

ROPE SKIPPING ALBERTA

JUMP ROPE NEWS IN YOUR COMMUNITY!

Coming Events!

Competitions & 1/2 day
Workshops:

TEAM: Jan 31/Feb 1, 2015
Fort Saskatchewan
Host Club: Heartland Energy

MASTER: Feb 28/Mar 1, 2015
Edmonton
Host Club: Edmonton Pumas

PROVINCIAL CHAMPIONSHIPS
Calgary
April 10-12, 2015
Hosts: Skip Time & Jump Crew

NATIONAL CHAMPIONSHIPS
Halifax, NS
May 15-18, 2015

In this Issue

Page 1: Coming Events
 Busy Holiday Season
Page 2: Athlete Zone
 Alberta Allstars
 Coach's Corner
Page 3: Correction
 Puma News!
Page 4: Alleycat'z Workshop
Page 5: Age/event changes
Page 6: Group Routine Changes
 RSA Board
 Congratulations!
Page 7: Remember when...



**A Busy
Holiday
Season
for
Heartland
High
Energy**

Submitted by Tianna Eleniak

Heartland High Energy had a very busy holiday season. On November 28 we performed a 20 minute show at the Gibbons "Almost Christmas Seniors Dinner", where we entertained approximately 120 seniors. We also celebrated the season by decorating a Christmas tree for Redwater's first Kris Kringle Festival of Trees. As a club, we donated food items to the Redwater and District Food Bank so that others less fortunate than us could enjoy a festive Christmas dinner. We all enjoyed celebrating the Christmas season and can't wait to see everyone at the Team Competition at the end of January.





ATHLETE ZONE

Are you proud of your team accomplishments ?

Does your club have a story to tell?

Have you got a great skill to share?

Questions?

Opinion?

Send a picture!

Tell your story!

**Make this newsletter
YOUR NEWSLETTER!**

News from the Allstars!

Upcoming Project for the RSA Website!

Each Allstar has been asked to submit a picture of themselves along with a bio featuring their jump rope careers and aspirations! Please send to Allstar Committee: Chair, Jon Naslund

FACEBOOK FANS

follow the Alberta All- Stars Jump Rope Team page on Facebook.

COACH'S CORNER

Calling all coaches!

Share your ideas and knowledge!

Questions!

Quotes!

Ideas!

Successes!

Pictures!

Quote of the month:

Tough minded players are so fun to coach: They make no excuses. They take responsibility for their actions. They believe in preparation with a purpose. They fight off all temptations that could interfere with their goals. They stand up for themselves. They have strong core values that they apply daily to their purpose.

Most of the toughest competitors I coached learned these traits from their parents who then release them to the sport, the team and the coach.

<http://www.proactivecoaching.info>



2008 - Vienna Huber (former Camrose Spirals coach), Billy Smale (former coach/mentor of several clubs) and Dianne Wearden, Alleycat'z coach.

WANTED: Pictures of coaches! (Note to all photographers: get group pictures of coaches at all Alberta competitions)



Correction!

With apologies, please see the corrected names for this Camrose Spiral picture, published in the last RSA Newsletter:

(l-r) Anna Dahlin, Bryne Lafrance, Jadia Johnson, Maddie Jarrett, Tashina Bogstie, Hope Reimer, Kyra Prevost,



The Edmonton Pumas Skipping Club recruited 14 brand new skippers to their Fall 2014 Skipping Session. This year the Pumas were invited to bring skipping to St. Martha's Elementary School. Brianne and Bethany Thompson are the coaches this year!



Several members of the Grimshaw Alleycatz participated in an intense and fun-filled weekend of skipping drills and practices, led by the top coaches and senior competitive skippers in Alberta. Pictured above (L-R) are:

Top Row:
Denise Fisher (Coach), Kennedy Dining, Deanna Fisher, Rebecca and Emma Luger (of the Redwater Ropers), Raegan Coen
Bottom Row: Carter Coen, Sarah Luger, Jordan Coen, and Karsyn Coen

Emma Luger and Jordan Coen execute a difficult “Double Donkey Kick” maneuver during a double-dutch routine)



Grimshaw Alleycatz Hosts Successful Coaching Workshop

Submitted by Kellie Coen

Members of the Grimshaw Alleycatz were able to improve their skipping abilities on the weekend of November 7-9, when they hosted and attended a skipping workshop with some of the top coaches and skippers in the province.

Denise Fisher, skipping coach and personal trainer headed up the clinic that was designed to help skippers with their competition speed, freestyle. Team and double-dutch routines that the skippers will now use as they get ready for Provincial and National levels of competition this spring. Assisting her were three senior skipping members from Edmonton and Redwater, who worked with the skippers individually or in small groups.

The weekend kicked off Friday, November 7 with a demo held at Kennedy Elementary school where both the Alleycatz skippers and this elite group of skippers demonstrated their moves and the health benefits of skipping to the students of Kennedy school. From there, the skippers participated in the workshops for the next three days, learning and practicing as much as they could cram into the weekend. Parents also took in the coaching / judging clinic, which was taught by Murray Luger, Manager of the Redwater Ropers Skipping Club.

