



Dancer Handbook

April 10-11, 2010

*Benefiting Children's Miracle Network at
Shands Children's Hospital*

www.floridadm.org



UF&Shands
The University of Florida Health System





Dear Dancer,

I would like to congratulate you on your choice to participate in Dance Marathon at the University of Florida 2010! This is the largest student-run philanthropy in the state of Florida and one of the largest in the nation. In the past 15 years our Dance Marathon has contributed over \$3.2 million to Children's Miracle Network at Shands Children's Hospital ; more than \$425,000 last year alone. But we know that with the help of people like you we can do even better this year.

Dancers like you are the foundation for this event. Your commitment to stay awake and on your feet for 26.2 hours symbolizes the struggles that many of the children at Shands Children's Hospital face on a daily basis. Your dedication to raising money for the Children's Miracle Network will make a significant difference in the quality of care and the quality of life for those children treated at Shands. The lives you are touching by your choice will be forever grateful.

I know that this decision is a big one for you, and I applaud you and thank you on behalf of the Overall Team. I can promise you that Dance Marathon will be physically, mentally, and emotionally challenging. However, when everything is said and done, it will be one of your greatest accomplishments at UF and one you will never forget!

Thank you again for your decision to dance in the 2010 Dance Marathon at the University of Florida! Please know that I, the other members of the Overall team, our Captains and Staff, and your delegates are here to help you every step of the way. Take some time and read over this booklet so you can be prepared for the event. Thanks for your commitment to helping children.

For All the Right Reasons,

Meridith Hollister
2010 Dancer Relations Overall Chair

DANCE MARATHON AT THE UNIVERSITY OF FLORIDA
BOX 300-26 J. WAYNE REITZ UNION
GAINSEVILLE, FL 32611
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What is Dance Marathon at the University of Florida?

DM at UF is an annual 26.2-hour event in which University of Florida students stay awake and on their feet to raise money and awareness for Children's Miracle Network at Shands Children's Hospital. Dancers participate in a variety of fun activities such as games, competitions, and a group line dance, and enjoy entertainment by musicians, dance groups, and other student and community organizations. Shands Children's Hospital Ambassador families who have overcome incredible odds inspire dancers by sharing their testimonies throughout the event. Dancers are faced with both mental and physical challenges in an effort to symbolize the obstacles faced by the children treated at Shands. Also through participating in Dance Marathon, students are able to meet the people that they are helping through their efforts.

In the past sixteen years of Dance Marathon at the University of Florida's existence, more than \$3.4 million has been raised for Children's Miracle Network - thanks to the dedication of students, faculty, community members, and local businesses! One hundred percent of the net proceeds stay here in Gainesville and go directly to benefit the children treated by the UF physicians at Shands Children's Hospital.

Nationally, since 1995, Dance Marathon has contributed more than \$21 million for Children's Miracle Network Hospitals, more than \$4.1 million last year alone. These funds improve the health and save the lives of 17 million children each year which are helped each year through Children's Miracle Network hospitals.

Why do we stand?

The main purpose of Dance Marathon at UF is to raise money and awareness for Children's Miracle Network and Shands Children's Hospital. But what many people don't understand is the *why* we stand for 26.2 hours. Many of the children who are admitted into Shands go through pain and suffering that most of us cannot even comprehend. The act of staying awake and on our feet for 26.2 hours is meant to give dancers a greater appreciation and understanding of the struggles that the patients of Shands Children's Hospital undergo.

Children's Miracle Network:

Children's Miracle Network, the alliance of premier hospitals for children, is a non-profit organization dedicated to helping kids by raising funds for 170 children's hospitals across North America. Each year these non-profit hospitals provide the finest care, research and community outreach to help millions of children with diseases and injuries of every kind.

Headquartered in Salt Lake City, Utah, Children's Miracle Network has grown dramatically since its founding in 1983, from a televised fundraiser in a small studio to one of the world's leading children's charities working to save and improve the lives of millions of children each year.

The 170 Children's Miracle Network hospitals are open 24 hours a day to help kids of every age and background overcome every imaginable disease and injury - from asthma and broken bones to cancer, sickle cell anemia, pediatric AIDS, heart disease, leukemia, muscular dystrophy and serious injuries.

