

**Montana Super Skippers  
News Letter  
February 2008**

The 2007 Fall session closed with jumpers demonstrating skills in single rope, double dutch and long rope. These jumpers learned that with commitment and practice they could learn and improve their skills.

**Way to go jumpers!**

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**Records Day**

Who believes trying to get as many jogging steps in 30 seconds and 1 minute or doing double unders for 30 seconds is easy? The Super Skippers know it's not.

On records day, jumpers put forth their best efforts and came home with ribbons!

In addition, the following jumpers passed 30 second speed on level cards:

**Brown Card 45 in 30 seconds**

Megan B., Abby D.,  
Baylee E., Sarah K., &  
Jaylssa S.,

**White Card Level 2A  
55 in 30 seconds**

Paige M., Hope M.,  
Sydney S., and Lindsey T.

**Red Card Level 2B 60 in  
30 seconds**

Brittney W., & Rylee F.

**The following jumpers  
passed Level 2 A/B  
freestyle jumps and  
speed:**

Jordan M., Cameron S., and  
Maddie T.

Just to remind everyone,  
there are five Level 1 cards,  
two Level 2 cards, and  
cards that go up.

**Everyone** passed different  
level cards!

**“Fantastic  
Job! Keep on  
jumping!”**

Something to think about, how  
many miles per hour can the  
speed rope go? One calculation  
of 136 jumps in one minute and  
the circle diameter of the rope is  
62 inches, is **50 miles per  
hour!!!**

For more information, visit  
[www.usajrf.org](http://www.usajrf.org) rope speed.

**“Thank You to everyone who has helped out this past session!”**

Thank You Instructors and Junior Instructors. Jumping would not be fun without your help!

Thank You Parents, grandparents, and friends for supporting the jumpers.

Thank you Super Skippers' Board! Margie Patterson, Lori Stavish, Teri Wear, Dawn McCloney, Darcy Trent, Adriana Mckenzie, & Chirsty Franklin

Thank You DawnAlicia photography for the great pictures!

Thank You Dave Baumstark for working on the web site!

**Thank You Sponsors:**

4 Paws Vet Clinic  
Dr. Stephen Noyd DDS  
Missoula Mavericks  
Missoula Chamber  
of Commerce

Don't forget the Super Skippers are always looking for sponsorship. For questions, please call Bev at 360-9469.

**Winter Session 2008**

The Winter session will begin this Wednesday February 6<sup>th</sup>. Time is 4-5. Focus will be on continued skill development, and will end with a records day and demo day. Cost is \$60.

**Tournament Team**

Twelve members of the team are preparing for Regionals which will be held April 5<sup>th</sup> in Boise Idaho. They will be going up against the strong, Summerwind Skippers, Proforme Airborne, and Just Jumpin'. They will compete in single rope and double dutch freestyle and speed. Keep up the hard work and dedication jumpers!

**For Sale:**

Ropes:  
Short Handle: \$5  
Long Handle: \$14  
Speed Ropes: \$12  
Double Dutch: \$20  
Jump Rope bags: \$5

Next Board Meeting: March 3<sup>rd</sup>,  
6:15 p.m. in the Meeting room, at  
public Library