

USA Jump Rope

Presents the

North Carolina All-Star Workshop

“Private Lessons with an All-Star”

Mark your calendars and get your ropes ready!

May 6-7, 2017

Cary, North Carolina

USA Jump Rope is excited to announce the *North Carolina All-Star Workshop* in Cary, NC, May 6th, with *Private Lessons with an All-Star*, May 7th to help improve your skills and routines. This is the first workshop hosted by the **YMCA Super Skippers of Cary, NC**, coached by Catherine Perry. Participants will learn from the absolute **best** in the sport of jump rope –*the USA Jump Rope All-Star Team* members! Participants will learn Single Rope, Double Dutch, Chinese Wheel, Long Ropes and Traveler. All USA Jump Rope members and non-members are invited to attend. *All ages and ability levels are welcome!*

The host team will sell merchandise and light concessions. We will provide lunch order information a few weeks before the event to those registered to purchase lunch brought in by the host team or you can bring your own lunch. The ending show will be the **most awesome closing ceremony and staff show you have ever seen! That’s a promise!**

We have identified suggested hotels if you require overnight accommodations. We have not blocked rooms but they have very good rates and are close to the venue. Suggested hotels are:

- Courtyard Marriott, 100 Marriott Way, Chapel Hill, NC 27517, (919) 883-0700,
- Holiday Express, 6119 Farrington Rd, Chapel Hill, NC 27517, (919) 489-7555
- Homewood Suites Hilton Durham-Chapel Hill, 3600 Mt Moriah Rd, Durham, NC 27707, (919) 401-0610

Workshop Information:

Workshop:	All-Star Workshop for all ability levels and ages
Date/Time:	May 6, 2017 – 9:00: a.m. – 3 p.m. <i>with staff show to follow</i>
USAJR Members:	\$45 (workshop)
Non-Member Fee:	\$55 (USAJR recreational membership & workshop)
Location:	Fetzer Gymnasium, 101 Student Recreation Center, Chapel Hill, NC 27514
Lessons:	Private Lessons with an All-Star
Date/Time:	May 7, 2017 – Times will vary by schedule: 9:00: a.m. – 12 p.m.
Fee:	\$40 (one hour lessons single to Double Dutch routines) Limited Availability <i>Participants will be matched with the All-Star that best fits their needs</i>

The All-Star Team has helped gain opportunities and visibility for our sport, which helps USA Jump Rope better achieve its goals of expansion and growth. Join us for one of the best workshops around! If you have any questions about the workshop, please feel free to call the USA Jump Rope office at 936-295-3332 or email us at info@usajumprope.org.



2017 ALL STAR WORKSHOP PARTICIPANT REGISTRATION

Name: _____ Membership # _____

Address: _____

City: _____ State: _____ Zip: _____

Area Code/Phone: _____ Email: _____

Gender: Male Female (circle one) Birthdate ___/___/___ Age _____

Team: _____ Coach: _____
If applicable If applicable

Jump Rope Levels:

Circle One: Level One (Basic) Level Two (Elementary) Level Three (Intermediate)
Level Four (Advanced) Level Five (Masters)

Time: 9 a.m. – 3 p.m. - *with staff show to follow!*

Fees:

All-Star Workshop – May 6, 2017 - Cary, NC (Fetzer Gymnasium, Chapel Hill, NC)

\$55 *non-members* (USAJR recreational membership, workshop)

\$45 *USAJR members* (workshop)

Private Lessons with an All-Star – May 7, 2017 – Cary, NC (Fetzer Gymnasium, Chapel Hill, NC)

\$40 Single Rope

\$20 Per Person Pairs: Name of Pairs Partner _____

\$14 Per Person Double Dutch Single: Names of Partners 1. _____
2. _____

\$10 Per Person Double Dutch Pairs: Names of Partners 1. _____
2. _____
3. _____

\$15 Workshop t-shirt (optional) Size: YS YM YL AS AM AL AXL (circle size needed)

Payment Information:

Total Payment: \$ _____

Check enclosed payable to USAJR

Credit Card Payment: VISA / MC / AMEX / Discover (circle one)

Account # _____ Exp. Date: _____

Name on Card _____

Registration forms due by March 31, 2017

Mail forms to: USAJR, P.O. Box 569, Huntsville, TX 77342-0569

936-295-3332/Fax: 936-295-3309

**USA JUMP ROPE ALL-STAR WORKSHOP &
Private Lessons with an All-Star**



PARTICIPANT RELEASE AND INDEMNITY AGREEMENT

Name: _____

Team: _____

Birthdate: _____

Check all that apply and complete information:

- We (or) I hereby request your acceptance of this application for registration to the USA Jump Rope All-Star Workshop to be held **May 6, 2017 in Cary, NC.**
- We (or) I hereby request your acceptance of this application for registration to the USA Jump Rope, Private Lessons with an All-Star to be held **May 7, 2017 in Cary, NC.**

Name of Participant (please print)

In consideration of your acceptance of this application, we (or) I hereby release any board members, staff or persons associated with the USA Jump Rope®, as its designated host, from all claims and causes of action arising from injury to the participant at this workshop, whether such injury is the result of negligence or some other cause. If medical attention is required for injury or illness while at the workshop, we (or) I give my permission for such medical care and we (or) I will be financially responsible. By signing this form, we (or) I attest to this fact that we (or) I have a valid medical insurance coverage plan. We (or) I also give permission for the USA Jump Rope® to use any videos and/or photography of the participant for publicity, advertising or other commercial or promotional purposes.

Signature of Participant

Date

Parent or Guardian if participant is under 18

Date

Name of Team

Name of Coach (if applicable)