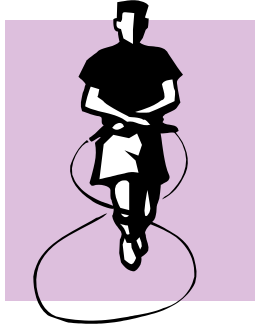


# 2013-2014 JUMP ROPE TEAM



## READ CAREFULLY!

-Tryouts will be **AFTER** school on **Thursday, November 7<sup>th</sup>** from **3:00pm-4:15pm**. Ropes will be provided. **Practice, practice, practice!!!!**

- **THERE ARE NO FORMS TO FILL OUT**, but you must be able to do what is listed below.

- **\*\*\*In order to be on the team you must be able to attend ALL Thursday practices (3:00-4:15pm) and two performances (April 1<sup>st</sup>, and May 8<sup>th</sup>).**

- You must keep up with all schoolwork, and have wonderful behavior

**\*\*\* Below is a link to a website** that lists a variety of jumps and their descriptions. Please read what is required for your grade and **PRACTICE!**

**\*\*\*Jumping Website (see grade level requirements below)\*\*\***

**<http://library.thinkquest.org/5407/skills.html>**

**3<sup>rd</sup> Grade:** You must be able to do **ALL ten** of the Basic Skills, at least eight times **in a row**.  
**\*Plus FRONT CROSS.**

**4<sup>th</sup> Grade:** You must be able to do **ALL ten** of the Basic Skills, at least 12 times **in a row**.  
**Plus FRONT CROSS AND LEG OVER.**

**5<sup>th</sup> Grade:** You must be able to do **ALL ten** of the Basic Skills, 16 times **in a row**. Plus **ONE ADVANCED SKILL** .

**\*IF YOU HAVE ANY ISSUES OR QUESTIONS, PLEASE EMAIL ME: [lindsay.maxson@cms.k12.nc.us](mailto:lindsay.maxson@cms.k12.nc.us)**