would wait to purchase until your hooper can do sustained hooping with the appropriate size hoop.( usually takes a few classes) I will measure them before you purchase.

**Hoops will get worn out - just like a pair of sneakers. I do not mend them. Eventually, you might want to replace.**

**Hoopers should also PRACTICE at home.** Even if just waist hooping. Practice makes perfect!! I have **FREE HOOP CLASSES** and tutorials on our website so they can practice at home. **YOU MUST BE A MEMBER ON THE SITE TO ACCESS THEM.** And you must be a current hooper enrolled in a program to have access.

**HOOP GIRLS PERFORMANCE INFORMATION: Beginner Hoopers:** after 8 or 10 week session they can participate in a parent performance at the end of that session - if one is scheduled. Depending on the time of year they start. **Sept- Dec** can usually perform a song or two at Holiday at the Mall and at parent performance. **Sept-Mar** - Should be ready for St Pats Parade. **Sept-May** or **Jan- May** should be ready for Memorial Day Parade, **Sept-May** - Stamford Town Party. Halloween Glow at Mill River **intermediate** hoopers and TGS **advanced**. This is provided she has mastered sustained HOOPING on her waist while walking and turning clapping and moving upper body, as well as some of the other basics moves/ hoop tricks and choreography. You can find more information on our website.

Hoopers develop and excel at different rates depending on age, maturity, number of classes. Etc. Hoop Girls is not meant to be a competition. They learn at their own pace. But they need to practice. If they don't, then other girls who do, will surpass them and be invited to do more performances, etc. We don't want anybody to feel bad if they don't qualify for something. We're hoping to build their self-confidence not to lower it. Some girls even with practice might take longer - so please don't pressure me or your hooper to participate in an event she's not qualified to do. I promise you, she will when she's ready.

## **NEW DEVELOPMENT FOR HOOP GIRLS OF CT & COST OF BEING A HOOP GIRL OF CT -**

**CLASSES RUN 7,8,9 OR 10 WK SESSIONS** ( fees are based on # of weeks & locations) FALL - WINTER - SPRING **REGISTRATION is with STAMFORD RECREATION.**

These are the events we do yearly if we have the numbers: Min 20 Max 40 for parades.

1. Party in Pink for Pink for Breast Cancer awareness in early October. At Davenport - Girls raise as much as they can and Hoop it up!!
2. Halloween at Mill River Oct 31 5:30 Pm LED Hoops (n/c)
3. Vets Day Parade Usually early Nov on a Sunday noon. (\$20 - fundraiser for Vet Affairs)
4. Thanksgiving Spectacular Sunday in Nov 24 10am. (\$20 admin fee)
5. SPRINGDALE TREE LIGHTING ( no fee) date TBD
6. **STAMFORD MALL** Holiday performance - small group of 6-8 perform in center of mall. Sort of like our winter recital. Everyone gets involved. \$20 pp to raise money for Toys for Toys (we work with former hoop girl and toy ambassador Brooke Healy)
7. **St Pat Day March Stamford (\$10)**
8. **Memorial Day Parade - May (\$20 pp for Vet charity & or for carnations for Vets at event.**
9. **Hope in Motion - Mil River for Bennett Cancer Center ( we have a walk page to donate directly)**
10. **Stamford Towne Party in June ( Towne Center) and in Aug we might participate in a BEACH event.**
11. These are fun events and great experiences for the Hoopers. TGS & STP are rain or shine events. There is no refund should any other event get cancelled due to weather or if you register and then cancel.

Dates for these events will be posted on our website and on our Parents Facebook page as soon as they become available. As stated above, A percentage of these fees collected will go towards our various charities that we have supported over the years. Even if event is cancelled due to weather. Toys for Tots, Saint Jude's Children's Hospital, Stamford Veteran's Services, St Patricks Parade Committee. **Funds are also put towards our Hoop girl scholarship fund. Providing a free session and or outfits or hoops for girls who otherwise would not be able to participate. Working directly with social workers from the school. These special events are not mandatory but highly recommended and are so much fun for your Hooper .** We do ALL OF THESE EVENTS to bring Joy to our community AND TO YOUR HOOPER, to raise money for important causes and to share our Love of Hooping! They are experiences your hooper will always cherish. And I repeat, the girls love it!!

**HOOP GIRL OUTFIT: Hoop Girl Shirts & bows \$25. Fur booties \$20 Headband or neck warmer for cold weather events \$10-20. Everything else ( Black Leggings, skorts, cheer socks, sweat shirts (GREEN, WHITE, RED, BLUE) aprox \$12-20 All can be found on Amazon, or Hanes Old Navy. Links can be found on our website.**

Unfortunately, due to permitting issues and schedule constraints, there are no makeups for snow days, or school cancellations. If you are sick, you can try to do a makeup at one of the other schools. There are no school buses and you must drop off AND pick up in time.

