

# 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 11/12, 2015  
Hosts: Skip Time & Jump Crew

NATIONAL CHAMPIONSHIPS  
Halifax, NS  
May 15-18, 2015

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### Skipping Wins the Hearts of Spectators at Stampede 2014

Skip Time and Calgary Jump Crew joined forces to raise the profile of skipping in Calgary and ended up winning the hearts of spectators and judges this year at the Calgary Stampede. The 19 skippers from the two Calgary teams, plus Tyrel from the Alley Katz, took part in the 2014 Stampede Parade Prelude, which entertains over 300,000 thousand spectators that arrive early in the morning to stake out a good viewing spot before the main parade begins.

The team prepared a 5 minute jump rope demonstration that brought fantastic entertainment to the crowds along the route and showcased the uniqueness of the sport. Organizers said the performance was filled with energy and enthusiasm and that the skipper's spirit was contagious, bringing the crowds to life at each of the 7 stops.

Each year the official Calgary Stampede Parade Judges award one act the "Best Performance of the 2014 Stampede Parade Prelude". The skippers were advised late Friday afternoon that they had been chosen as the 2014 recipients of the award and were invited to perform at Suncor's Family Day morning grandstand show on Sunday, July 6. After their performance to over 5,000 spectators, the group was presented with the Jack Spratt Memorial Award, given to the act that embodies the spirit of the Prelude and the Parade and who demonstrates outstanding entertainment, enthusiasm and dedication.

The announcer for the show for the past 20 years said it was one of the most unique, entertaining performances they ever had at the morning grandstand show. The group has already been invited back for next years Prelude.



## ATHLETE ZONE

Do you have a message for a Coach?  
 Another athlete?  
 Athlete Instructor?  
 Question?  
 Opinion?  
 Send your pictures and messages!  
 Make this newsletter  
 YOUR NEWSLETTER!



## Alberta Allstars!

### The Alberta Allstar and Jr. Allstar programs became reality in 2014!

Jon Naslund and Jodi Harrison co-organized the amazing August All Star camp. Athletes learned new skills, new routines, warm-ups, teaching strategies and developed leadership skills. They became a "team". A huge thank you to Jon and Jodi as well as to our guest instructors Sarah Dobrowolski (ON) and Meghan Pool (BC).

#### Alberta Allstars:

Jon Naslund	Tia Schram	Rebecca Luger
Anj Leger	Jaydene Reef	Shelby Hall
Kealin Seppala	Dez Leger	Cheyenne Castigione
Taytem Syrnyk	Brianne Thompson	
Courtney Dickinson	Katie Craven	Jordan Carr
Renee Marchildon	Jodi Harrison	Myles Bogstie
Tashina Bogstie	Tyrel Gibson	Olivia Mah

#### From the athletes:

"The Alberta Allstars Team is a great way to bring all the teams together and create one big family. Here we are not competitors, but teammates and friends." - Tia Schram

"I can't wait to see where this team takes me!" - Katie Craven

#### From the instructors:

"This team is unified, professional and talented. They're ROCKSTARS!" - Meghan

"It has been such a pleasure and a great learning experience to be here" - Sarah

There will be good things to come as the program grows and matures.

Allstar Committee: Chair: Jon Naslund



**“It is not what we do for our children but what we have taught them to do for themselves that will make them successful human beings.” Ann Landers**

## COACH'S CORNER

### Calling all coaches!

**Share your ideas and knowledge!**

**Questions!**

**Quotes!**

**Ideas!**

**Successes**

Coaching puts you in a position to get a lot of both praise and criticism. If you measure your success by either of those, you will go crazy. Measure your success by the athletes you help build into quality adults .

<http://www.proactivecoaching>



## Bonnyville Workshop

The workshop went SO well. The Early group (our entry level rec kids) concentrated on basics and "fun". And they all had a great time. The older athletes learned a lot and were excited to show off their new found skills. The combination of the Allstars and JR Allstars was great, and they all did well, especially Taytem.... an amazing leader. Renee did well with the organization of the camp, and overall it went AWSOME - Skye Christians



Instructors at the workshop:  
(l-r) Grace Kozak, Alynn Lega, Rebecca Luger, Abbey Schmidt, Brianne Thompson, Renee Marchildon, Taytem Syrnyk, Tashina Bogstie, Emma Luger, Jaden Schmidt, Brady Christians

## SKIP TIME RAISES PROFILE OF SKIPPING IN CALGARY

Skip Time takes its mission statement of “ambassador to the sport of jump rope” very seriously. Being so new in Calgary, the young club feels that part of its mandate is to raise awareness about the sport and introduce as many people as possible to jump rope through various demonstrations at community events, volunteer coaching opportunities and media interactions.

