

March 2014



# RSA Monthly News

## Upcoming Dates:

**April 26/27, 2014 –**  
Alberta Skipping  
Championships,  
Leduc, AB

**May 16-19 2014 –**  
Canadian National  
Championships, BC

**July 22-26 2014 –**  
AAU Junior  
Olympic Games,  
Des Moines, IA  
[www.aausports.org](http://www.aausports.org)

**August 7-10 2014**  
– Summer Camp,  
Olds, AB  
(Tentative)

## IVIVVA CALLS ON SKIPPERS

On Sunday, March 2, Edmonton Pumas Skippers Brianne and Bethany Thompson taught rope skipping at Ivivva in West Edmonton Mall prior to the opening of the mall. Every Sunday morning, Ivivva offers complimentary classes - usually dancing, but they wanted to give skipping a try.

They had 15 girls show up which is the most amount of kids they ever had for a class - shows how much interest and fun there is in skipping! At the end of the class, a group photo was taken and we made all the girls honorary Pumas for the day!



## REMINDER: RSA Seeking Board Members for the 2014/15 Season

The following is a current list of RSA Board of Directors:

Janine Carroll – president

Karen Luger – vice president

Billy Smale – past president

Jackie Schmidt – treasurer, competition results lead

Shannon Lafrance – secretary

Tammy Seppala, Dianne Wearden, Jana Hamilton, Tanis Coen, Crystal Snow - Directors at large

Jonathan Naslund, Murray Luger - Judges/rules representatives

Janine Carroll, Karen Luger - RSC representatives

The Board of Directors would like to bring it to the attention of the membership that several board positions will become vacant at the upcoming **Annual General Meeting on April 26/2014**. We are extremely fortunate to have an extremely strong board of directors in Alberta. The president position will likely come from one of our many experienced directors, and that will leave another position open. Please think about your strengths and consider stepping into a board position. We welcome you to discuss position responsibilities with current board members.

### Positions currently becoming vacant:

**President**

**One Rope Skipping Canada Representative**

**Treasurer**

## Jump rope for Heart Demo – Synergy AMAZES the crowd





### ***Follow-Up to Workshop in Camrose***

Brianne Thompson from the Edmonton Pumas Skipping Club leads the St. Albert Gators Triathlon Club through some skip roping endurance exercises. Brianne incorporated some of the drills she picked up at the recent Camrose Skipping Workshop for the Gators workout.



***A huge THANK YOU ... Your skipping community is very proud of you Ally (from HHE)***



**Exciting Opportunity: Team Alberta Mission Staff**

The Alberta Sport Connection invites applications for the volunteer position of Mission Staff for Team Alberta at the 2015 Canada Winter Games being held February 12 - March 1, 2015 in Prince George, British Columbia.

If you are a vibrant individual that loves sport and would like to join our team please click the link below for more information and a complete application.

**[TEAM ALBERTA MISSION STAFF APPLICATION](#)**

The application deadline is **Friday, March 28, 2014**

**RBC Learn to Play Project Guidelines & Eligibility**

The RBC Learn to Play Project will provide grants to local organizations and communities in support of building the physical literacy of Canada's kids and youth. RBC will award a total of \$750,000 each year in grants to support two types of programs:

**1. RBC Learn to Play Program Grants**

These grants will range from \$1,000 to \$10,000 and support local organizations that implement programs consistent with physical literacy principles to get kids active. Programs eligible for funding include those that:

- a. Implement a new approach/delivery to sport and physical activity through the creation of a physical literacy-based program recommended by [Canadian Sport for Life](#); and/or
- b. Provide instruction/learning of a new skill or sport that the child/youth would otherwise not have an opportunity to experience; and/or
- c. Emphasize and expose children/youth to a multi-sport or multi-skill participation experience.

Local organizations will be expected to complete a brief application addressing how their program meets the established criteria. The 2014 Program grant application will be available on March 6, 2014. The application deadline is May 16, 2014. [Apply Now](#) .

View the archived [RBC Learn to Play Introductory Webinar](#). Download the [RBC Learn to Play Introductory Webinar PDF](#).

**2. RBC Learn to Play Community Grants**

These grants will range from \$10,001 to \$25,000 and support communities that develop and implement action plans which will transform the way sport and physical activity is planned, delivered and accepted within their community. The RBC Learn to Play Community Grants will be awarded to community groups focused on improving the quality of sport and increasing participation within their communities.

Communities are defined as municipalities and/or a group of organizations that come together for a common purpose and share mutual objectives. Proposals that facilitate collaboration between sport, education, recreation and health sectors and align programming within the community are encouraged.

In addition to a financial contribution, the RBC Learn to Play Project will provide applicants with capacity building supports such as training, mentoring and resources and tools to support the successful implementation of their action plans.

Community applicants will be expected to first complete an Expression of Interest form. Applicants meeting the criteria will be invited to submit a proposal explaining how their program develops physical literacy, creates the environment for sport excellence and provides opportunities for citizens to be active for life. Expression of interest applications will be available on March 6, 2014. The deadline is April 4, 2014. [Apply Now](#) .

View the archived [RBC Learn to Play Introductory Webinar](#). Download the [RBC Learn to Play Introductory Webinar PDF](#).

*Submitted by Denise Fisher*

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## ***Scholarship Opportunity***

*Hello Team Contacts,*

*As Nationals 2014 is fast approaching, it is time to think about Scholarship applications. This year the Nationals will be held on **May 16-19 2014, Abbotsford, BC.***

*This event will be live streamed and broadcast on sportsnet.tv.*

*For more information on Nationals, visit the Rope Skipping Canada website*

*Please make your members aware of the award, the criteria and the deadlines for submitting applications.*

*To be eligible, applicants must be active, registered members of Rope Skipping Canada, in good standing, from a province with a director on the board of Rope Skipping Canada, and entering post-secondary education in the upcoming year. Applicants must be graduating from secondary school in 2013 or 2014 and must be continuing their education, on a full-time basis, at a university or college in the upcoming year. The top three (3) applicants will have a 5-10 minute interview via telephone/Skype.*

*The successful applicant will be announced at the 2014 Rope Skipping Canada National Championships. The winner will receive One (1) Scholarship in the amount of \$1,000.00.*

*A cheque will be issued only after proof of registration at a post-secondary institution is received. The scholarship may only be used for tuition. The Awards Committee will be comprised of 4 members from Canadian teams.*

*All applications must be returned to:*

*Lesley Mathers*

*4967 Alexandra Ave.*

*Beamsville, Ontario L0R 1B5*

*Or the applications may be scanned and emailed to [douglas@cogeco.ca](mailto:douglas@cogeco.ca). It is the applicants responsibility to ensure confirmation of receipt.*

***Applications must be received by 8pm March 31, 2014 to be considered.***

*I look forward to seeing you all at Nationals. Good luck to all the applicants.*

*Lesley Mathers*

*ORSO VP*

*Nationals Scholarship Chair*



***Masters competition in Camrose***

