

Hosted by

JumpStart! Workshop



When: Friday-Saturday, October 24-25, 2008

Where: Hartland High School
10635 Dunham, Hartland, MI 48353

Time: 9:00am – 4:00pm
Staff Show at 3:15 will conclude the camp!

10/24: Coach's workshop - by Amy Canady: 6:30 - 8:30 p.m.

World and National Champion jumper, Amy Canady, will be sharing how to train your team to compete at a championship level. She has served on the board of USA Jump Rope (USAJR), on the board of FISAC (the international governing body for the sport of jump rope), as the chair of the National Competition Committee for USA Jump Rope and as a National Tournament Director.

Fee: **\$20*/\$25**

10/25: Jumper Workshop – Trina Griffith: 9:00 - 3:00 p.m.

Trina, coach of the ZZ Skippers and manager of the 2008 USAJR World's Team will join us. Trina is an expert in managing camps and is on the USAJR board. She will be Staff Leader of our jumpers/teachers from across the United States and Canada. To name a few teaching: Heart & Soul, Hot Dog USA, Comet Skippers, Jammin' Jumpers, Heartbeats, Palpitations, Razz-Ma-Tazz, Cary Skippers YMCA, Jumpsations, Essex Energizers, Jump Rope Extreme, and *more*. All **basic** through **advanced** skills will be taught including single rope, double dutch, and Chinese wheels. *No experience necessary*

Fee: **\$35*/\$40**

10/25: Judges Training - Level 1 & 2: 9:00 - 2:30 p.m.

Get certified by USAJR trainers (Level 1) and from Amy Canady (Level 2). Amy is the author of the USAJR judging book and is extremely experienced to teach Level 2. Judging handbooks are included in this course. REMINDER: each team is required to provide judges for tournaments. **Parents**, this is a great way to help your team. *No experience necessary.*

Fee: **\$20*/\$25**

10/25: "Hands on" class - Level 1 & 2 - by Roger Crozier: 9:00 – 12:00 p.m. & 12-3:00 p.m.

P.E. teachers, coaches and parents, gain additional knowledge in jump rope taught by *Roger Crozier*, a PE teacher and coach of the Footnotes. Roger says, "I can teach more with a jump rope than with any other piece of equipment." With over 20 years experience in the sport, Roger also developed a Jump Rope for Heart training video for the **American Heart Association**. His teaching will add excitement to your class or training time by learning how to **teach** double dutch and single rope skills. Roger will teach a **Level 1 & a Level 2** class. Wear comfortable clothes and cross trainer shoes. Optional purchase: (1) *Jump Rope Instruction guide* or (2) *New Team Starter Guide*. See registration form for details.

Fee: **\$35*/\$40**

***Fee if POSTMARKED BY October 10, 2008.**



Box Lunch available for \$5.00 * T-shirts \$10.00 each
Double Dutch and Single Ropes available for sale

*To register or more information please visit our
website at www.jumpinallstars.org
or contact:*

Renee' Nix: 810-231-2415 reeneenix@provide.net
Kim Tobin: 810-227-8429 kimtobin@comcast.net

**Sanctioned by
USA Jump Rope**

JumpStart! Workshop



Oct. 24-25, 2008 Registration Form

(Fill out one form per participant)

Name _____ Grade _____ Age _____
 Team/School _____ City _____
 Street _____ State _____ Zip _____
 Home phone _____ Cell _____
 Emergency Contact _____ Ph# _____
 Email _____ Parent _____

Medical Release and Indemnity Agreement

I request that you accept the application for registration in the JumpStart Workshop of (participants name) _____ and in consideration of your acceptance of the application, I hereby release USA Jump Rope, Hartland Area Schools and all of its facilities and employees and all persons associated with the Livingston County Jumpin' Allstars of and from all claims or causes of injury to the participant arising from participation in the event, whether such injury is a result of negligence or some other cause. If medical attention is required for injury or illness while at the workshop, I give permission for such medical care and I will be financially responsible.

