



Dear Jump Rope Enthusiast:

We are happy to hear that you are interested in starting a team in your area. Jump rope can be taken to any range of participation your group would like. You may choose to form anything from a traveling demonstration team, an after school recreational program or a competitive team. USA Jump Rope is an organization that supports and represents many different types of teams from all over the United States and beyond. Jumping rope benefits the jumper in many ways. Jumping increases cardiovascular fitness and coordination which helps the athlete in other sports as well.

Many teams practice twice a week for at least one hour. Boys and girls, people of any age or ethnic background, and jumpers of any skill level are encouraged to join jump rope teams. Jump rope is for EVERYONE. Most teams have a head coach and an assistant coach. The coaches organize the team, team try-outs and registration, secure a venue for practices, set practice times, disburse information, arrange demonstrations, and give helpful instructions to the jump ropers. Assistant coaches often help with team organization and registrations, fund raising, counting and timing jumpers, as well as giving instructions to jumpers during practices and tournaments.

Some coaches select their team members by try-outs or open registration. The following criteria could be considered when selecting team members:

- ✓ Academic performance (maintain a certain grade point average)
- ✓ Ability to put together a single rope routine (unless they are beginners)
- ✓ Have a positive attitude, teamwork skills and self-motivated
- ✓ Responsibility (is on time for practice and is ready with a jump rope and proper jumping shoes)

The expenses to start a jump rope team are usually minimal. The cost of a single rope is usually between \$3-\$5, which most jumpers can purchase themselves. It is a good idea for the coach(es) to have double Dutch and long ropes on hand. Coaching can be done on a voluntary basis if they have the support of their school or place to practice, or charge a minimal monthly or semester fee to help with team expenses or venue rental. If you decide to become members of our organization, you and your team will be covered by our secondary accidental policy. Membership application and fees are enclosed. The membership fee is usually paid by the jumpers as are any tournament fees. Summer camps are also offered by USA Jump Rope and can be paid for by the jumpers or the team can hold fund raisers to help off-set expenses.

Once you have decided to start a team, you can look at the different options USA Jump Rope has to offer. We have an "Instructor Certification Course" that is very beneficial if you are a first time coach. Information about this course is also enclosed. Once you decide to start a team, you will need to come up with a name. If you decide to become a member of our organization, you will need to send in your membership form with your team name and contact information. This information will be added to our coach database to be shared with other coaches around the United States.

Good luck with your jump rope venture. We are here to help in any way and to answer any questions you may have.

Sincerely,

***Marian Fletcher***  
***Executive Director***

# USA Jump Rope

## Membership Benefits

**USA Jump Rope's Mission is to promote healthy lifestyles and create competitive opportunities through the Sport of Jump Rope.**

### **Insurance Benefits to your Team:**

All USA Jump Rope members are covered under our accident/death policy for all practices, camps, demos, and any USA Jump Rope sanctioned events.

Your team can also add your practice venue under our General Liability policy for an additional \$45. This policy will cover the venue if destruction of property occurs.

### **Newsletters and E-Blasts:**

All members will newsletters and frequent E-Blasts. We send out the E-Blasts to your email address and all of our newsletters will be available online also. These newsletters and E-Blasts contain important updates, upcoming events, information and team news. We also encourage our members to send in their senior pictures and a short article to "highlight" our seniors when they graduate in our special "Senior Spotlight" section. We also love to receive articles from your team about any special events you have been involved with.

### **Camp, Workshops and Tournaments:**

All members receive information on tournaments, summer camps and workshops before any of the dates are published. What a great way to keep up with the latest in USA Jump Rope.

### **Web Access:**

All members receive a unique membership number that will let renewed and new members log on to USA Jump Rope's website for the latest downloads and updates. There is also a message board for members to communicate about the latest information about jump rope tricks and what is happening with your team.

### **Information:**

Please call our office for further information about becoming a member or about our membership benefits at 800-225-8820 or [info@usajumprope.org](mailto:info@usajumprope.org)



Thank you for inquiring about USA Jump Rope opportunities. We have enclosed the information you requested and our staff is dedicated in assisting you and your organization in your jump rope goals.

Please feel free to e-mail us at [info@usajumprope.org](mailto:info@usajumprope.org) or by calling us at 1-800-225-8820

***Keep Jumping!***



If you are interested in buying jump ropes, go to:

Heartbeat Enterprises 410-3818553

[www.jump2bfit.com](http://www.jump2bfit.com)

Or

Rocky Mountain Sports 800-525-2857

[www.rms.jumprope.com](http://www.rms.jumprope.com)

Or

Buy Jump Ropes.net

Matt Hopkins 866-810-5867

[matt@buyjumropes.net](mailto:matt@buyjumropes.net)

If you are a member of USA Jump Rope, you can get a discount on jump ropes through these companies.



Phone: 800-225-8820 Website: [www.usajumprope.org](http://www.usajumprope.org)

## **RESPONSE TO ENQUIRIES ABOUT STARTING A PROGRAM**

There are several options available:

1. If you have instructors who are familiar with teaching sports or movement, we have a Basic Instructional Guide available from the USA JUMP ROPE office for \$15. This guide gives directions on how to set up a program and gives details on skills for single rope, long rope and Double Dutch instruction for Beginners. Lesson plans are also included. If you plan to start a Jump Rope team you would want to order the New Team Starter Guide for \$10. This has helpful guidelines on how to set up the administration of a team. There are also additional manuals and videos that may be of help available from USAJR. You can check this out at [www.usajrf.org](http://www.usajrf.org)
2. USA JUMP ROPE also has an Instructor Certification Program. This is based on the Basic Guide and our clinician will teach potential instructors how to teach basic skills and prepare their students for jump rope instruction and get them ready for USAJR competitions. Upon successful completion of this 6 hour class each instructor will receive a certificate of proficiency and a USAJR t-shirt. For details about this program please see below. To make this program cost effective you may wish to invite youth instructors from other programs or local P.E. teachers to participate.
3. We can attempt to find a coach and team who could come to your location to work with your participants. If there are no instructional teams close to you, it would therefore mean bringing in a team at your expense from another state. There may be a time delay on this option because our teams are very much in demand.

