

2015-2016 JUMP ROPE TEAM

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

READ CAREFULLY!

- THERE ARE NO FORMS TO FILL OUT, simply practice the skills needed and come to **tryouts on OCTOBER 22nd from 3:00-4:15pm** (tryouts are closed to parents; you will pick your child up in the carpool line at 4:15pm).

- ***In order to be on the team you must be able to attend ALL Thursday practices (3:00-4:15pm) and two performances in the Spring 2016. The season starts in November and ends in May.

*** Below is a link to the website that lists a variety of jumps and their descriptions. Please go to the website to see the jumps, and read below what is required for your grade. **PRACTICE EVERYDAY!!!!!!** ☺

*****Jumping Website*****

Go to this 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](http://wayback.archive-it.org/3635/20130906090519/http://library.thinkquest.org/5407/skills.html)

3rd Grade: You must be able to do ALL ten of the Basic Skills (from the website above), at least eight times in a row. *BONUS: FRONT CROSS.

4th Grade: You must be able to do ALL ten of the Basic Skills, at least eight times in a row AND Front Cross. *BONUS: Any jump from the other two lists.

5th Grade: You must be able to do ALL ten of the Basic Skills, Front Cross. *BONUS: ONE ADVANCED SKILL and Leg Over/Pretzel.

***IF YOU HAVE ANY QUESTIONS, PLEASE EMAIL Mrs. Wyatt:
lindsay.maxson@cms.k12.nc.us**