Signature: _____ Date: _____

- a) Coach's Workshop (Friday w/Amy – booklet included) \$20 if received by 10/10, after \$25 _____
- b) Jumper Workshop \$35 if received by 10/10, after \$40 _____
- c) Judges Training...(judges book incl).....\$20 if received by 10/10, after \$25 _____
- d) Roger's "Hand's On" Level 1 class..... \$35 if received by 10/10, after \$40 _____
 Level 2 class.....\$35 if received by 10/10, after \$40 _____
- (A) *New Team Starter Guide* \$10 _____
 Manual covers the critical topics a coach needs to know about forming a jump rope team and keeping it going!
- (B) *Jump Rope—A Basic Instruction Guide*..... \$15 _____
 Manual give complete directions and progressions for how to teach the basic elements of 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.
Note: If you would like both manuals please check one & add \$15 on the other line.
- Box Lunch (optional) \$5 _____

JumpStart! t-shirt (please mark size)

YM ___ YL ___ AS ___ AM ___ AL ___ AXL ___ AXXL _____ \$10 _____

TOTAL \$ _____

Discounted Rate: postmarked by **October 10, 2008**.
 Non-discounted rate: postmarked by **October 18, 2008**
 Make checks payable to "Jumpin' Allstars" and mail to:
JumpStart! Workshop
207 S. 3rd St.
Brighton, Mi 48116

Note to Team Coach/Manager:
Please send
ONE PACKET
&
CHECK PER TEAM



JumpStart! Workshop



Lunch Order Form

(Fill out one form per participant)

Saturday, October 25, 2008

For just \$5 per person, lunch* will be providing freshly made sandwiches and salads for the participants of our workshop. Great Harvest Bread Co. is a bakery that makes fresh bread daily.

Select one only: **Sandwich or Salad or Pizza Roll**

Salad (circle choice)

Greek Salad

Salad blend tomato & Feta cheese.

Garden Salad

Fresh greens, tomatoes, and cucumber.

Dressing(circle one)

Ranch ■ Italian Vinaigrette ■ Greek

Sandwich - Great Harvest Bread (circle choices)

Meat

Ham ■ Turkey ■ Veggie

Bread

Old Fashioned White ■ Honey Wheat Bread

Cheese

Provolone ■ American ■ None

Condiments(on the side)

Yes ■ No Includes: Lettuce & tomato & pickle spear

Chips

Regular Lays chips ■ BBQ Lays chips

Mustard and Mayonnaise packages will be individually packaged.

Great Harvest Pepperoni Roll: (circle choice)

Pepperoni Roll –

Great Harvest pepperoni rolls are filled with mozzarella cheese and pepperonis.

Chips

Regular Lays chips ■ BBQ Lays Chips

**Water bottle Included in meal choice*

Name _____ Team/School _____

Discounted Rate: postmarked by **October 10, 2008**.
Non-discounted rate: postmarked by **October 18, 2008**
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JumpStart! Workshop
207 S. 3rd St.
Brighton, Mi 48116

Note to Teams:
Please send
ONE PACKET
&
CHECK PER TEAM

JumpStart! Workshop

October 24-25, 2008
Coach's Check List



Coach Name _____

Team Name _____

Email _____ Cell/Home Phone: _____

Participants – Jumpers * Please indicate next to name **B**-Beginner, **I**-Intermediate, **A**-Advanced

- | | | |
|----------|-----------|-----------|
| 1. _____ | 9. _____ | 17. _____ |
| 2. _____ | 10. _____ | 18. _____ |
| 3. _____ | 11. _____ | 19. _____ |
| 4. _____ | 12. _____ | 20. _____ |
| 5. _____ | 13. _____ | 21. _____ |
| 6. _____ | 14. _____ | 22. _____ |
| 7. _____ | 15. _____ | 23. _____ |
| 8. _____ | 16. _____ | 24. _____ |

Participants – Judges (please circle level)