Shands Children's Hospital:

Shands Children's Hospital is located on the campus of the University of Florida. With more than 8,400 admissions last year alone, this makes Shands one of Florida's leading referral systems for children. UF faculty physicians treat kids from all 67 Florida counties, 46 other states and eight foreign countries. In addition, there are more than 142,000 pediatric visits to the UF outpatients clinics last year alone. Shands is the local Children's Miracle Network hospital for the Gainesville/Ocala/Tallahassee/S. Georgia to West Palm Beach areas.

Funds raised through Dance Marathon support Shands Kids by purchasing life-saving medical equipment, funding pediatric research and supporting diversionary programs.

Dance Marathon at UF's Legacy:

April 10-11, 2010, marks the 16th anniversary for Dance Marathon at the University of Florida. Throughout the years, more than 7,350 students have stayed awake and on their feet for more than 425 hours, raising more than \$3.2 million for Children's Miracle Network at Shands Children's Hospital at the University of Florida. Dance Marathon at UF's humble beginnings started in the Grand Ballroom of the J.Wayne Reitz Union. Now, the largest student-run fund raiser in the southeast is housed at the Stephen C. O'Connell Center and brings in more than 1,000 volunteers annually.

For More Information:

Please feel free to visit the following websites for additional information.

Shands Children's Hospital – www.shandskids.org

Children's Miracle Network – www.childrensmiracletnetwork.org

You can also visit our website: www.floridadm.org to donate online!

You can also view virtual tours of Shands Children's Hospital on our website!



Photo Courtesy of Photography 35

Rules and Regulations:

1. Dancers must stay on their feet and in designated areas for the entire event.
2. Dancers may not congregate in restrooms or in hallways any time during the event.
3. Special dietary needs should be discussed with Bailey Hebrank the Hospitality Overall Chair.
4. Dancers who leave the event for any reason will lose 1500 points from their organization spirit point total.
5. No smoking, drugs, or alcohol are allowed in the O'Connell Center during Dance Marathon. Dancers will not be allowed to smoke at any time during the event.
6. The Dance Marathon staff is not responsible for lost or stolen items. Please take precautions for your belongings. There are not enough lockers for everyone so you may wish to put a luggage lock on your bag.
7. No watches or cellular telephones will be allowed in the dancer areas by dancers or guests at any time.
8. Dancers must have a ride to and from the event. Parking is limited for the weekend due to other campus events and after Dance Marathon you will not be fit to drive. Please don't try!
9. Dancers must have the official Gator One ID card to turn in at registration to prove their student status. No dancers will be allowed on the floor without their Gator One.
10. Limited guest passes will be provided for your organization. Visitors must be on the list to enter and **no one who is not on the list will be allowed to come on the floor.**
11. All visitors must have a photo ID to be allowed on the floor.
12. Visitors may bring food and drinks with the exception of alcoholic and caffeinated drinks.
13. **No items containing latex will be allowed in the O'Connell Center the weekend of Dance Marathon** (including the oversized bounce balls on strings).
14. All visitors must leave immediately if asked to do so by a team member. UPD will be at the event to assist our security staff.
15. At the conclusion of Dance Marathon dancers may pick up their Gator One from their organization's delegates.
16. Dance Marathon staff is not responsible for ID's not picked up at the closing of the event.
17. Dance Marathon Overall Team members may disqualify any dancers in violation of the stated rules, or any other action deemed inappropriate.
18. Dance Marathon overall team members reserve the right to change or add to rules and procedures listed at any time.

Pack Your Bags:

When packing your bag for Dance Marathon keep in mind that you may or may not have access to a small locker. The best thing to do is share items with a friend to conserve space. Please do not bring items of value, watches, or jewelry. The following is a list of things you may want during the event. Nothing is required and you can bring anything you want but you must limit it to one bag.