Please feel free to call me at 800-225-8820 or e-mail me at [mfletcher@usajumprope.org](mailto:mfletcher@usajumprope.org) if you have further questions.

Good luck with your program!

Marian Fletcher, Executive Director

# **GUIDELINES FOR USAJR INSTRUCTOR CERTIFICATION CLINICS (10/10)**

Upon successful completion of this program, each instructor will receive a certificate in recognition of their achievement. New USAJR member instructors will receive an official USAJR T-shirt.

1. Each participant is required to register as a member of USA Jump Rope. The fee is \$35 per Adult member, \$30 per Youth Member. Membership to our organization gives you secondary insurance coverage under our Accident/Death Policy for all practices, demos and sanctioned jump rope events, an exclusive membership number and card, membership gift, newsletters and E-Blasts, workshop, tournament and camp advertisements, and a special login privilege to our website. This should be handled before the clinic through USAJR at 1-800-225-8820.
2. Each instructor candidate will need a copy at the clinic of “Jump Rope - A Basic Instructional Guide” from USA JUMP ROPE. Each of these manuals costs \$15 plus shipping and handling and includes detailed instructions on how to set up your program, teach various jump rope skills and contains sample lesson plans.
3. The youth who will be served by this program are not required to join USA Jump Rope to receive instruction from the people trained at the clinic. If they would like to participate in a USA Jump sponsored camp or competition they will need to become members at that time.
4. Each instructor candidate at the clinic must have a rope. Adults up to 5' 3" would use an 8' rope, 5'4" - 5'10" would use a 9 foot rope. Taller jumpers need a 10' rope. Ropes can be obtained from several different sources, please refer to [www.usajumprope.org](http://www.usajumprope.org) for suppliers. Beaded ropes are generally recommended for beginning jumpers as they keep a consistent loop. In addition to individual ropes you will need a couple of sets of 12 foot or 14 foot Double Dutch ropes and 1 long rope. 20 foot would be fine for long rope purposes.
5. A discussion by phone or in person to plan your program is strongly recommended. The clinic for instructors will last approximately 6 hours. This includes all instruction, a brief introduction to competition and the Instructor Certification test, which is handled “open book”.
6. Expenses for the instructor such as airline ticket, gas, car rental (if needed), accommodations, and food for the trip should be budgeted into the cost.
7. The customary standard rate for our instructors is \$30 per hour or \$180 for 6 hours. However, the instructors may be able to donate their time if your funds or grants do not cover this amount. Please discuss payment with the USA Jump Rope office.



## ***What are our Youth Membership Options?***

### **Club Membership (Non-Competitor) – (Under 18) - \$15 per person**

This membership option is for starting teams or members that plan to only attend workshops, camps and open tournaments for practice and to learn more about jump rope. These members are not eligible to compete in Regional or National competitions. If a club member decides they wish to compete, they can always upgrade their membership to a full youth membership by paying the difference in the fee. The team coach will be required to apply for a regular coach's membership.

### **Youth Memberships (Competitors) – (Under 18) - \$30 per person**

This is a one year membership that allows the jumper to participate in Regional competitions, possibly Nationals, all workshops, camps and tournaments.

### **Additional Information**

All members are covered under USA Jump Rope's secondary insurance Accident policy for all practices, performances and sanctioned events.

Membership year runs from October 1 through September 30<sup>th</sup>. In order to compete in the current membership year competitions, new competitors must become a member of USA Jump Rope three weeks before the Regional competition in your area. Once a member is registered, they must renew their membership by October 31<sup>st</sup> to avoid the double membership fee penalty.

### **What is USA Jump Rope?**

The United States Amateur Jump Rope Federation (USAJRF) was formed on October 1, 1995 as a result of the merger of two national jump rope organizations (IRSO and WRSF). The organization's name was officially changed to USA Jump Rope (USAJR) November 2005. USAJR is a nonprofit organization committed to the exchange and sharing of jump rope knowledge and experience. The organization offers a wide variety of information about jump rope to its members, coaches and physical educators through its books, video tapes, the Internet and other resources. Visit our website at [www.usajumprope.org](http://www.usajumprope.org).

USA Jump Rope also offers unique experiences and educational opportunities through its sanctioned jump rope workshops, camps, seminars and tournaments at the state, regional and national levels.

## USA Jump Rope - Club Membership Registration Form

<b>Team Name</b>				
<b>Coach</b>				
<b>Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>	
<b>Daytime Phone Number</b>				
<b>Evening Phone Number</b>				
<b>Fax Number</b>				
<b>Email Address</b>				

**Membership Information (please complete for each team member)**

<b>First Name</b>	<b>Last Name</b>	<b>DOB</b>	<b>Male or Female</b>	
<b>Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>	
<b>Daytime Phone</b>				
<b>Email Address</b>				

<b>First Name</b>	<b>Last Name</b>	<b>DOB</b>	<b>Male or Female</b>	
<b>Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>	
<b>Daytime Phone</b>				
<b>Email Address</b>				

<b>First Name</b>	<b>Last Name</b>	<b>DOB</b>	<b>Male or Female</b>	
<b>Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>	
<b>Daytime Phone</b>				
<b>Email Address</b>				

<b>First Name</b>	<b>Last Name</b>	<b>DOB</b>	<b>Male or Female</b>	
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<b>Daytime Phone</b>				
<b>Email Address</b>				

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