



## What Is Junior Club Slick?

The Junior Club Slick initiative is a 50's and 60's rock n' roll dance/social skills program for participants aged 5 to 12 years of age with an intellectual disability. Anticipated benefits to participants in the project include the enhancement of social skills, health benefits of being involved in active recreation and the development of sequencing and coordination skills.

The Junior Club Slick project is based on the successful 'Club Slick' model that has operated monthly at the City of Burnside Ballroom over the last 4 years.

## About Club Slick

Club Slick 50's and 60's Rock 'n' Roll Club gives all people with an intellectual disability aged 10-60, throughout the metropolitan and outlying regional areas, the opportunity to access and participate in the Club once a month in a safe and appropriately supervised environment (approximately 125 patrons attend the Club monthly). Club members also have the opportunity to take part in the Demonstration teams and the Society's annual Rock 'n' Roll Show (approximately 40-45 cast members). This target group includes people with intellectual disability from all population groups, including numerous residents from Minda Inc., Strathmont Centre and community group homes who often have limited social opportunities due to marginalisation, and limited recreation services that accommodate their specific special needs.

Club Slick is unique throughout South Australia, Nationwide and Internationally. Whilst young people can access Discos which play a role in the provision of leisure and recreation opportunities for this target group, Club Slick goes beyond these parameters by:

- using the performing arts and rock 'n' roll to promote active leisure and recreation participation.
- people with intellectual disability being key committee members who are expected to actively promote Club Slick through the demonstration team and annual rock 'n' roll production
- encouraging self determination in learning increasingly complex dance routines and being able to showcase their talent by participating in the Society's annual rock 'n' roll production
- providing the opportunity for people with Down syndrome and intellectual disability to be the leaders and role models for others with similar disabilities.

## Awards

Club Slick has been recognised with the following awards:

- 2005 Australia Day Award – South Australian Community Event of the Year
- 2005 Burnside City Council, Australia Day Award – Community Event of the Year



## **Aim of the Junior Club Slick Initiative**

To provide a Junior Club Slick based on the Club Slick model, once a month for 5-12 year olds attending private and public Special Schools.

## **Objectives**

To develop:

- dance skills
- self help, social, and communication skills
- friendships
- a positive attitude to their disability
- self esteem and confidence
- appropriate social- sexual behaviour
- self regulation in the consumption of food and drinks
- independence
- and most of all to have fun!!

## **How does Junior Club Slick run?**

Junior Club Slick involves both structured and unstructured dance sets. A proposed program is outlined in Appendix A.

## **Membership**

All registered schools will be sent Junior Club Slick Membership Cards (see picture p.6) which students will present to staff at the attendance table on arrival. These cards will be retained by staff and then sent out to registered schools before the following event. *The presentation of Membership Cards is aligned to the objectives of the Club in the areas of self-help, communication, social skills, independence and self regulation.*

## **The Program**

The Junior Club Slick program will commence with a welcome from our host to all schools and participants.

The program is then divided up into four sections –

### **Structured Dance**

Structured Dance involves our dance teacher up on stage modelling the correct steps to a series of dance routines. These routines involve solo dances and dances requiring a partner. DSS Staff and volunteers will assist participants to learn the specific dance routines.

### **Free Jiving**

Free Jiving is unstructured dance time between the specific dance sets. It involves participants engaging in Rock n' Roll dance with a dance partner. Partners can be staff, volunteers, carers or teachers initially, with the aim of participants eventually dancing with one another. Staff and volunteers will be on hand to provide assistance to participants and importantly encourage participants to dance with each other.



## **Role Play**

Role Play is an interactive process that models identified social skills that patrons may need support with. This can include:

- the appropriate way to ask someone to dance
- the appropriate way to accept an offer to dance
- the appropriate way to decline an offer to dance

DSS Staff model these skills on stage and encourage participant participation in the role plays.

## **Raffles and Birthdays**

Junior Club Slick will conclude with the drawing of a raffle (see p.5) and acknowledgement of any participant birthdays.