**FYI: HEALTHY MIND BODY SPIRIT.** Hula Hooping combined with dance or flow movements is a wonderful form of exercise, self expression, and creativity. It improves fitness, stamina and endurance. It strengthens the Core and improves hand-eye coordination, proprioception, balance and motor skills. It burns calories. Hoop Girls is also a phenomenal stress reducer. The endorphins flow as the smiles widen with each new Hoop Girl Tick they master. It can become a life-long skill and exercise format. You're never too old to be a Hoop Girl!!! I'm proof of that!!! Thank you again and remember: " HOOP GIRLS WHIRL THE WORLD"

**Most grateful for YOU!! Hoop Love and Hoop Hugs, Ms Betty**

# HOW TO DRESS FOR CLASS - WHAT TO BRING - ARRIVAL & DISMISSAL

I arrive 15 min early at each location to set up. **It is imperative that you pick up your hooper on time.** So plan on arriving at school 5-10 min before dismissal. At the end of class, there is no one in the school to leave your child with if you are running late. Secretaries are gone or will not allow student to wait with them. If you are concerned that there may be times you will run late for reasons beyond your control, please make arrangements for another Hoop Girl parent to wait with your child until you arrive. **You must text that person and text me in advance if this happens.** Arriving on-time for class is equally important. Your hooper will miss a lot- even if 10 min late.

**Please Wear your Hoop Girl shirt to class or pack it to change into. Wear leggings - no jeans - no sandals - no flip flops- no boots- no dresses- no shirts- sneakers only. Shorts or skorts are Ok in warm weather. As hard as it might be to remember even in the winter when you have to wear boots, please carry a pair of sneakers in your backpack. Please do not forget your hoops. I don't always bring spare hoops with me or I may not have a Hoop. That is the right size for your daughter. When a girl is chronically not prepared for class, it sends the message that she/ or mom is not really serious about this program.**

Please have hair pulled back in a high ponytail - or half if short hair. If you have bangs, please wear a headband if the bangs are in your eyes. Hair that is in the way on their face or on the back of their neck, impedes their ability to focus on their HOOPING and choreography. We have a relatively short period of time together - So please do your best to dress for class when you come to school. Not when you get to class. **Bring a water bottle. NO STANLEY MUGS. They are heavy & awkward & difficult for hoopers to open.**

**NO PHONE OR TABLETS or other distracting items in class.**

Our behavior policy.

If a participant is constantly fooling around, or doing things with the hoop that can endanger others, or is disruptive in class, she will be asked to sit out for the class. I will notify a parent if a hooper is a problem. I have a 3 strikes policy and she's out of the program. No exceptions no refunds. FYI: I've not yet had to do that, but I have come close a few times.

Although this is a fun program, it does require cooperation on the part of the students. It is **NOT A PLAYDATE or A SOCIAL GATHERING.** Do not join to ONLY BE WITH FRIENDS!! That doesn't mean to say they won't have fun together, but It is a structured class. It is no different than a dance class, gymnastics or a sport. The girls are expected to come prepared and ready to work. Kindly speak with your Hooper. Let her know what I expect from her and the rules. I will do the same so there is no misunderstanding.

**HOW DO YOU STAY UPDATED ON ALL THINGS HOOP GIRL? I send this document out to everybody at the beginning of a session. I will send updates when necessary. You** will also find updates on our social media.. If you would kindly refer to this document or to our website or to our Hoop Girl parent facebook page when you need a date, a time or information/location about an event or outfit etc. **refer to these before you contact me.**

FYI: **If and when I send out an email, I'm sending it out to the entire class. If you're in an all levels class, then you are going to receive emails talking about performances that your Hooper might not yet qualify for. So, unless I have specifically told you that your Hooper can do an event, do not assume that she can. When I do advise you that she can participate you must then register her for event with the Rec Dept or with me.**

**We do not participate in outdoor events if it is raining. If the ground is wet, we switched from fur booties to White cheer socks. With the exception of the TGS & STP. We have to do them rain or shine. Also, this program has been an existence for about 12 years. In that time we have grown from 10 Hoopers to over 80. What we do one year we may not necessarily do the next. When we participate in an event such as a mall performance or a parade, understand that I am not running the event. I have entered the girls to participate. Sometimes things will happen at these events that are out of my control. Such as parade running late or a performance time change, etc.,. So just like your Hooper you have to be patient and learn to "go with the flow" We may add on events during the school year!!**

LAST: please sign this page, take a photo of it and send it to me so that I know you have read this entire document and understand its contents. If you have any other questions that you cannot find the answer to by going to our website, you may text me. Your cooperation is greatly appreciated.

Most grateful ,  
Ms Betty  
Bodywise By Betty  
The Hoop Girls of CT.

Signed \_\_\_\_\_  
Date: \_\_\_\_\_  
Student: \_\_\_\_\_  
Class Location: \_\_\_\_\_



## HOOP GIRLS



WHIRL THE WORLD



HERE ARE SOME OF THE VALUES and POSITIVE AFFIRMATIONS HOOP GIRLS STANDS FOR

**H**onest, Humble, Humility, Happy, Big Hearts

**O**ptimistic, Open minded

**O**pen Hearted, Okay

**P**ositive, Passionate, Practice, Peppy, Perseverant, Playful, Pleasant

**G**rateful, Gutsy, Generous, Gracious, Glowing

**I**mpressive, Imaginative,, Inspirational, Illuminating, Inclusive, Important

**R**adiant, Ready to work hard, Reliable, Resilient,, Resourceful, Respectful

**L**oving, **L**oving, Luminous, Love-able, Loyal, Good Listeners and Learners

**S**trong, Spectacular, Special, Sincere, Sparkling, Service (TO THE COMMUNITY - FUNDRAISERS ETC)



## HOOP GIRLS



WHIRL THE WORLD