- | | | | |
|----------|---------------|----|---------|
| 1. _____ | Level 1 judge | or | Level 2 |
| 2. _____ | Level 1 judge | or | Level 2 |
| 3. _____ | Level 1 judge | or | Level 2 |
| 4. _____ | Level 1 judge | or | Level 2 |
| 5. _____ | Level 1 judge | or | Level 2 |

Number of Jumpers (Discounted rate postmarked by Oct 10) x \$35 = \$ _____

Number of Jumpers (Non-discounted rate after Oct 10) x \$40 = \$ _____

Judges Training (Discounted rate postmarked by Oct 10) x \$15 = \$ _____

Judges Training (Non-discounted rate after Oct 10) x \$15 = \$ _____

Amy's Coach's Class (Discounted rate by postmarked by Oct 10) x \$20 = \$ _____

Amy's Coach's Class (Non-discounted rate after Oct 10) x \$25 = \$ _____

Roger's "Hand's On" (Discounted rate by postmarked by Oct 10) x \$35 = \$ _____

Roger's "Hand's On" (Non-discounted rate after Oct 10) x \$40 = \$ _____

Total number of Box Lunches x \$5 = \$ _____

Total number of t-shirts x \$10 = \$ _____

TOTAL \$ _____

Enter total number for each size:

T-Shirt Size: YS _____ YM _____ YL _____ AS _____ AM _____ AL _____ AXL _____

Please send ONE PACKET & CHECK PER TEAM/SCHOOL.

Make checks payable to "Jumpin' Allstars."

Mail to: JumpStart! Workshop
207 S. 3rd St.,
Brighton, Mi 48116

JumpStart Workshop



Workshop Hotel List October 24 and/or October 25, 2008

All rooms that we blocked are non-smoking

Holiday Inn Express & Suites

8079 Challis Rd.
Brighton, MI 48446
810-225-4300

Blocked rooms are:

9 mini suites, 1 king suite, and 5 Full Suites available Group Code: JMP

Due date for this price is by October 1

Discounted Rate: Mini-suite ((2 queens + pull-out): \$109.99 per night;
Full suite (2 queens + pull-out w/door to bedroom): \$129.00 per night

Amenities: All Suites have kitchenettes. Reserve your room by going to: www.hiexpress.com/brightonmi
Then go to the "Check Availability" section on the left and enter the **Group Code: JMP** You may also call the hotel directly make a reservation. **Amenities:** Free continental breakfast, indoor pool & whirlpool (it does work), fitness center, business center. Walk to Target, Chili's, IHop, and other restaurants, and shopping. Near ATMS, grocery stores and gas stations. **Distance:** 5 miles from workshop

Homewood Suites

8600 Challis Rd.
Brighton, MI 48116
810-225-0200

Blocked rooms are:

15 -1 bedroom suites: Group Code: Jumpin'Allstars (Renee' Nix)

Due date for this price is by September 20th

Discounted Rate: 1 bed suite: \$119 per night

Amenities: 2 separate rooms, full kitchen w/stove, full refrigerator, all dinnerware and 2 T.V.s,
The 1 bed suites we have reserved are: 1 room has a King size Bed, and the other room has a pull out Double bed. Price also includes: Free hot buffet breakfast, *indoor pool & whirlpool, business center. Stores to walk to include Target, restaurants, ATMS, grocery stores and gas stations.

Distance: 5 miles from workshop * If you arrive on Thursday night, there is a Free Dinner Buffet (M-TH)

Courtyard by Marriott

7799 Conference Dr.
Brighton, MI 48114
810-225-9200

Blocked rooms are:

15 rooms available – Group code: jsss

Due date for this price is by October 5th

Discounted Rate: 2 double beds: \$94.00

Amenities: Indoor Pool. Breakfast is NOT included. However they have 2 types of Breakfast - 1) Continental \$3.95 2) Hot foods - \$6.95 breakfast. Walking distance to Cracker Barrel, and other restaurants, gas stations.

Distance: 6 miles from workshop.