



## ATTENTION ALL ATHLETES 16 YEARS AND OLDER

Rope Skipping Alberta is looking for 2 athletes to be part of the Rope Skipping Canada Athlete Council. The purpose of this council is to represent the athletes' voice for the sport of jump rope in Canada. The primary function will be to provide recommendations and feedback to Rope Skipping Canada's Board of Directors on a variety of topics.

These positions are open to athletes 16 years of age and older, who are current members in good standing with Rope Skipping Alberta, and who have competed at an RSC sanctioned event within the last 3 years.

Nominations for the 2 positions will be open until October 22, 2025. If needed, an election will take place at the 2025 RSA Summit where athletes, 16 years of age and older and who are currently registered and are in good standing with Rope Skipping Alberta will be allowed to vote for the athletes to fill these positions.

Please read the attached Terms of Reference to see the details about these 2 positions. Athletes can be nominated by fellow athletes, coaches, or parents. This would be a great opportunity for those who are interested in wanting to help develop the sport of jump rope in Canada.

If you have any questions, please feel free to contact  
[ropeskippingalberta.board@gmail.com](mailto:ropeskippingalberta.board@gmail.com)



# NOMINATION FORM

## Athlete Council

**Submission Deadline: October 22, 2025**

Nominee: \_\_\_\_\_

Club Affiliation (if applicable): \_\_\_\_\_

Nominated by: \_\_\_\_\_

Acceptance of Nomination (Signature): \_\_\_\_\_

Nominee Signature Date: \_\_\_\_\_

\_\_\_\_\_

Completed nomination forms can be sent to the Board of Directors by October 22, 2025  
at [ropeskiplingalberta.board@gmail.com](mailto:ropeskiplingalberta.board@gmail.com)



# CANDIDATE INFORMATION FORM

**Athlete Council**

**Submission Deadline: October 22, 2025**

Name of Candidate: \_\_\_\_\_

Club Affiliation (if applicable): \_\_\_\_\_

Years Involved in Rope Skipping: \_\_\_\_\_

Relevant Experience: \_\_\_\_\_

\_\_\_\_\_

Relevant Skills: \_\_\_\_\_

\_\_\_\_\_

Statement from candidate (100 words maximum)

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# **Rope Skipping Canada**

## **Saut à la Corde Canada**

### **ATHLETE COUNCIL**

## **TERMS OF REFERENCE**

*(Updated: September 21, 2025)*

### **Purpose:**

The purpose of the Rope Skipping Canada (RSC) Athlete Council is to represent the athletes' voice for the sport of rope skipping/jump rope in Canada. They will advise the RSC Board of directors and Committees to provide feedback on a variety of topics. The Athlete Council will provide recommendations to the RSC Board of Directors that reflects the best interests of RSC athletes and that allows for continued development of rope skipping within Canada. The primary function of the Athlete Council is to provide recommendations to the RSC Board of Directors.

### **Membership:**

All members of the Athlete Council must be RSC members in good standing. The Athlete Council will have the following composition of members:

- Up to eight (8) members. (With 2 per PSO, if possible a male and a female)
- Committee Chair or Co-Chairs (appointed by the members of the Athlete Council at their first meeting)
- 1 RSC Board Liaison (point of contact)

The term length for membership on the Council will be two (2) years. Members of the Council may be absent from a maximum of three (3) meetings in a calendar year. Once 3 meetings are missed, the individual's membership on the Council will be revoked.

### **Eligibility/Elections:**

- Council members will be elected by the athletes within each Provincial Sport Organization

(PSO)

- Members must be 16 years of age or older to sit on the Athlete Council
- Members must have competed at an RSC sanctioned event within the last 3 years
- Each PSO can determine the process of how the athlete election will be run
- In the event an interim representative is needed the PSO will have an election where the athletes will vote to fill the position
- If a PSO has an established and recognized Athlete Council that is elected by the athletes, the PSO's Athlete Council can appoint their athlete representatives for the RSC Athlete Council

## **Responsibility/Authority:**

This Council represents athletes within the sport of rope skipping and advises the RSC Board of Directors. The Athlete Council Chair will be responsible for communicating with the RSC Board of Directors. The RSC Board of Directors invites the Council to submit proposals related to athlete development and success. All recommendations made by the RSC Athlete Council must be sent in writing in advance and the Athlete Council Chair may attend the RSC Board of Directors meetings to present any recommendations. The Board of Directors will determine if they need to review and determine if an approval is necessary.

## **Working Method:**

### **Meetings**

The task group will meet a minimum of six (6) times yearly. Meetings will be held via conference call at the discretion of the chair. The Council Chair/Co-Chairs will be selected yearly by the council. Members of the Council will submit agenda topics to the Council Chair/Co-Chairs in advance of scheduled meetings. The Council Chair/Co-Chairs must inform the RSC Board of Directors of the meeting schedule, such that the RSC Board of Directors may add items to the agenda when/if required. The meeting materials will be circulated to the Council by the Chair/Co-Chairs via electronic communication (e.g., email, Google Docs, etc.). When required, non-members of the Council may be invited to participate in a meeting, where their input is considered valuable to a specific agenda topic. The Council Chair/Co-Chairs, may, if desired, assign the role of Secretary to a Council member, or may take on the Secretary role themselves.

### **Sharing of Information**

Members of the Council will share information via electronic communication (e.g., Email, Google Docs, etc.). All Council recommendations made to the RSC Board of Directors should be considered confidential until a final decision is made by the RSC Board of Directors. Council members are encouraged to engage RSC athletes in dialogue regarding the nature of the group and discussion topics, such that their recommendations reflect the interests of the RSC athletes. Any information provided to the Council from the RSC Board of Directors that is explicitly deemed as confidential may not be shared with any individuals who are not members of the Council.

### **AGM**

The Athlete Council must provide a written annual report for the AGM outlining what they have accomplished throughout the year.



# PROXY VOTING FORM

## 2025 RSC Athlete Council Representative Vote

**FOR EACH VOTING ATHLETE UNABLE TO ATTEND THE 2025 RSA Summit**

**PLEASE COMPLETE ONE PROXY FORM.**

As per the RSC Terms of Reference for the Athlete Council, each eligible RSA athlete can vote for two Athlete Council Representatives for the province of Alberta. The RSA Board of Directors will allow athletes who are unable to be present at the 2025 RSA Summit the ability to appoint a proxy holder to attend and act as the athlete's representative during the voting process, to the extent authorized by the proxy. A proxy holder must be a member who is eligible to vote. No voting member may hold more than three proxy votes. Absentee voting is not permitted.

Proxies to be presented at the time of voting.

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**PLEASE PRINT:**

\_\_\_\_\_ (eligible voting member) hereby appoints:

Delegate Name: \_\_\_\_\_

Delegate Club: \_\_\_\_\_

As its proxy to attend, act and vote for and their behalf at the 2025 RSA Summit for the position of RSC Athlete Council Representative to be held on October 24-26, 2025 , and at any adjournment thereof.

\_\_\_\_\_  
Signature of Member

\_\_\_\_\_  
Club of Member

\_\_\_\_\_  
Date