

## 2018 UNC DANCE MARATHON

# DANCER PACKET

Hi dancers!

We are so excited for this year's Marathon and can't wait to meet you soon!

This dancer packet will help you get acquainted with the Marathon and help prepare you for a full 24 hours of fun, food and friends! Included in this packet is a map of Fetzer Gym, your itinerary for the Marathon and tips to make your experience great!

This year's Marathon begins on **Friday, March 23rd at 7pm in Fetzer Gym**. Dancers will begin standing at 7pm and will continue standing until Saturday, March 24th at 7pm. But don't worry, we have lots of activities planned to make sure your 24 hours are exciting and memorable!

Why stand for 24 hours? The 24 hour stand is symbolic of your support of the cause and of the children at UNC Children's Hospital. What dancers go through in the 24 hours is just a fraction of what the children at the hospital experience, and it helps us show our support and care for those who need it most. Your donations provide emotional, financial and medical support for patients and families, and when families and kids see you standing for them, it shows that there is a strong community of Carolina students who are behind them.

This year's Marathon theme is **Through The Years**, which represents Carolina For The Kid's 20 year support of families at UNC Children's Hospital. Throughout the Marathon, there will be fun, themed events centered around the 80s, 90s, 2000s and now!

Since this is our 20th UNC Dance Marathon, you are going to be part of something special. Once you step foot in Fetzer Gym, you will be taking part in something bigger than yourself. You will be part of a life-changing experience with your fellow Carolina students, and you will be providing life-changing support for families at UNC Children's Hospital. You will make friends and memories that last a lifetime, all while supporting a cause that truly makes a difference.

Always For The Kids,  
**2018 Carolina For The Kids Executive Board**



# ITINERARY

- 6:00PM+** - Dancer Check-In
- 7:00 PM** - Stand Up
- 7:45 PM** - Performances Begin
- 8:30 PM** - Dinner
- 9:45 PM** - Indoor Sports
- 1:00 AM** - Glow in the Dark  
Capture the Flag
- 2:15 AM** - Fetzer Field Day
- 3:30 AM** - Snack
- 4:00 AM** - Zumba
- 4:45 AM** - Senior Hour/Dodgeball
- 6:30 AM** - Kenan Sunrise Walk
- 8:00 AM** - Rave
- 9:00 AM** - Breakfast
- 9:45 AM** - Performances
- 10:30 AM** - Hedgehogs
- 11:45 AM** - Yoga
- 12:30 PM** - Lunch
- 2:00 PM** - Inflatables + Kid Co-Captain Visit
- 4:10 PM** - Final Jam
- 5:00 PM** - Kid Co-Captain Talent Show
- 6:00 PM** - Family Hour
- 6:50 PM** - Sway Time
- 7:00 PM** - Sit Down

# ACTIVITIES

The itinerary listed covers only the highlights of the UNC Dance Marathon. There will be tons of activities going on throughout the marathon including henna, indoor sports, morale games, Family Feud, and more. In order to keep up with what activities are happening when, it is **very** helpful to follow our social media!

We will be providing live updates of the entire Marathon via Twitter and Instagram Story, so make sure to follow our social media ahead of time to ensure that you are kept up to date!



@CAROLINAFTK



@CAROLINAFTK

# CHECK-IN

Please arrive promptly at Fetzer Gym at your assigned check-in time. You will receive a wristband, water bottle and dancer tee. You will then stow your belongings and sit with your color team and wait for stand up!

