

2017-2018 JUMP ROPE TEAM

(3rd, 4th, and 5th graders only)

- Tryouts will be after school on Thursday, October 19th (3:00-4:15pm).
- Students only. Yes, this is the only chance to try out.
- Practices will be **EVERY Thursday (3:00-4:15pm)**.

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Being on the Jumpin' Rockets Team is super fun, requires **DAILY** practice, and it is a **BIG COMMITMENT!**

Two missed practices and/or two late pick-ups and you will be removed from the team. Our season is from mid-October to early May.
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Go to the following website and click on each of the jumps for a short description or demonstration:

<http://wayback.archive-it.org/3635/20130906090519/http://library.thinkquest.org/5407/skills.html>

***ALL jumps must be done in a single bounce with the exception of the actual double bounce jump. Single bounce means for every jump, the rope is turned once.

*** Also remember that speed is NOT always better! Take it slow when learning new jumps.

NOTE: A max of 30 students can be on the team due to space/safety issues

3rd Grade: You must be able to do **ALL TEN** of the Basic Skills and **FRONT CROSS** at least **eight times in a row**. Each jump will be performed separately.

4th Grade: You must be able to do **ALL ten** of the Basic Skills, Front Cross, Side Swing Cross, and the **LEG OVER JUMP** (i.e. the Pretzel) at least **eight times in a row each**. Each jump will be performed separately.

5th Grade: You must be able to do **ALL ten** of the Basic Skills, Front Cross, Side Swing Cross, Leg Over/Pretzel at least **eight times in a row each**. 5th grade must also be able to do *either* the **RUMP JUMP, PUSH UP, or FRONT BACK CROSS**. Each jump will be performed separately.

***IF YOU HAVE ANY QUESTIONS, PLEASE EMAIL Mrs. Wyatt:**
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