



Jazzy Jumpers Skipping Club Information Pack 2017

jazzy.jumpers@gmail.com
www.jazzyjumpers.org.au

Welcome to Jazzy Jumpers!

We are the A.C.T.'s premiere skipping club. Our skippers compete at State, National and International competitions as well as perform all over the Canberra region. Based at Amaroo School in Canberra's north, we welcome girls and boys of all ages to come and try this dynamic and fast growing sport.

What is skipping?

Also known as jump rope, skipping is a rapidly growing sport worldwide. It is a dynamic sport that includes both freestyle and speed elements; individual and team events; single rope, double dutch, wheel and long rope components.

Freestyle routines encompass footwork, strength, gymnastics, multiple unders and rope manipulations all choreographed to music. While in speed, skippers race the clock to see how many steps they can achieve in a set time.

Skippers train year round to perfect their skills and routines, and increase their speed, strength and coordination.

You really have to see it to believe it!

Reasons to start skipping

- ✓ Get fit
- ✓ Have fun
- ✓ Learn new skills
- ✓ Develop coordination
- ✓ Gain confidence
- ✓ Opportunities to perform and compete

Classes and Squads

Recreational Class

Our recreational class is held on Monday afternoons between 5pm and 6pm in the Amaroo School gym.

All new skippers begin in this class where the focus is on developing basic skipping skills, increasing fitness and having fun. Skippers work through a skills passport with their coaches each week, where they learn freestyle skills in single rope, long rope and double dutch, as well as practise their speed technique.

Skippers in the recreational class have the opportunity to compete in our club speed-off each year and perform in our end-of-year showcase.

Skippers should bring a water bottle to training especially during the warmer months. Skippers can bring their own rope or may borrow a rope for the session.

We offer a free trial class for all new skippers before signing up for the term.

Competition and Performance Team

Our competition and performance team is only by invitation from the head coaches or when a skipper has completed their recreational class passport. Skippers in this team are organised into three squads - Juniors, Senior Green and Senior Blue - for training, based on age and competition team structures.

Each year skippers have the opportunity to compete at the NSW/ACT State Championships and Australian National Championships, as well as our club speed-off and speed challenges. Skippers also have opportunities to qualify, or be selected, for international competitions such as the FISAC World Championships, World Jump Rope and AAU Junior Olympics Games.

As well as competitions, skippers may be invited to perform at various events around Canberra throughout the year, and all skippers perform in our end-of-year showcase.

Skippers in this team are required to have the Jazzy Jumpers uniform for competitions and performances, and their own speed, freestyle and beaded ropes.

Adult Jazzy Jumpers Class

Our Adult Jazzy Jumpers class is held on Monday afternoons between 6pm and 6:45pm in the Amaroo School gym.

In this class the focus is on developing basic skipping skills, increasing fitness, and having lots of fun and laughter. Skippers will even get their own skills passport to improve upon their personal best each week, whether it is in learning new freestyle skills in single rope, long rope and double dutch, or improving upon their speed scores.

Skippers in the Adult class have the opportunity to perform in our end-of-year showcase.

Skippers can bring their own rope, buy one at the gym, or borrow a rope for the session.

Timetable and Fees

Timetable

Sunday <i>Amaroo School Gym</i>	Monday <i>Amaroo School Gym</i>		Monday Gymnastics (TBC) <i>Amaroo School Gym</i>	Wednesday <i>Amaroo School Gym</i>
1.30-3.00pm Juniors	3.30-5.00pm Senior Green		4.15-5.00pm Senior Blue	5.15-6.45pm Senior Blue & Senior Green
3.00-4.00pm Senior Blue	5.00-6.00pm Recreational Class	5.00-6.00pm Juniors	5.00-5.45pm Senior Green	6.45-7.30pm Group Routine
4.00-5.00pm Senior Green	6.00-7.30pm Senior Blue	6.00-6.45pm Adult Class	6.00-6.45pm Juniors	

Fees

Jazzy Jumpers aims to keep fees as low as possible to make skipping affordable for families, however as we are a non-profit group fees must be paid on time to cover expenses.

Term Fees

Terms run for 10 weeks and follow school term dates. There are no classes on public holidays.