## CHECK-IN TIMES BY COLOR TEAM:

**6:00PM** - Blue, Green, Orange

**6:15PM** - Purple, Pink, White

**6:30PM** - Red, Yellow

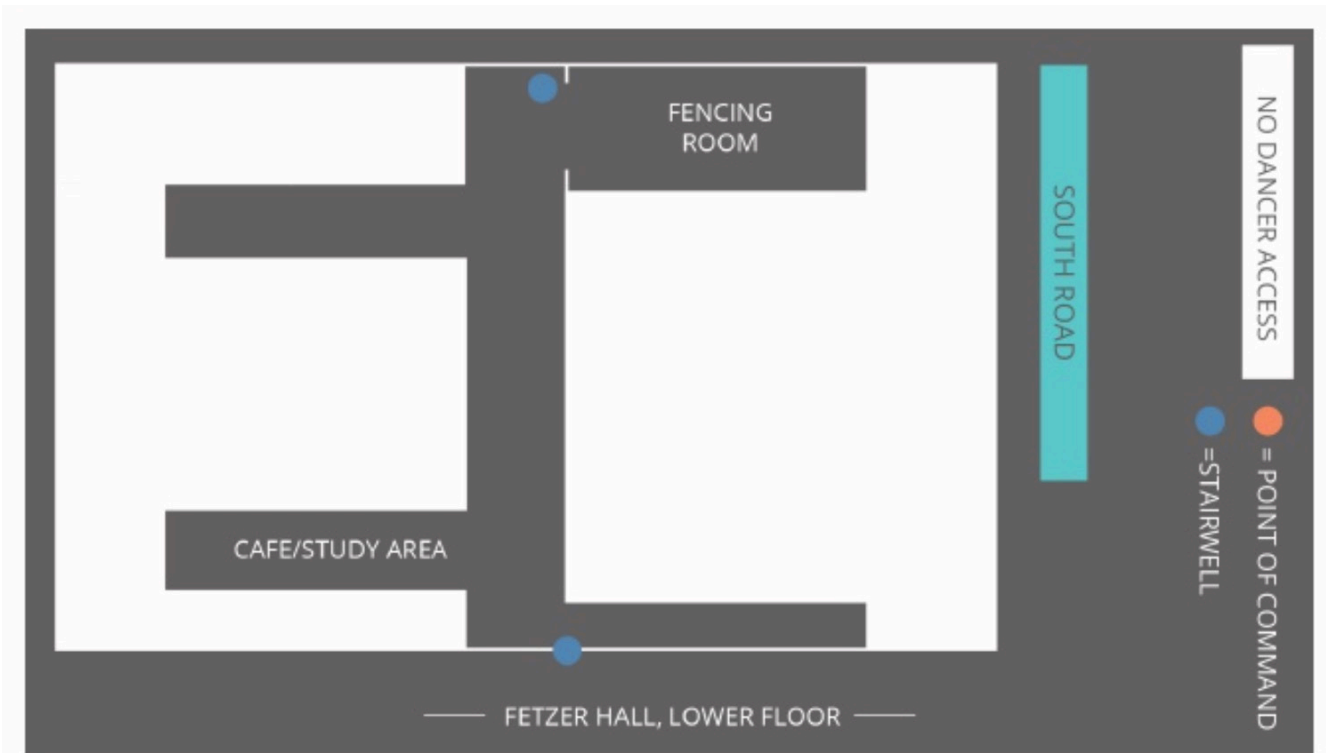
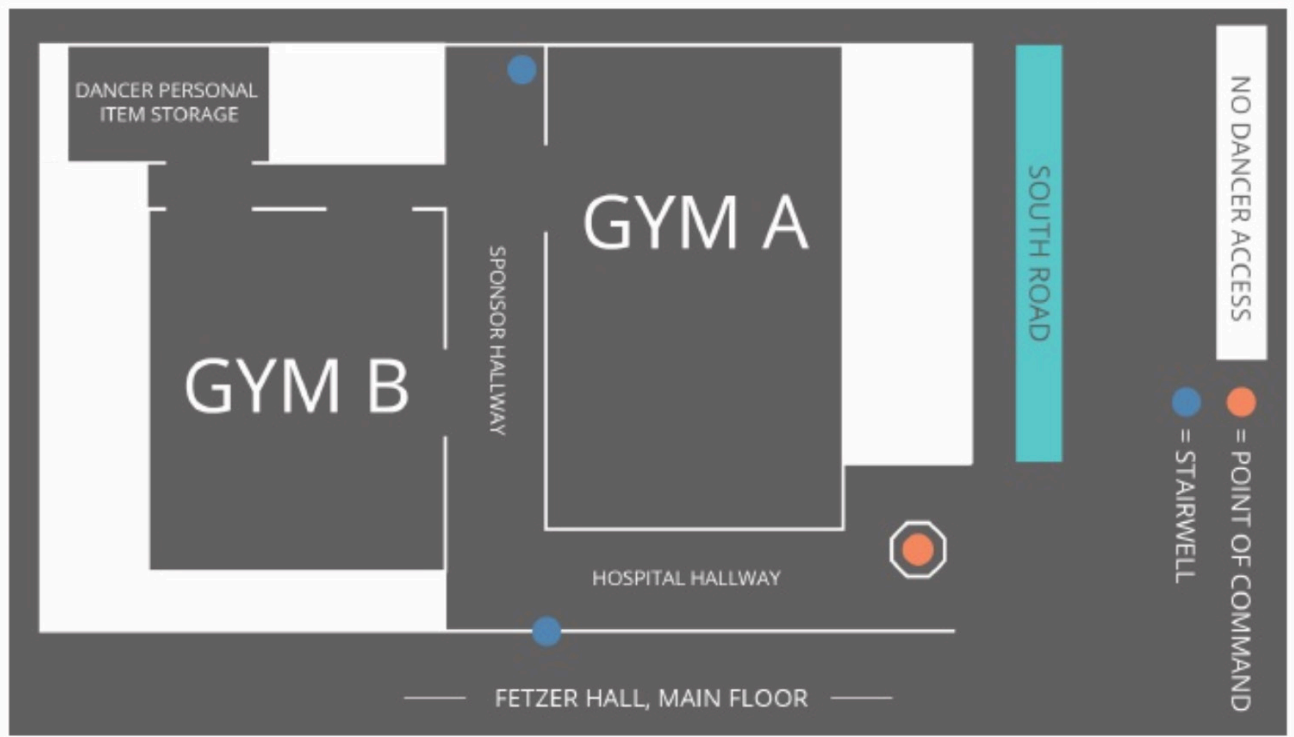


# PACKING LIST

- Extra Socks
- Change of shoes
- Toothbrush
- Toothpaste
- Deodorant
- Face wash
- Sweatshirt/jacket
- Sweatpants
- Chargers
- Fanny pack (optional)
- Homework (optional)
- Snacks (food/snacks are provided but if you want something specific)
- Cash or credit card for merch tables
- Medications (if needed)
- A smile!

**Tip:** Changing into fresh clothes and practicing personal hygiene helps you feel good during the Marathon and feel like you're starting anew! In addition, we will be going outside early in the morning, so warm clothes, like sweatshirts, will be essential!

# MAP OF FETZER GYM



# QUESTIONS?

If you need help at any time during the Marathon, please reach out to an Operations Committee Member or CFTK Executive Board Member. You can also go to the front desk (marked Point of Command) in Fetzer Gym if you have questions or concerns OR you can tweet at us @carolinaftk.

For questions about the marathon, please reach out to your Morale Team Captain.

For questions about accessibility or accommodations, please reach out to our Morale Chair at morale@carolinaftk.org.

For general questions about Carolina For The Kids, please email info@carolinaftk.org.

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