

USA Jump Rope Order Form

<input type="checkbox"/>	NEW Basic Single Rope and Double Dutch Skills	\$29.95 NEW (Manual and DVD)
<input type="checkbox"/>	Choreography for Group Routines	\$39.95 (includes music CD & NEW INSTRUCTIONAL DVD)
<input type="checkbox"/>	NEW 2009 U.S. National Championship Team Show DVD	\$19.95 NEW
<input type="checkbox"/>	2008 U.S. National Championship Team Show DVD	\$15.95 Sale Price
<input type="checkbox"/>	2007 U.S. National Championship Team Show DVD	\$15.95 Sale Price
<input type="checkbox"/>	NEW 2009 U.S. National Championship (DVD)	\$29.95 Each
<input type="checkbox"/>	2008 U.S. National Championship (DVD)	\$24.95 Each
<input type="checkbox"/>	2007 U.S. National Championship (DVD)	\$24.95 Each
<input type="checkbox"/>	Competition Rule Book	\$12.00 Each
<input type="checkbox"/>	Introduction to Jump Rope	\$10.00 Each
<input type="checkbox"/>	UPDATED New Team Starter Guide (4th Edition)	\$10.00 Each
<input type="checkbox"/>	Jump Rope – A Basic Instruction Guide	\$15.00 manual only (with DVD \$27.95, VHS \$24.95)
<input type="checkbox"/>	Jump Rope for Conditioning	\$8.00 Each
<input type="checkbox"/>	Dive Into Rope Skipping (VHS)	\$15.95 Each
<input type="checkbox"/>	Basic Single Rope Jumping Skills (VHS)	\$19.95 Each
<input type="checkbox"/>	NEW 2009 U.S. National Freestyle Events Set	\$69.95 DVD Set
<input type="checkbox"/>	2008 U.S. National Freestyle Events Set	\$59.95 DVD Set
<input type="checkbox"/>	Judging Certification Video & Handbook	\$15.00 Each
<input type="checkbox"/>	USAJR Competition Timing CD	\$15.00 Each

A \$5.50 shipping and handling fee will be added for ONE product. For two or more products or non-US orders, shipping and handling will vary. Please call our office for a total before mailing in payment. All products are mailed Priority Mail.

Ship To: Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____ Email: _____

We accept Personal Checks, Money Orders, MC, Visa, American Express, and Discover. If using CC please fill out the information below and sign then remit this form for payment to the address below.

Credit Card # _____ Exp. Date: _____
 Signature _____ Date: _____

Check One if not paying by CC: Check Enclosed Payable to USAJR Money Order Enclosed

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Online Ordering: www.usajumprope.org Email: mfletcher@usajumprope.org

Order Total \$ _____	S&H \$ _____	Total with S&H \$ _____	Date Shipped _____
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NEW Basic Single Rope and Double Dutch Skills -- This instructional manual and DVD is for new teams that need to learn the basic skills to start single rope and double Dutch. The DVD will demonstrate all skills and explain them in detail. **Great for beginners and new teams!** (\$29.95)

NEW UPDATED Choreography for Group Routines -- This manual includes choreographed routines set to music and now includes an instructional DVD. The manual will show you how to set up your class in an appropriate formation, teach steps and skills, drills, practicing without music, with music and now along with the DVD, and special hints for coaches and jumpers alike. You can look forward to the chills down the spine when your group performs a challenging routine perfectly on beat with no misses! **(\$39.95 includes manual, music CD and instructional DVD) Order today!**

U.S. Nationals Team Show DVDs -- 2007-2009 Team Show DVDs. You can purchase a DVD of the U.S. National Competition Small and Large Group Team Shows. These are team choreographed routines set to music. **2009** (19.95) 2007 and 2008 (\$15.95)

2009 U.S. National Championship DVD -- The U.S. National Championship from 2009 was aired on Fox Sports Network. Pick up your copy today! It is a must for a competitor's keepsake or to show your local jump rope club or school club. (\$29.95 DVD)

2008 U.S. National Championship DVD -- The U.S. National Championship from 2008 was aired on Fox Sports Network. Pick up your copy today! It is a must for a competitor's keepsake or to show your local jump rope club or school club. (\$24.95 DVD)

2007 U.S. National Championship DVD -- The U.S. National Championship from 2007 was filmed by a professional crew, but was not picked up for broadcast by a major network. This video has some exciting moments such as Jayson Fisher breaking his rope in 3 minute speed only to come back and set a record for 2007! This video is a must for a competitor's keepsake or to show your local jump rope club or school club. (\$24.95 DVD)

Competition Rule Book -- Knowing the rules for a USAJR Competition is critical for successfully competing. The USAJR Competition Rule Book reviews all of the rules and regulations of USAJR Tournaments. This also includes necessary tournament registration forms, sign-up sheets, and agreements. (\$12)

Introduction to Jump Rope -- This manual lists difficulty levels, gives helpful hints, routines, and sometimes describes how to do various skills in the different branches of rope jumping (e.g. single rope, double-dutch, wheel, traveler, and long rope). Also gives tips for single rope and double-dutch conditioning, and describes stretching exercises for rope jumping. (\$10)

UPDATED New Team Starter Guide (4th Edition) -- This manual covers the critical topics a coach needs to know about forming a jump rope team and keeping it going! A list of topics include *Advertising your Team, Equipment Needs Qualifying your Jumpers, Show Tips, Team Discipline & Morale, Fund Raising*, and more! (\$10)

Jump Rope – A Basic Instruction Guide -- The Basic Instructional Guide for Jump Rope gives complete directions and progressions for how to teach the basic elements of simple Jump Rope activities in a club or classroom setting. Various footwork and arm work skills, readiness games, long rope, Double Dutch, wheels, traveler and group routines are explained. We now offer an accompanying DVD or VHS tape of our USA Jump Rope Instructor Certification session taught by Jean Hodges at the USA Jump Rope Eastern camp, July 2003. The Instructor Certification course is taught by this manual and this 3-hour DVD/VHS is a great tool for new coaches and teams. It brings the manual to life! (\$15; Manual-35 Pages, with DVD \$35.95, with VHS \$28.95)

Jump Rope for Conditioning -- This program is designed to offer balanced skills and a conditioning program for adults and athletes who wish to improve their aerobic capacity, endurance, agility, laterality, speed and power. (\$8)

Dive Into Rope Skipping -- This video gives a broad overview of the diversity of skills and excitement in rope jumping with many different individuals and teams doing their thing! A fantastic video to show your team, or others the exciting sport of jump rope! (\$15.95)

Basic Single Rope Jumping Skills Video -- This video teaches the novice how to jump rope correctly in a step-by-step fashion. Thirty other basic jumping skills taught including various Footwork, Cross, Rotation, and Double Under skills, often using slow motion. Short single rope routine demonstrated at the end. (\$19.95)

U.S. Nationals Freestyle Events Set -- This 5 disc DVD set includes all Freestyle Events from the Nationals competition. (\$69.95 for 2009 and \$59.95 for 2008 and 2007)

Judges Certification Handbook & Video -- Reviews "How to run a judges clinic and staff a regional competition with certified judges", also provides judging forms and helpful tips. Included with the handbook is the Judging Video, which is a visual discussion of the Judges Certification Handbook with guidance and examples of consistent, judging methods for all Tournaments. (\$15; Handbook and Video)

USAJR Competition Timing CD -- This is the CD used at Regional and National Competitions for each event. This is a great practice tool for your jump rope team or a competitor for practice. (\$15)