1. An extra pair or two of shoes/sandals/slippers
2. Several changes of socks; 6-8 pairs are recommended.
3. Comfortable, loose clothing.
4. Rubbing alcohol to cool your feet before putting on new socks.
5. Baby powder to put in your shoes/on feet/in socks, etc.
6. Toothbrush, toothpaste, floss, mouthwash.
7. Deodorant, lotion, chapstick

8. Water or rubbing alcohol in a spray bottle to use as a refresher.
9. Ointment like Icy Hot for muscle pain.
10. Eye drops to refresh eyes. If you wear contacts you may want to bring your glasses to trade out during the event.
11. A change of undergarment; 3-4 pairs recommended.
12. Feminine products, nail clippers, nail file.
13. Earplugs.
14. Any medication you may want during the weekend.
15. Camera, film.
16. Hair ties, hairbrush, hat.
17. Water bottle.
18. Toys, magazines, balls, etc. Anything you think might entertain you during the event. Make sure no items contain latex. We have captains and other members as well as dancers and families who are allergic to latex, so we do not allow it at the event.
19. Study materials. There will be a quiet room available for parts of the event if you would like to study at any time.
20. A lock for your bag if you feel it is necessary.

Note: The use of narcotics and drugs to stay awake is extremely dangerous and is strictly prohibited at Dance Marathon. You may take nonprescription painkillers, which will be available in the medical room or any medications you turn into the medical captain.

Before the Event:

Mental Attitude:

Think positively! Tell yourself you CAN and WILL finish the entire marathon. A positive mental attitude is extremely important. Prepare yourself for the event and for that last few hours, they can be the hardest. Use your organization and your morale group as a support group before and during the event.

Sleep:

Try to maintain a regular sleep schedule during the week before Dance Marathon. Get at least eight hours each night, especially on Thursday and Friday nights. Don't go out, you will regret it!

Physical Condition:

Dance Marathon is a great reason to get in shape. Find another dancer to join you at the gym in the months before the event. Increasing your endurance will help you get through the event. If you lift weights you may want to stop the week before the event since more developed muscles cramp more easily. Also remember to stretch before and during the event. Figure out what you can do while standing to keep your muscles loose.

Nutrition:

Make sure to eat a balanced diet the week of Dance Marathon. Avoid "slug" foods like candy, saturated fats, and alcohol. Moderating your exercise program will help you store more energy. Eat your final meal two to four hours before you arrive for the event. In other words, eat a good dinner the night before and a good breakfast before the event.

During Dance Marathon:

Food:

Meals and snacks are provided for you throughout the event. However, your favorite food or energy booster works wonders for your motivation. Ask a friend to bring you your special treat during the Marathon. We recommend you avoid too many high sugar foods; you will only crash later.

Liquids:

It is extremely important to drink plenty of fluids throughout the entire event. Dehydration is possible because of the length of time you will be standing. Water will be available at all times. It is also a good idea to drink sports drinks because they have electrolytes that help to maintain your body's normal functioning. Drinking caffeine in any form is prohibited. It will only provide a temporary energy lift that will be followed by a much lower point.

Medication:

Once again please bring all medications you are presently taking or may need to take during the event. You must have them with you at check in on the morning of April 5th. Non-prescription pain killers like Advil and Tylenol will be available in the medical room. The medical staff will keep your medicine and dispense it at the times you indicate at check in. Medicine is kept for your safety. All medical information will be kept strictly confidential. Examples of what to turn in include birth control pills and allergy medicines. UF physicians from the Department of Pediatrics will also be onsite throughout the event.

Aches and Pains:

You can expect to have some aches and pains. Please be aware of your personal limits and pay attention to your body's signals. If something is really hurt go to the medical room. The medical room is there to make sure you feel well and provide you with anything you may need (tampons, band aids, antibacterial ointment, eye drops, etc.). Please feel free to visit if you need something that we may have. During the event a medical doctor, nurse, or physical therapist will be on duty in the medical room. They are there to treat any injury in the unlikelyhood that you experience one during the event.

Clothes:

Shorts, T-shirts, socks, and sneakers are the best attire for the event. Remember that Dance Marathon is not a beauty contest! You do not have to wear your team's Dance Marathon shirt all the time but you must wear your dancer number at all times. It will be pinned to what ever you are wearing. For women, sports bras are recommended to ensure comfort and support. Pack a comfortable pair of athletic pants or pajama pants if you have a tendency to get cold. You always want to be comfortable; the wrong clothes can really alter your mood.

