

October 4, 2012



RSA Monthly News

Upcoming Dates:

**October 27/28
2012** - Southern
Workshop /
Coaches training;
Okotoks, AB

**November 24/25,
2012** - Annual
Camrose
Invitational
Workshop /
Coaches training.
Please contact
jbcarrrol@telus.net
for information

**January 19/20,
2013** - Masters
Competition,
Edmonton area
(dates subject to
change, will update
ASAP)

March 9/10, 2013 -
Team Competition,
Okotoks

April 20/21, 2013 -
Alberta Skipping
Championships,
Grimshaw

**May 17, 18 & 19,
2013** – Canadian
National
Championships,
Ontario

Attention all Artists!

With going forward with the name change of our Canadian jump rope board from Canadian Rope Skipping Federation (CRSF) to Rope Skipping Canada (RSC), Alberta Skipping Association will be changing their name to Rope Skipping Alberta (RSA).

With a new name comes a new look. We are looking for any artist, whether an athlete or sibling or friend, to participate in our quest for a new Rope Skipping Alberta logo. There are no regulations or restrictions, so be as creative as you want!

Please forward all entries to Jonathan Naslund at jon_naslund@hotmail.com or Janine Carroll at jbcarrrol@telus.net. Please attach the name of the artist, contact information, and the jump rope

club they are from (or the relationship they have to a club).

If you do not have access to scan a copy of the proposed logo you may mail it to Jonathan Naslund at:

6513 30 Avenue
Camrose, AB
T4V 4V7

The deadline for entries is December 1, 2012. The winner will be announced December 8, 2012. The winner will have the privilege of being the artist of the RSA logo which will be used for any website, documentation, or memorabilia/merchandise of Rope Skipping Alberta (such as competitive clothing, trading pins, water bottles, etc.)

Good Luck!

Southern Workshop! Turner Valley, AB

October 27th & 28th

Saturday: 12 noon until 4pm

Sunday: 9:00 am until 12:00noon

Cost: \$40 / athlete

Please consider this your invitation to this first of many southern workshop weekends! Small group instruction, snacks & water, 7 hours instruction.

A coaches workshop will be held in conjunction! Join for supper on Saturday for only \$10!

Camrose Invitational Workshop! Camrose, AB

November 24th & 25th

Saturday: 12 noon until 4:00pm

Sunday: 9:00 until 1pm

Please join us for this excellent skill development weekend – small group instruction, snacks and water both days, lunch on Sunday, t-shirt. Toonie toss (4:00 Saturday)!

A coaches workshop will be held in conjunction!

Team Alberta Returning



Few athletes and parents, even coaches will remember a time when 200 Alberta athletes performed around the field during a 1/2 time Edmonton Eskimo game. From that massive demonstration an elite provincial team was created, although short lived.

RSA is putting a plan into place to reform an elite provincial team and

at the stage to develop a sustainable plan. If you are interested to be part of the committee or if you have any questions please contact Janine at jbcarrol@telus.net or Karen at karenluger@live.com.

This lead committee will develop athlete and coach parameters, explore fundraising and corporate sponsorship options, and discuss training opportunities.

Retro picture: athletes from several Alberta clubs practice during a competition weekend several years ago.

Spirals and Ropers Support the Skipperooos

Rope Skipping Alberta is looking for an enthusiastic individual who would like to join the Board of Directors as a Secretary. Duties include attending meetings, organizing meeting minutes, and participating in discussions and decisions. Please contact the President Janine Carroll at jbcarrol@telus.net if interested.

Members of the Camrose Spirals joined members of the Redwater Ropers to welcome the Bonnyville Skipperooos back to the Alberta jump rope community.

Pictured here: Braden Bjorgum, Brock Proctor, Tashina Bogstie, Erika Bjorgum and

Tyler Bjorgum at the Duclos School in Bonnyville.





Pictures are from the Spirals performance in the "2012 Camrose Culture Days." at the Bailey Theatre on Sunday Sept 30/12

Attended by Nalyn, Katana, Haley, Regan, Taytem, Brock, Tashina and Myles

3 members of the Camrose Spirals helped performed at the Big Valley Railway Station Centennial Celebration on September 29th. It was a wonderfully warm day in central Alberta and the performance was much appreciated by hosts Canadian Northern Society and Alberta Prairie Steam Train Excursions.



Message from Dianne Wearden- Coach for 25 yrs

The Alleycat'z are off and running with 10 new skippers and 10 returning from last year. We are looking forward to an exciting new year being our 25th and hosting Provincials in April at the Multi-plex in Grimshaw. Plans are under way and we hope all teams will be able to attend as the North has lots to offer and are GREAT HOSTS!!

Edmonton Pumas new Coach!

The Edmonton Pumas Skipping Club will be starting up our 2012/2012 season on October 12 and running every Friday from 3:45 - 5pm, skipping out of Good Shepherd Elementary School. Our most exciting news of the season is our new head coach, Hona Huber! The team is delighted to have Coach Hona prepare them for their first competition of 2013 which will be a Masters Competition hosted by the Pumas! The team also welcomes back recreational coach Dustin Purnell and Junior Coaches Brianne Thompson, Reese Simoneau and Connor Appelt.

For information on the Pumas contact Caroline Thompson at cthompson@silverbirchhotels.com

Photo is from a Summer Skipping Demo the team participated in at Callingwood Market.



An update for the new event changes for the 2012-2013 year will be posted on the next RSA Newsletter edition.