

September 4, 2012



ASA Monthly News

Upcoming Events:

Sunday, September 23, 2012 at 9:00pm – web meeting, please watch for details

Late October 2012 - Southern Workshop / Coaches training; date TBA, location Okotoks

November 26/27, 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

Welcome to the 2012/13 Jump Rope Season!

Over the summer, enthusiastic members of the Alberta Skipping Association Board of Directors met in Sherwood Park in order to co-ordinate provincial development strategies. The process included assembling a historical scan and SWOT analysis, followed by a visionary and strategic planning process.

The working document resulting will be distributed to clubs contacts - member input is encouraged and appreciated.

Using the technology that the ASA was able to purchase last season with a grant obtained from the Alberta Sport, Recreation, Parks and Wildlife Foundation, the board will coordinate web discussions. The first of these meetings will take place Sunday, September 23, 2012 at 9:00pm. Please plan to attend and encourage your club parents to as well.

One of our identified weaknesses is distance and our inability to have face to face meetings in order to meet and get to know fellow coaches and parents. We have the opportunity to overcome this as best we can so please watch for information about this and other upcoming provincial discussions.

Alberta is a strong leader in the sport of jump rope! With 12 provincial clubs we are just 1 less than Ontario and we have several clubs on the cusp of organizing competitive or recreationally! We have a dedicated provincial board and many exceptional and enthusiastic coaches; parents and athletes who are passionate about the sport and happy to share their skills.

All the best and success to all clubs! I look forward to a progressive and cohesive season.

Janine Carroll, President

Alberta Skipping Association

Introducing the Belgravia Skipping Club



*Myles Bogstie
Graduates from High
School*

The Belgravia Skipping Club, also known as the Electric Green Belgravians, was launched in October of 2012 by parent Ken Bond. In its first year, the club consisted of 12 skippers from grades 4 to 6, with one coach (Ken), a teacher and several parent volunteers. The club put on two demonstrations for the school during the year and had a skills workshop with Billy Smale and Hona Huber. In the

upcoming year, team members are looking forward to participating in skills workshops and, for some members, a competition. As part of the drive to boost the profile of skipping within the Belgravia community (and to recruit more parent volunteers), adult double dutch lessons were held three Wednesday evenings this summer. The workshops were organized by Ken Bond and another parent and kicked off

the sessions with a lesson from Billy Smale. Ken can be reached at 780.432.0807 or bond.ken@gmail.com.

Jumping news from Northern Alberta

The Alleycat's Skipping Club held a three day skipping camp in Grimshaw at the Multiplex with Hona Huber and Janine Carroll. They had 14 skippers attend with two from Hay River, NWT.

This year the Alleycatz plan to start on Sept. 18th, which is a month earlier than usual as they hope to get more members this year. Coach Dianne Wearden was able to recruit two parents that are going to participate in practices as a coach.

In July the team did a

demo for the Provincial Agricultural Board with about 500 delegates in Nampa. The athletes had a great time showing the town their amazing jump rope skills and gaining more public attention.

worked hard! It was a wonderful change to have time to be tourist and discover some of the local treasures. Dianne and I even had time to play bingo in the Brownvale Community Hall.

- Janine Carroll

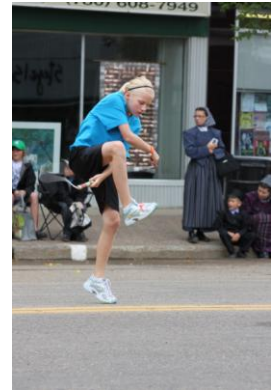
From a visitors prospective

Hona Huber and I had the pleasure of participating in the Alleycatz summer camp, August 20-22/12 and would like to thank Dianne, Tannis and Holly for their hospitality and enthusiasm. Athletes





Redwater Ropers show off their amazing skills at the 2012 Parade in Redwater, AB.



Camrose Spirals perform in the 2012 Big Valley Jamboree Parade.



Myles Bogstie a member of Team Canada 2012

Myles left July 20 to Montreal where he practiced with Marc-Antoine Ried, Jasmine Huyge, Marianne Gagnon and Adreanne Mercier-ruest. The team, accompanied by Micheline Ried, headed to Tampa, Florida on Aug 1. They were able to enjoy the beach on Aug 2, spending the whole day there

capturing cool skipping tricks and soaking up the sun. There were 19 countries and over 1000 athletes participating on the Worlds competition from Aug 4-6. "The competition was amazing to be a part of," says Myles Bogstie. World records were being broken, men's 3 min speed was broken

twice having the record stand at an even 500! Women's' 30 second record was set at 102. And men's was set at 100. Hong Kong will be hosting the 2014 Worlds!



Rope Skipping National Championships 2013 Announces Location

Nationals 2013 will be hosted by the Ontario Rope Skipping Organization (ORSO) and will be held at Brock University in St.Catherines, Ontario from May 17th to 20th 2013. The Championships will be a 3-day event with opening ceremonies held on Friday evening. There are many great sightseeing locations. Niagara Falls is a short 15 to 20 minute drive from St.Catherines and offers numerous restaurants, shopping and entertainment opportunities, as well as the fabulous and breathtaking "falls". The amazing Wax Museums, Marineland, Butterfly and Bird Conservatories and Maid of the Mist excursions are only some of the exciting things to experience in Niagara Falls. Close by, you will find Niagara-on-the-Lake, a quaint town with numerous shops, stunning flowers and gardens lining the main street. And of course, if you like big cities, Toronto is only about an hour away.



Alberta Board of Directors

These are ASA's 2012-2013 Board of Directors. These individuals participate in meetings, teleconferences, and other gatherings to discuss and make decisions on the Alberta skipping organization. They are the political body of the Alberta Skipping Association.