Shoes and Socks:

Comfortable shoes are a must. Look for shoes with strong arch support like running shoes. Switching often can curb discomfort, so bringing several pairs is recommended. To stay fresh and comfortable changing shoes and socks every six to eight hours is recommended. Having flip-flops or pajama slippers is also a nice change. It gives your feet a different feel.

Medical Information:

Medical Reasons not to Dance:

If you fall under the listed categories below you may want to consider not dancing. If you have any questions or doubts regarding your health, please see your physician. You are the only one who can take the initiative towards preserving your own health and well being.

1. Fatigue, heavy schedule/class/work
2. Evidence of low blood sugar that is not controllable.
3. Anemia
4. Evidence of fever or infection.
5. Any chronic disease
6. Recent illness
7. Any history of seizures, epilepsy, or continual medication
8. Recent injury (leg ankle, knee, back, etc.)

Extra Tips:

- Keep moving; little steps and side to side steps keep the blood flowing when you're stationary.
- Stretch often and pace yourself
- Drink water regularly
- Stay with people you know for support and motivation. But keep in mind that it is a great opportunity to meet new people.
- Keep yourself occupied during the event. Bring what ever you think you need to entertain yourself.
- Tell your friends to come and visit you at the event. A familiar face can be a great way to motivate you during dance marathon. Encouraging signs, food, and cards can always bring a smile.



C **ontact Information:**

The following is a list of contact information in the event you have any questions. Please do not hesitate to contact anyone on the list. The Dance Marathon at the University of Florida Team is here to help you and your organization!

Dancer Relations Overall Chair, Meridith Hollister, is here to help guide you to the event. She is responsible for communicating with you and answering all your questions. Feel free to contact any member of the overall team, but the best place to begin is with Kenny. He will be the liaison between your organization and the Overall Team. Just as your job is to keep your dancers informed and motivated, Kenny and his team's duty is to keep your organization informed and motivated!

Overall Team Members and Advisors

Kenny Brighton, Overall Chair ----- • brightonk@floridadm.org
Chad Casset, Internal Communications Chair ----- • cassetc@floridadm.org
Kristine Putrino, External Communications Chair ----- • putrinok@floridadm.org
Meridith Hollister, Dancer Relations Chair ----- **321-663-1492** • hollisterm@floridadm.org
Trent Williams, Entertainment Chair ----- • williamst@floridadm.org
Caity Cutter, Family Relations Chair ----- • cutterc@floridadm.org
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Bailey Hebrank, Hospitality Chair ----- • hebrankb@floridadm.org
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Kristen Gillis, Morale Chair ----- • gillisk@floridadm.org
Alex Andrade, Operations Chair ----- • andradea@floridadm.org
Tracy Flack, Public Relations Chair ----- • flackt@floridadm.org
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Monica Haynes, Children's Miracle Network Advisor ----- • haynm@shands.ufl.edu
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Dancer Relations Team Captains

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Dance Marathon Office
Reitz 330C • (352) 224-8932
Website - www.floridadm.org



Dance Marathon at UF 2010
April 10th-11th



Dance Marathon at the University of Florida 2010
No Hazing Policy

Dance Marathon at the University of Florida, the organization, in congruence with the University of Florida's Student Honor Code and Student Conduct Code on Hazing (6C1-4.041) and Florida's Law on Hazing, does not condone participating organizations to require their members to take part in any aspect of Dance Marathon. This includes but is not limited to:

1. Dance Marathon, the 26.2-hour event
2. Attending or participating in any Pre-Dance Marathon events
3. Volunteering for committees
4. Soliciting donations

For further information, please visit <http://regulations.ufl.edu/chapter4/40161.pdf>.

MORALE-ZONE

Dear cute, cuddly DANCERS:

WELCOME TO DANCE MARATHON 2010!!!