The Alleycatz would like to extend our thanks and to the Fisher and Luger for lending their knowledge and support to our members, and doing their part to support our club.



Skippers listen as Trainer and Coach Denise Fisher explains skipping maneuvers for their freestyle routines

There are changes to the 2014/15 events and age groups!

Team Event Definitions:

SRSR – Single Rope Speed Relay, 4x30s
 SRPR – Single Rope Power Relay, 4x30s Double Unders
 SRPF – Single Rope Pair Freestyle, 2 people, 30-60s in U10, 45-75s in all other divisions
 SRTF – Single Rope Team Freestyle, 4 people, 45-75s
 DDSR – Double Dutch Speed Relay, 4x45s
 DDPS – Double Dutch Pair Speed, 2x60s
 DDSF – Double Dutch Single Freestyle, 3 people
 DDPF – Double Dutch Pair Freestyle, 4 people
 DDFR – Double Dutch Freestyle Relay, 4 people, one in the rope at a time, 45-75s

Freestyle, 30-60s in U10, 45-75 in all other divisions

U10: SRSR, SRPR, SRPF (X2), DDSR, DDFR

11/12: SRSR, SRPR, SRPF (X2), DDSR, DDSF, DDPF

13/14: SRSR, SRPR, SRPF, SRTF, DDSR, DDPS, DDSF, DDPF

15/17: SRSR, SRPR, SRPF, SRTF, DDSR, DDPS, DDSF, DDPF

18-29: SRSR, SRPR, SRPF, SRTF, DDSR, DDPS, DDSF, DDPF

30+: SRSR, SRPR, SRPF, SRTF, DDSR, DDPS, DDSF, DDPF

Master Event Definitions:

SRS – Single Rope Speed, 30 seconds
 SRE – Single Rope Endurance, 2 minutes in U10, 3 minutes in all other divisions
 SRP – Single Rope Power, consecutive double or triple unders. See below for times
 SRF – Single Rope Freestyle, 30-60s in U10, 45-75 in all other divisions

Masters Event: SRP

U10: 180 seconds, double unders

11/12: 180 seconds, double unders

13/14: 180 seconds, double unders

15/17: Unlimited time, triple unders

18-29: Unlimited time, triple unders

30+: 180 seconds, double unders

*as noted in communication with coaches, team events will follow RSC at our Provincial Championship. There will be a slight change in events during the team competition. If you have questions, please speak to your coach.

Team Show

- The 2015 Rope Skipping Canada National Championships will include a new event called Team Show. Team Show is a 3-6 minute routine that includes Single Rope, Long Rope, Double Dutch, Wheel, and Partner Skipping. Team Show is an open event with no age divisions. For specific details regarding the judging criteria, see the 2014-2015 Rule Book.

Precision Group Routine

- Precision Group Routine will remain the same format as previous years. The age divisions will change slightly to U12 (all athletes turn 12 or younger), U14 (14 and younger) and Open (no age requirement).

RSA BOARD

President: Tammy Seppala
 Vice President: Karen Luger
 Secretary: Shannon Lafrance
 Treasurer: Janine Carroll/Jackie Schmidt
 Past President: Janine Carroll
 Directors: Jodie Harrison, Jana Hamilton,
 Tannis Coen, Dianne Wearden,
 Joanne Pennington

 RSC Directors: Karen Luger, Myles Bogstie
 Rules Rep: Murray Luger
 Judges Rep: Jon Naslund
 Competition Committee Chair:
 Joan Naslund
 Allstar Chair: Jon Naslund

Congratulations Billy Smale!

Billy Smale has been an integral component to the growth of jump rope in provincially, nationally and internationally. He began his jump rope career with a club in Oyen, Alberta, followed by decades of competing, coaching and promoting the jump rope sport and activity. He served as RSA President as well as president of the International Rope Skipping Federation and the Pan American Rope Skipping Organization.

Our congratulations and best wishes to Billy and his wife Lynn as they announce the birth of their beautiful, healthy baby boy, born on December 20, 2014.

Welcome William "Hue" Sutankayo Smale!

Make this newsletter YOUR NEWSLETTER! Send pictures and stories to ropeskippingalberta.newsletter@gmail.com

NEXT ISSUE: March 15, 2015

LOOKING FOR: Reporters!

Have you got pictures and a story about the Jr. Allstar Workshop?

The Southern Workshop? Upcoming competitions/workshops!

Club Christmas or Valentines Day Event? Demonstration?

REMEMBER WHEN...

Alberta athletes participated in the opening ceremonies of the 2005 World Master Games, jumping the song “You Ain’t Seen Nothing Yet”, performed live by Randy Bachman.



The Camrose Spiral contingent - l-r: Jonathan Naslund, Jodi Harrison, Brianna Niewchas, Hona Huber, Billy Smale, Meagan Carroll, Emily Cole