The year began with the club being invited to showcase their skills at the “Rock The House Run” at Market Mall in Calgary in support of the Ronald McDonald House charities. Other community demonstrations included the West Hillhurst’s Easter Carnival, a second annual appearance at St. Pius Spring Fling and a student assembly at Master’s Academy. Even our youngest members of the competitive team got involved by performing for their whole school during the Jump Rope for Heart campaign. There is nothing like 500 screaming kids to get your adrenaline up!

Volunteer coaching is another way to get the word out. Skip Time has formed a partnership with Ivivva and is regularly asked to conduct “Sweaty Sunday” community events held in-store. The team has also taught at Brownie meetings and will conduct a session at a dance camp during the summer. Besides being great for raising awareness, we’ve even gained new recreational skippers through these routes.

The club has also had success in reaching out to the press. Just prior to Nationals in Abbotsford, Skip Time appeared on Breakfast Television, the Global Television morning show and was featured in a CTV Evening News special (<http://calgary.ctvnews.ca/video?clipId=365757>). CTV was so impressed by the team that they recently nominated two Skip Time skippers as “Athlete of the Week”. Be sure to tune in July 18 to find out who received the honour (go to [www.ctvnews.ca](http://www.ctvnews.ca), click through Videos and follow the “Athlete of the Week” tab to see the results).

We are very proud of how the team has succeeded in raising awareness of the sport in Calgary and look forward to welcoming many new skippers in the coming year.



## Camrose Workshop

The Camrose November Workshop was another successful event! Alberta Allstar and Jr Allstar athletes had a great time instructing about 35 recreational and introductory competitive level athletes.

Allstar Coaches were: Jon Naslund, Jodi Harrison, Tyrel Gibson, Myles Bogstie

Jr. Allstars: Brady Christians, Trey Hamilton, Connor Thomson



## Mentoring a School Club

On November 12, 2014, 9 athletes from the Camrose Spirals Jump Rope team went to St Augustine School in Ponoka to perform a demo and run 2 workshops for around 70 members of their after-school skipping club. These elementary age children enjoyed the demonstration and loved picking a teacher to get up and have a go! To their amusement even their Principal jumped the ropes! The workshops were a huge success and it was great fun to see so many big smiles after the kids mastered something new. It was a great afternoon and we were so proud of our girls.

Karen Dahlin

Spiral Demonstration Coordinator



(l-r) Anna Dahlin, Bryne Lafrance, Jadia Johnson, Maddie Jarrett, Tashina Bogstie, Hope Reimer, Veronika Prevost, Keighly Gibson, Taytem Syrnyk

## IN THE NEWS:

Congratulations Leanne & Joey Hall on the birth of their son Hayden!

We know Leanne better as Leanne Melloh, an Ontario athlete who travelled to Alberta on 2 occasions to run summer camps, an amazing mentor and friend to our athletes.

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

## RSC Newsletter

**Get your pictures and stories to**

**Karen Luger**

## RSC Membership Deadline!

Is December 31!

But, if you have new athletes who are not yet registered, they are not covered by the RSC insurance.

Do not put yourself and your club at risk, send in your registrations early!

## FROM THE RSA BOARD

President: Tammy Seppala  
Vice President: Karen Luger  
Secretary: Shannon Lafrance  
Treasurer: Carla Jennings  
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

## NEW: Competition Deadline System

Why?

To allow adequate time to enter, distribute, proof, correct and redistribute the Competition Timing Schedule to coaches.

For the most part, the deadline will be 2 weeks prior to a competition and 4 weeks prior to the Provincial Championships. Jackie Schmidt will be working host clubs to ensure that the registration packages are released 3-4 weeks prior to the deadline.

**Make this newsletter YOUR NEWSLETTER! Send pictures and stories to [ropeskipppingalberta.newsletter@gmail.com](mailto:ropeskipppingalberta.newsletter@gmail.com)**

**NEXT ISSUE: DECEMBER 31, 2014**

**LOOKING FOR: Reporters!**

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

**The Southern Workshop? The Northern Workshop?**

**Club Halloween Party? Christmas Demos? Practice Fun!**

**We want your club news and pictures!**

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## REMEMBER WHEN...

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....Redwater hosted the 2012 Jumpstyle Competition