Fees are listed below:

Competition and Performance Team		
<input type="checkbox"/>	Senior Blue	\$200.00 per term
<input type="checkbox"/>	Senior Green	\$200.00 per term
<input type="checkbox"/>	Juniors	\$150.00 per term
<input type="checkbox"/>	Group Routine	\$40.00 per term
<input type="checkbox"/>	Gymnastics	\$60.00 per term
Recreational Class		\$120.00 per term
One-off lessons or pay as you go <small>(recreational class only)</small>		\$20.00 per lesson
Adult Class		\$70.00 per term or \$10 per lesson

Jazzy Jumpers offers a family discount of 20% off the lowest fees for your third and consecutive children.

It is preferable that fees are paid before the start of the term, however they must be paid in full by **the start of week 2** of each term. If fees remain outstanding in week 3, then a skipper will not be able to continue skipping until the account is fully paid, unless alternate arrangements have been made with the treasurer

Skipping Australia Membership

All skippers must become members of Skipping Australia each year. This covers their insurance at training, competitions and performances throughout the year. Membership fees are due at the start of each year or when a skipper joins the club. The cost of membership for 2017 is as follows:

Competition and Performance Team Skipper	\$35.00
Recreational Class Skipper	\$15.00
Adult Class Skipper	\$15.00

How to Pay

Fees may be paid by direct deposit or cash. For direct deposit, the details are:

Account Name: Jazzy Jumpers Incorporated
BSB: 112-879 Account Number: 466015378

Please use your child's name as the reference.

Cash payments should be placed in an envelope with your child's name and details of payment (eg. Term 1 fees - \$120) and given to the treasurer or coaches.

Refunds

All fees are on a term basis and are non-refundable. If a medical certificate is presented showing the skipper is unable to participate for a significant period of time, a partial refund of fees may be granted by the committee. This will be determined on a case-by-case basis.

Competition Entry Fees

Competition entry fees must be paid by the nominated date. A skipper may not be allowed to compete if the entry fee has not been paid on time.

Uniform and Dress Requirements

Training

All skippers should wear neat, appropriate clothes that they can train safely in. We recommend a tank top or t-shirt and shorts or leggings. Supportive joggers must be worn at all times. No slip on shoes, sandals, thongs or bare feet are allowed. Skippers without appropriate footwear will be asked to sit out for their own safety. Hair needs to be tied back and no loose jewellery.

Uniform for Competitions and Performances

Skippers in the Competition and Performance Team will require a uniform if they are competing or performing. Recreational skippers do not require a uniform.

2017 Jazzy Jumpers Uniform

Girls

- Electric blue, lime green and white tight-fitting lycra singlet top
- $\frac{3}{4}$ black leggings
- Electric blue, lime green and white polo top
- Black, electric blue and lime green club jacket
- Black, electric blue and lime green club tracksuit pants (optional)
- Black shorts (optional and may only be worn for individual events at competitions)

Boys

- Electric blue, lime green and white loose-fitting lycra singlet top
- Black shorts
- Electric blue, lime green and white polo top
- Black, electric blue and lime green club jacket
- Black, electric blue and lime green club tracksuit pants (optional)

Please wear white ankle socks and ensure that underwear cannot be seen. (Specific bras may be required to hide bra straps).

Lime green and black club bags are also available to purchase.

To ensure consistency in colour and make/style, all uniform items must be ordered through the club from our suppliers. Orders for new uniforms will be placed at the start of the year and then throughout the year if quantities permit. Skippers will be given an order form before an order is placed. If you require something urgently throughout the year, please speak with the head coaches. Uniforms are to be kept in good repair.

For competitions and performances, hair needs to be braided in two braids and then joined together. Hair ribbons will be provided for competitions to ensure uniformity. Glitter hairspray may also be worn.

Ropes

Ropes are available to purchase through the club.

For 2017, Competitive and Performance Team skippers require –

- A long-handled white freestyle rope
- Wire or Teflon ropes for speed. Senior skippers (and some junior skippers) will require more than one speed rope as different lengths are used for different events. Please speak with the coaches before purchasing a Teflon wire rope as these are not suitable for all skippers.
- An individual beaded rope

At competitions, it is necessary for skippers to have two of each type of rope they use in case one breaks and there isn't enough time for the rope to be fixed or a new rope to be made before a re-skip.