Janine Carroll, President jbcarrrol@telus.net

Karen Luger, Vice President karenluger@live.com

Jackie Schmidt, Treasurer jschmidt67@xplornet.com

Secretary – vacant

Dianne Wearden, Director – alleycatscoach@gmail.com

Crystal Snow, Director – spagatinni@hotmail.com

Carla Jennings, Director – wowonly90days@gmail.com

Murray Luger Judges/Rules committee - bluelineics@gmail.com

Jon Naslund, Judges/Rules committee - jon_naslund@hotmail.com

Alberta Skipping Association 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 jbcarrrol@telus.net if interested.

Taking Mystery Out of Memberships

For newcomers to our sport and even for veteran coaches and managers, membership choices can be complicated.

We have the three levels of government of jump rope in Canada: club, provincial and national. Each level provides specific services and each needs to be supported and compensated for those services.

Rope Skipping Canada

- ✓ Provides members with sports and liability insurance
- ✓ Engages a national governing body which generates unity and communication between the provinces
- ✓ Creates national direction
- ✓ Creates a common set of rules and standards
- ✓ Liaise with national sports initiatives and organizations in order to incorporate latest sport innovation into our programs
- ✓ Generates coaches initiatives and programs (such as the anticipated "CANSkip" recreational program due to be released in September 2012)
- ✓ coordinates the national championships
- ✓ link us with the international rope jumping community
- ✓ Promotes rope jumping as a sport and activity

All these benefits for a very small annual membership fee!

Full membership - \$15/year

Recreational membership - \$7/year

Who needs to be a member of RSC? Anyone entering the practice or competition floor needs to be covered by insurance. That includes athletes, all coaches, managers, parent volunteers and helpers, and judges.

Exception – some school and recreational teams are covered by school or community insurance, so members do not need RSC sport insurance - as long as they are practicing in their own facility. If athletes and coaches wish to participate in workshops or skipping events outside their own facility, then the RSC insurance should be in place.

Recreation or Full Membership? Simply, competitive athletes require a full RSC membership (\$15); non competitive athletes can utilize the recreational level of RSC membership (\$7).

There is no recreational level of membership administration positions - all coaches, managers, parent volunteers and helpers and judges should be full RSC members.

Provincial representation on the national board and on national committees is based on full athletic membership numbers. One of our provincial goals is to maintain a strong national presence for the benefit of our members and the sport. We encourage full athletic memberships by mentoring increased competitive clubs.

Why your Club Should Ignore the Membership Deadline

– no one should enter the practice or competitive floor without insurance. If it's the habit of your club to wait until the December 31st deadline to register your club with RSC then it's likely that a number of athletes and coaches are not covered under RSC insurance, perhaps your entire club. Coaches and club directors could be held personally liable should injury or facility damage happen.

We encourage all clubs to ensure that their RSC memberships are in place prior to practices starting, don't take a chance! Don't wait till December 31 to protect your club.

**There can be confusion between the Canadian Rope Skipping Federation and Rope Skipping Canada; both being the same organization. Canadian Rope Skipping Federation is the historical and legal name. They have moved into the operating name of Rope Skipping Canada in order to follow direction of other national sport organizations, Skate Canada, Hockey Canada, Gymnastics Canada, for examples.



**Canadian
Rope
Skipping
Federation**

Alberta Skipping Association

- ✓ Engages a provincial governing body which generates unity and communication between clubs, including coordinating provincial meetings and the provincial newsletter
- ✓ Creates provincial direction
- ✓ Encourages growth and mentorship between new and established clubs
- ✓ Provides a program to introduce the sport to entry level coaches and potential coaches; and financially supports the program so it can be available to interested communities
- ✓ Coordinates the provincial judges training program and shares the cost of delivery
- ✓ Provides leadership and representation at the National level
- ✓ Coordinates provincial workshops, camps, competitions and the championships
- ✓ Represents the sport at the provincial level, working for the benefit of membership
- ✓ Seeks out and creates educational opportunities for athletes, coaches and parents
- ✓ Seeks fundraising opportunities
- ✓ Provides leadership and coordination when the province hosts the National Championships

The ASA has 2 levels of membership:

Full membership - \$15/year

Recreational Club Membership - \$25 blanket membership that includes coaches and athletes.

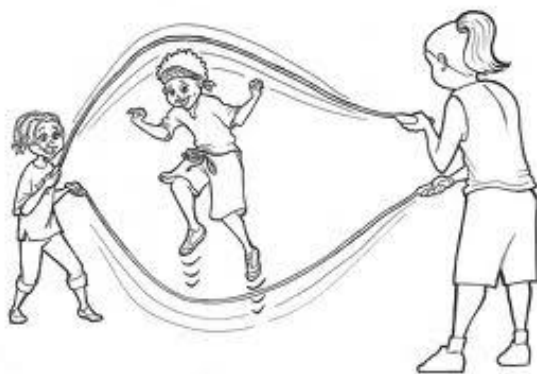
Recreation or Full Membership? Athletes competing at any provincial competition require full membership, as do their administrative support (coaches, managers, parent volunteers and helpers, and judges).

The \$25 recreational club membership permits club athletes and coaches to participate in provincial workshops and camps (must have proper insurance coverage).

Some clubs, the Camrose Spirals for example, carry combination ASA membership – competitive athletes, coaches etc have full membership; recreational athletes are members by virtue of the \$25 recreational blanket membership.

If you have any questions regarding RSC or ASA membership options or other topics please do not hesitate to contact me either by phone 780-608-6243 or email, jbcarrol@telus.net

Janine Carroll, President
Alberta Skipping Association



*HAVE A
GREAT
SEASON!*