

MONTANA  
SUPER SKIPPER  
JUMP ROPE TEAM

## *Welcome*

*Members of the Montana Super Skippers, **perform, demonstrate, and compete** in the sport of jumping rope. It is an organization run by volunteer parents and friends. As parents/ guardians, **your help** will enable us to maintain the high standards already set by jumper for the past 30 years, and maintain the recognition of being one of the premier jump rope teams in our region.*

*The Super Skippers participate in a variety of events. Venues can include First Night, Grizzly Basketball games, tournaments, and school shows. Practices are arranged to meet the goals of these performances and tournaments.*

*Please take the time to read through this booklet with your child. It contains information on **practice times, team rules, fundraising, tournament team, and family accounts.***

*All parents are welcomed and encouraged to attend the board meetings. They are normally held the first Monday of the month. Contact the coach or president of the board for the time and meeting place.*

*Stay informed by visiting the web site at [www.montanasuperskippers.org](http://www.montanasuperskippers.org).*

*If you have any questions please contact the coach or board.*

*Montana Super Skippers  
P.O. Box 16321  
Missoula MT 59808*

*Board members:*

*President: Margie Patterson 549-4783*

*Vice President: Darcy Trent*

*Secretary: Teri Wear*

*Treasurer: Staci Mann*

*Coach Bev Williams 360-9469, Assistant Wednesday coach Dawn McCloney*

## ***PHILOSOPHY***

*Our goal is to provide a positive, encouraging, and respectful environment where practice times are challenging, goal oriented, creative, and fun. Practices will be organized for the individual athlete and team success.*

## ***PURPOSE***

*Our Purpose is to provide an educational, and supportive program that encourages the skill and sport of rope skipping. In addition, it fosters confidence, discipline, responsibility, and leadership. It promotes a lifetime of physical fitness.*

## **GOALS**

- *Spread the sport of jump rope*
- *Promote the health benefits of jump rope*
- *Share different styles of jump rope*
- *Provide an atmosphere that promotes self discipline, confidence, and responsibility*
- *Learn good sportsmanship*
- *Encourage teamwork*
- *Set and reassess goals*

## **TEAM RULES**

- 1. Attend practices. Notify Coach Bev if you will miss practice. It is the jumpers responsibility to find out if they missed any information during practice.*
- 2. Listen, follow directions, and participate at practice.*
- 3. Jumpers must be at the last practice before a **PERFORMANCE.***
- 4. Misconduct during practices, performances, tournaments,*

*or while traveling, may result in a jumper being removed from the team.*

*5. It is recommended that the jumper maintain a "C" average or that their grades do not deteriorate.*

*6. Good Sportsmanship is required of all jumpers.*

### **CHECK LIST FOR PARENTS**

- ✓ Please make sure your jumper arrives on time.*
- ✓ Notify Coach Bev if your jumper will be absent or be late. 360-9469*
- ✓ Read Handouts, or emails.*
- ✓ Keep siblings quiet and under supervision if waiting during practice.*
- ✓ No smoking on school property.*
- ✓ Volunteer.*
- ✓ Please, pick your child up inside. They will not be allowed to wait outside for their ride.*
- ✓ Jumpers must be picked up on time unless otherwise arranged with the coach.*
- ✓ Please bring any questions or concerns to the coach's attention outside of the practice time.*

### **CHECK LIST FOR JUMPERS**

- ✓ MANDATORY: Tennis shoes that have laces, white*

*socks (during a performance).*

- ✓ *RECOMMENDED: shorts, t-shirt, and water bottle.*
- ✓ *Be on time and ready to practice.*
- ✓ *Work independently or with the team.*
- ✓ *Pick up around you. Don't forget your belongings. 25 double unders for left belongings.*
- ✓ *Keep your parents informed.*
- ✓ ***UNIFORMS CAN ONLY BE WORN TO PERFORMANCES. There are no substitutions of uniforms during a performance.***
- ✓ *Never give up and try your best.*
- ✓ *Show good sportsmanship, and support your team.*

## ***PRACTICES***

***Tournament Team: Tuesday, Wednesday & Thursdays 4 p.m. till 6:15 p.m.***

***Performance Jumpers: Wednesday 4 p.m. till 5 p.m. 5 p.m. till 6 p.m. by invitation.***

***Note: There may be extra practices at the University prior to the Grizzly Basketball***

*Games.*

*Practices are arranged to provide attention to individual and team skills. Instructors are selected by the coach. They should be working on or have completed at least level 2. They work with the coach to provide a fun, challenging, and positive environment.*

*Skill levels will be evaluated during practice times. To pass a jump, it must be done starting and ending in a basic bounce, and done 3 times without mistakes.*

### ***Becoming a better jumper***

*If you wish to improve as a jumper there are many things that you can do.*

*Here are a few suggestions to meet your goals.*

- 1. **Dedication:** Attend practices, practice and home, and always work hard.*
- 2. **Endurance:** The more you jump, the easier it gets.*
- 3. **Perseverance:** Keep trying and don't give up.*
- 4. **Focus:** Pay attention at practice.*
- 5. **Take care if yourself:** Eat right, drink at least 8 glasses of liquid a day, get at least 8 hours of sleep.*
- 6. **TEAM work:** T=together, E=everyone, A=accomplishes, M=more*

***Good luck! Mastering specific jumps takes time and***

*practice!*

### ***Records Day***

*Records Day is an event to give jumpers the experience of doing speed and power for 30seconds. They have the chance to win ribbons and have fun.*

### ***Tournament team***

*The tournament team is comprised of a group who have passed level 1.*

*They are required to commit to extra practice times during the season, pay for travel expenses, and other cost that comes from competition.*

*Tournament events usually consist of the following:*

*Freestyle: single rope, partners, 3 & 4 person double dutch, and a team show*

*Speed and Power: 1 & 3 minute speed, Triples, 4 X 30 speed relay, 3 X 40 double dutch relay, 2 X 60 double dutch relay.*

*Please ask the coach if you have any questions about joining this team.*

### ***Fund Raising & Accounts***

*There are ways to earn money to help with the cost of*

*jump rope. We work Grizzly Football, selling 50/50 tickets, Soccer, and Lady Griz Basketball ticket takers. There are family accounts for those people who work. If you work a game, your family account will earn 80% and Super Skippers 20%. This money can be used for registration fees, tournament expenses, jump rope expenses. It cannot be used during a fund raiser. Your account remains active unless your jumper is not involved for 2 years, then it is rolled over into the general fund. If you have any questions, please contact the board president.*

*Thank You for taking the time to look through this booklet. If you have any further questions, please contact the board or the coach.*