Recreational class and adult class skippers may borrow club ropes during training sessions, bring their own rope from home or purchase a long-handled white freestyle rope.

Rope Prices

Long-handled Freestyle Rope	\$16
Freestyle Replacement Rope (no handles)	\$10
Wire or Teflon Speed Rope	\$20
Wire or Teflon Replacement Rope (no handles)	\$15
Individual Beaded Rope	\$20
Freestyle Handle Grips	\$5

Committee

The committee is responsible for the management of the club. The Jazzy Jumpers committee consists of the office bearers (president, vice-president, treasurer and secretary), fundraising member, communications member, ropes/equipment member, and up to 2 coach representatives. Committee members are elected each year at the Annual General Meeting. It is important that all positions are filled each year to help ensure the smooth running of the club.

Meetings

General meetings are held each term usually in the second week of each term. All club members are welcome to attend general meetings.

An Annual General Meeting (AGM) is held at the start of each year (before 31 March). All club members are welcome to attend the AGM.

Communication

Important information will be given to skippers in the form of a note to be taken home or via email to parents. Please check your child's skipping bag regularly and ensure your email address is kept up to date.

Information about the club, including frequently asked questions, can be found on our club website <http://www.jazzyjumpers.org.au>

Also, please like our Facebook page to receive regular feeds.

<https://www.facebook.com/jazzyjumperscanberra/>

Fundraising

At various times throughout the year the club will embark on different fundraising endeavours. All money raised through club fundraising activities goes directly to the club and is used at the discretion of the committee. The club always welcomes fundraising ideas from club members.

The guidelines for fundraising are:

- All fundraising activities must be approved and endorsed by the club committee.
- All funds raised go directly to the club and how they are used is at the discretion of the committee. In the past, fundraising money has been used for, but is not limited to, subsidising new uniform costs, buying club equipment and team ropes, buying medals and trophies for our club speed-offs and end-of-year presentations, reducing competition entry fees and supporting club skippers competing at international competitions such as the World Youth Tournament and Junior Olympics.
- Individuals are not permitted to undertake fundraising, or sell merchandise, of any kind under the club name or banner.
- All club members are encouraged to participate in club fundraising activities.

Teams travelling to an overseas competition may choose to undertake additional fundraising activities which are separate to club fundraising, with the committee's approval. How the money raised will be distributed and what it will be used for is at the discretion of the group. Money may be used for expenses including, but not limited to - travel fares, accommodation, uniforms and competition fees. Any sightseeing costs cannot be fundraised for. These costs are borne by the families.

Coaches Contact Details

If training needs to be missed or if you are running late for a performance or competition, coaches can be contacted on the following numbers or a text message sent to -

Nicole Brown – ph. 0411 394502

Lisa Buchanan – ph. 0402 675064



2017 Skipper Registration Form

First Name: _____ Last Name: _____

Date of Birth: _____ Age in 2017: _____ Please circle: Male / Female

Parent / Guardian #1

Name: _____

Contact ph: _____

Email: _____

Would you like this email added to our contact list?
Yes / No

Parent / Guardian #2

Name: _____

Contact ph: _____

Email: _____

Would you like this email added to our contact list?
Yes / No

Medical Information

Please give details of any medical information that Jazzy Jumpers should be aware of while your child is at training.

Urgent Medical Attention and Consent for Ambulance Travel - Should my child require urgent medical attention and contacts are unavailable, I give permission for Jazzy Jumpers to seek emergency medical attention for him/her. I also give permission for my child to be transported to hospital by ambulance at my expense if required. I accept responsibility for all expenses incurred.

Parent's Signature _____ Date _____

Photographs and Media - Jazzy Jumpers, along with outside media, may take photographs and/or videos to record various events and for promotional purposes. These may appear in our yearbook, on our website and Facebook page and in external media such as newspapers, magazines, television, etc. If for any reason you do not wish for your child to appear in photographs or videos, it would be helpful if you would inform your child of your decision, so that they are aware of the reason that they are being asked to step out of a group photograph.

I give permission for my child's photograph/video to be taken and to appear in club and external media publications.

Parent's Signature _____ Date _____