If this is your first time dancing, please allow the Morale Team to borrow your imagination for the next five minutes while we walk you through the most raging future 26.2 hours—OF. YOUR. LIFE. If you are a seasoned dancer...this will still be the most raging 26.2-hours—OF. YOUR. LIFE. Wooooo—Let's DO THIS!

Everyone knows what Disney World is, right? OK, good. Now, envision all the magic and fun of Disney World...and multiply that by like, a million trillion. As Disney World will let in any weirdo with a park pass, DM @ UF is a privileged experience for only the finest citizens of the Gator Nation. Although there are no actual rides in the O'Connell Center, Morale will take you on a crazy, high-speed ride that kicks off as *SOON as YOU get to US!!*

Did we hear you say you like Splash Mountain? Space Mountain? Well they pale in comparison to the **MORALE TUNNEL**. When you first get to DM on that bright and sunny Saturday morning, 200 Morale staff members and captains will "greet you" (greeting includes screaming, clapping, cheering, etc). *CAUTION= You may get caught in the middle of a RAGING cheering crowd when you walk in* Don't be alarmed though—Just go with it. This should be your entire theme of Dance Marathon, and it is simply to go with the flow. You will have a good amount of time, so especially make sure to meet the other 725 dancers. Why? Because you all share at least one thing in common: You are amazing people who have decided to dance for the greatest reason in the world, FOR THE KIDS.

Morale's main purpose is to keep-up the rowdiness that starts from the moment you walk into the O'Dome to the moment you leave 26.2 hours later. We will accomplish this by playing with theme hours; Zork; going on the famous DanCeR WaLk; staying with you the ENTIRE time to play whatever games you want; and...by DANCING. OH HECK YES. *We will be DANCING!!!!* Specifically, you will be doing the 2010, created-just-for-you LINE DANCE. Disney World ain't got nothing on our Line Dance which *OFFICIALLY* makes Dance Marathon @ UF the most magical event in the world.

Here's a little list of what to bring to Dance Marathon—MORALE style
(Ps. this list is far from a joke, WE DARE YOU TO BRING THESE THINGS):

- Anything you would wear in Dr. Seuss Land
- Green Alien attire
- Your best nerd outfit
- An outfit for a cruise ship
- Comfy clothes for the Page Master's library
- Either your Native American garb or your best cowboy/girl outfit
- Your Kentucky Derby hat or anything you'd wear out on the town in NYC, Miami or LA
- A Gator Football Game Day Outfit
- An outfit you'd wear South of the Border...i.e., Mexican attire
- Bring your entire Asian wardrobe (karate outfit, kimono, etc.)
- And lastly, you'll definitely want to bring your camera

This list has been designed to meet the needs of the ten theme hours that Morale will be presenting to you during Dance Marathon. This year's theme hours are:

1. Seussville Hour
2. Toy Story Hour
3. Wild Wild West Hour
4. Revenge of the Nerds Hour
5. Cruise Hour
6. Page Master Hour
7. Asian Invasion Hour
8. Party in the USA Hour
9. Game Day Hour
10. South of the Border Hour

Each hour includes on-stage competitions, photo opportunities, ridiculous activities you probably haven't participated in since middle school, and so Much MORE!!!

The best part is, all of this is FOR YOU and the wonderful, inspiring, MIRACLE CHILDREN. Let us remember that the Miracle Children and families is what Dance Marathon is all about. The money you raised to rage during DM @ UF all goes towards Children's Miracle Network at Shands Hospital, so the children and families you meet at the event are directly benefiting from your act of love and charity. For this, the Morale Team would like to thank you beyond the meaning of words.

When you get to Dance Marathon, you will know who we are. We are the team dressed in the outlandish garb, and we generally don't stop dancing....ever. Find us—play with us—ask us how to be as ridiculous as possible because that is our specialty! If there is something we can do to make your experience better, absolutely let us know.

GET READY FOR THE EXPERIENCE OF A LIFETIME—and prepare yourself to find a whole new meaning in the words "Everybody Dance Now".

Sincerely your-partners-in-raging,
The Morale Team 2010



Have more questions? Please contact Kristen Gillis at gillisk@floridadm.org 954-439-1096