

ROPE SKIPPING ALBERTA

JUMP ROPE NEWS IN YOUR COMMUNITY!

2015/16 Schedule

AllStar Camp - August 25-28/15
 Jr AllStar Workshop - Aug 28-30/15
 U10 Workshop - August 28-30/15
 Coaches Summit - Aug 28/29, 2015
 Judge Workshop- Aug 29/30, 2015

Additional training planned on
 October 2-4/15 for all AllStars and
 for Jr AllStars and U10 athletes who
 were unable to attend the August
 weekend training

Rec Workshops:
 Bonnyville - October 24/25, 2015
 Camrose - November 7/8, 2015
 Southern - Nov 7/8 or 14/15
 (to be confirmed)

Competitions & 1/2 day Workshops:
 TEAM: Jan 30/31, 2016
 Okotoks, AB
 Host Club: Okotoks Da Feet

MASTER: Feb 27/28, 2016
 Bonnyville
 Host Club: Skipperroos

PROVINCIAL CHAMPIONSHIPS
 Grimshaw
 April 8-10, 2016
 Hosts: Alleycatz

NATIONAL CHAMPIONSHIPS
 Olds, Alberta!
 May 20-23, 2016



BRODIE X LANDRY SKIP – WALK - RUN

Please come and join the Bonnyville Skipperroos and the Landry family raise funds for the Canadian Transplant Association in memory of their friend and son Brodie. We will start registrations at 9:00 am at Dr. Brosseau School. A skipping demo will kick off the events at 10:00 am, then a Fun walk or run of 1, 3 or 5 km along Jesse Lake. \$20.00 per child and \$30.00 per adult to participate in the event. Early registrations are guaranteed to have a T-shirt Waiting for them There will be a barbecue, fun for the kids, raffle and silent auction. A registration form is attached to this email.

Can't make it? Donations to the Canadian Transplant Association can be sent to club coach Skye Christians. Please email her for address - bonnyvilleskipperroos@hotmail.com

Volunteers are needed! Please let Skye know if you would like to help. 780-207-1140 or bonnyvilleskipperroos@hotmail.com

Donations wanted: Prizes, Raffle / Silent auction items as well as specific items needed to host the event, please contact Skye to learn more about what you or your club could help with.



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From the Board
Remember When....



AllStars give back by
Instructing RSA workshops

**The Alberta Allstar program became reality in 2014
and will continue to flourish in years to come.**

Not sure if you qualify? Alberta Athletes entering into the 15/17 age category and older are welcome to participate.

Already a member? You know the fun and value, please join us for another year!

**Plan to attend the AllStar Camp
August 25-28/15 in Wetaskiwin, Alberta**

Meet, mingle and train with athletes from other clubs - create friendships and share your enthusiasm for the sport. Learn new skills that will help you as a competitive athlete.

**Team building
Personal and group skill building
Learn new performance routines
Learn to teach skills
Leadership training
Evening socials**

The AllStars mentor other Alberta athletes - work as a team to plan and execute quality workshops. Take your skills back to your club and pass the skills and spirit on!

**Watch for details!
Guest Instructors are being arranged!**

Please contact Jon Naslund, jon_naslund@hotmail.com
To learn more about the program including expectations!



AllStars! Year one

Calling all coaches!

You are invited to
Attend Alberta's very first
COACH'S SUMMIT

Aug 28/29, 2015 - Wetaskiwin, Alberta

Help RSA create ongoing
Coach's support strategies

Plan to attend

Learn

Contribute

Collaborate

Plan

Proposed schedule:

August 28 - lunch with the AllStars
Afternoon training with the AllStars
(including theory and practical)
Evening social

August 29 - Morning mixer
Time to talk, collaborate and develop a plan
for ongoing Coach's training, support and
programs.

Learn more about the upcoming event
changes to the Canadian National
Championships

Judges training to follow



Coaches attending the 2015 Alberta Jump Rope Championships

Training opportunities for Alberta Athletes

Jr AllStar Workshop - Aug 28-30/15

Wetaskiwin, Alberta

Schedule:

August 28 - Evening dinner, mixer and training

August 28 - In gym learning

August 28 - Combined show 1:00pm

Dinner provided August 28; lunches and snacks provided August 29 & 30th.

Cost will be determined as plans come together

Jr. AllStar program is open to Alberta athletes in the 11/12 or higher age group, with 1 year of competitive experience.

Please contact Jon Naslund,

jon_naslund@hotmail.com

To learn more about the program including expectations!

U10 Workshop - August 28-30/15

Wetaskiwin, Alberta

Schedule:

August 28 - Evening dinner, mixer and training

August 28 - In gym learning

August 28 - Combined show 1:00pm

Dinner provided August 28; lunches and snacks provided August 29 & 30th.

Cost will be determined as plans come together

Jr. AllStar program is open to Alberta athletes in the 11/12 or higher age group, with 1 year of competitive experience.

A gymnasium will be provided for each program.

Watch for details to come!



Jr. AllStars join AllStars to organize and instruct Alberta Recreational Workshops

UPCOMING RECREATIONAL WORKSHOPS:

Bonnyville - October 24/25, 2015 Camrose - November 7/8, 2015 Southern - Nov 7/8 or 14/15

ALBERTA PROVINCIAL CHAMPIONSHIPS - 2015

CALGARY, ALBERTA









**Photographs courtesy of
TET M's Photography**

**Have an event you want excellent
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email-- tetski8@gmail.com

<http://www.facebook.com/TetMPhotos>



FROM THE RSA BOARD

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Directors: Jodie Harrison, Jana Hamilton, Joanne Pennington, Joan Naslund, Jackie Schmidt

RSC Board Rep: Myles Bogstie
Competition Committee Chair: Joan Naslund
Allstar Chair: Jon Naslund

RSA representatives to the Rope Skipping Canada committees will be determined at the RSC Annual General Meeting

ROPE SKIPPING CANADA AND ROPE SKIPPING ALBERTA PRESENT THE CANADIAN NATIONAL CHAMPIONSHIPS

**Olds, Alberta!
May 20-23, 2016**

Jana Hamilton will be coordinating non competition aspects of the competition

Opening ceremonies
Souvenir program
Event T-shirts
Fund development
On site fund-raisers
Merchandise
Social

If your Club has interest to develop any of these, please contact Jana @
skip@connectivitydance.com

Competition aspects of the competition will be coordinated jointly by RSC and RSA Competition Committees

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

NEXT ISSUE: August / September 2015

LOOKING FOR: Reporters!

Have you got pictures and a story about summer events, demonstrations, camps, practices, club get-togethers?

We want your club news and pictures!

REMEMBER WHEN...

Team Alberta went to Halifax for the 2015 Canadian National Championships!

