



Happy Holidays!

Montana Super Skippers  
Winter 2008-2009  
News Letter

Jumping rope takes practice, and a love of jumping. Our Wednesdays are filled with just such 46 jumpers. They are improving their jump rope skills, and working on their First Night and Grizzly performances. Keep up the good work, and don't forget to practice at home.

Parents and jumpers, don't forget to thank your instructors. Our instructors have completed level 2 and shown maturity to become leaders. They dedicate their time to help jumpers learn double dutch, single rope, and long rope skills. "Thank You," Erin W., Riley W., Tori S., Gilia P., Shea M., Kala W., Allie T., Mayah V., Maura W., Jordan M., Maddie T., Cameron S., Brittney W., Rylee F., Brittney D., Madisun B., Kylee M., and Lindsey T.,

Some of you may already know that jump rope is a competitive sport, and that the Montana Super Skippers has a competitive team. They compete in single rope and double dutch speed and freestyle.

This year there are 20 jumpers on the tournament team. Rachelle K., Brittney W., Kylee M., Tavin R., Olivia D., Jaylssa S., Kassedy F., Sydney S., have joined our Regional/National competitive of team Erin W., Riley W., Tori S., Gilia P., Shea M., Kala W., Allie T., Mayah V., Maura W., Jordan M., Maddie T. and Cameron S.

Remember, the Super Skippers are always looking for jumpers who have completed level 1, loves jump rope, and would like to compete. If a jumper is interested, please talk to coach Bev.

On November 7<sup>th</sup>, Lee Reisig, and Billy Jackson of the Summerwind Skippers, brought their World and National Championship skills to put on a 3 day workshop for the tournament team. The team was able to incorporate more difficult multiples, double dutch

strength moves and turner  
involvement.  
They have been practicing  
T/Th, a