## **Role of Down Syndrome Society (DSS)**

In addition to handling all aspects involved in setting up and running the Club, the role of the DSS and the Junior Club Slick volunteers is to:

- encourage participant involvement in the dance sets
- demonstrate to participants appropriate ways to ask someone to dance and decline an invitation
- assist with the dance instruction during the specific routines
- teach appropriate dance form to participants during the free jiving sessions

## **Role of Teachers**

Teachers and carers will play a vital role in Junior Club Slick becoming successful. They will need to take an active role in assisting the staff and volunteers at the Club. Roles of teachers and carers in attendance will include:

- prompting students to be involved in the dance sets
- assisting instructors in facilitating the dance routines
- *managing student behaviour*

## **Program Research**

The DSS in conjunction with Brian Matthews, a senior lecturer from the Disability Studies course at Flinders University, will be conducting a research study on the benefits to, and progress made by participants who are involved in this initiative.

With the consent of registered schools and parents/carers of nominated students, Mr Matthews will be looking to conduct some observational and specific case study research to evaluate the benefits of the initiative. More information will be forwarded to interested schools upon registration.

## **Program Evaluation**

Being a pilot project, Junior Club Slick will be constantly evaluated informally and formally by the DSS with the aim of making adjustments and enhancements as the project evolves. Feedback from teachers and students will be a valuable part of this continual improvement process.



## Number of students

Initially between 40-50 students with a view to expand to a maximum of 100 in the future.

## Student/Carer ratio

The student to carer ratio will be the responsibility of the Special Schools invited. However the ratio would need to be no greater than a ratio of 1 carer to 4 students.

## Frequency

Junior Club Slick will be held once a month commencing May 24<sup>th</sup> 2007, on Thursday mornings and will run for 12 months with a break for school holidays in December and January.

## Dates 2007

The inaugural Club Slick will be held on Thursday May 24<sup>th</sup> 2007, thereafter the Project will be held on the second Thursday of each month through to the end of the year. Calendars will be available at the first Junior Club Slick.

## Duration

Junior Club Slick will operate from 9.30am until 11.30pm.

## Venue

City of Burnside Ballroom  
401 Greenhill Road, Tasmore

## Cost

Thanks to the sponsorship by the Ladies of Variety, admission to Junior Club Slick will be free.

## Catering

There is a Junior Club Slick Bar at which the following items are available:

### 1. Drinks

There is no limit to the amount of water a participant can have, but they will only be allowed to have two of the other drinks over the duration of the Club.

Water – free

Orange Juice – 50c per cup

Soft Drinks – 50c per cup

### 2. Snacks

Limited to one snack per Club

Chocolate Bars - \$1-50 each

Potato Chips - \$1-50 each

Participants will receive a stamp on their hand each time they purchase a snack or drink so that their consumption can be monitored.



*The purpose of having participants pay for their food and drink is aligned to the objectives of the Club in the areas of self-help, communication, social skills, independence and self regulation.*

Participants will not be allowed to bring their own drinks or food into the club unless they have specific dietary requirements. This will be negotiated with schools.

## **Raffle**

Each participant will receive a free raffle ticket on entering. Prizes for the raffle will be supplied by the Down Syndrome Society and the Ladies of Variety.

## **Insurance**

The Down Syndrome Society has Public Liability Insurance to the value of \$10,000,000 as well as volunteer insurance. Copies of these insurance policies are available on request.

## **Staffing**

To ensure Junior Club Slick operates efficiently and effectively (based on the current Club Slick formula) it will be staffed by the following:

- 1. Junior Club Slick Coordinator**  
Coordinates all aspects of the development, implementation and evaluation of the Club.
- 2. Junior Club Slick Assistant Coordinator**  
Assists Coordinator with:
  - Organising equipment and purchase of supplies
  - Actively supporting volunteers to develop appropriate skills and confidence
  - Planning and implementing the Club Slick program
  - Sound system
- 3. Professional Dance Teacher/Choreographer**  
Instructs Club members in dance routines performed at Junior Club Slick
- 4. Education Consultants x2**  
Advise and assist with:
  - Behaviour management
  - First aid
  - Dance instruction
  - Administration

*The Down Syndrome Society will provide staff to fill these roles.*

## **Please Note**

- A Senior First Aid Officer is always present at the Club. Most staff have their Senior First Aid Certificate.
- All staff and volunteers have a current Police Check.



## Volunteers

In addition to the staff from the Down Syndrome Society, Junior Club Slick will have between 6-10 volunteers from Variety the Children's Charity. The following roles will be carried out by volunteers:

- Venue set up/clean up
- Admissions
- Serving drinks/snacks
- Assisting with dance instruction
- Raffle sales

*All volunteers will be or have been Police Checked.*

## Training

All Junior Club Slick volunteers will have training in:

- Behaviour Support
- Dance

This diverse and experienced team ensures that Junior Club Slick is operated in a safe, professional and enjoyable environment and provides peace of mind for parents and carers whose family members will attend the Club.

## Registration Process

The registration process involves:

- Information being sent to schools regarding Junior Club Slick and how to register.
- Schools will be required to register their interest with the Down Syndrome Society by either faxing or emailing back a nomination form.
- As there will be a limited number of places available for each Club (50 student maximum initially), schools will need to indicate how many students and how many carers will be attending.
- Schools will be sent an acknowledgement once they have registered, to advise them if they have been successful.
- Successful schools will be sent Junior Club Slick membership cards which each attending student will need to hand in on the day of Junior Club Slick. This enables the DSS to keep track of attendance numbers and is an important social process for participants to learn. *Membership Cards will be posted to schools 1 week prior to the Club.*

### Example of Membership Card





Junior Club Slick hosted by the Down Syndrome Society sponsored by the *Ladies of Variety*

- Access to the Club will be on a first come, first served basis. Once 50 nominations are received, no more will be accepted for that month's Club.
- Any school nominating after places have been filled will be advised that they have been unsuccessful, but will be given first option for the following month's Junior Club Slick.
- This registration process will be repeated for every Club event.

### **Enquiries**

If you have any questions regarding Junior Club Slick please call Matt Moody at the Down Syndrome Society on 8369 1122 or 044 888 7021, or email on [mmoody@downssa.asn.au](mailto:mmoody@downssa.asn.au)

Please note further information will be sent once your school has registered.

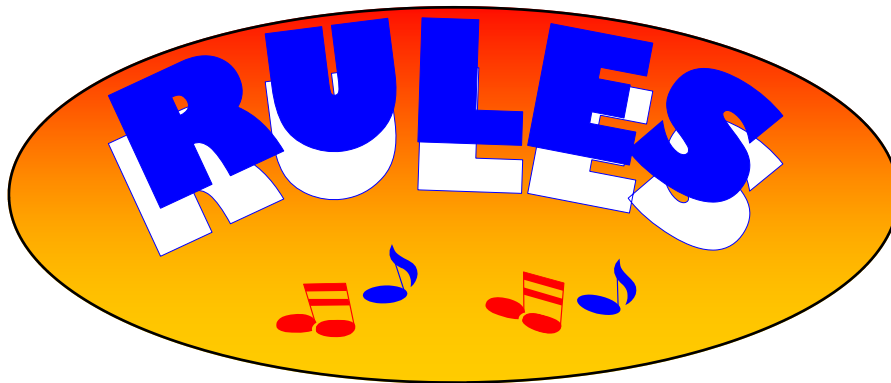


## Appendix A - Proposed Junior Club Slick Program

- 11.00 Doors open. Soft music.  
Begin rock 'n' roll dance numbers
- 11.10 Welcome by host
- 11.15 Role Play
- 11.20 **Structured Dance Set - Lynette**  
Hound Dog  
Let's Twist Again
- 11.35 Free Jiving
- 11.45 Structured Dance Set - Lynette**  
Willie & the Hand Jive  
Tears On My Pillow
- 12.00 Free jiving
- 12.10 Structured Dance Set - Lynette**  
Lynette - Surf City
- 12.20 Free jiving
- 12.30 Structured Dance Set - Lynette**  
Shake A Tail Feather  
Limbo Rock
- 12.45 Birthdays.  
Raffle draw.
- 1.00 Close



## Appendix B – Junior Club Slick Rules



**Stay inside the building at all times**

**This is a club for 50's & 60's dance only**

**You can buy only TWO fizzy drinks**

**You can buy only ONE snack**

**Use the toilet quickly**

**Remember to use your manners**

**We do not swear at Club Slick**

**Remember Public and Private behaviour**

**No eating or drinking on the dance floor**

**No-one is allowed on stage without permission  
from the host**

# Have a fun time Jiving!