

# USA Jump Rope Staff in Training, Level 1 (SIT) Program



## What is the USAJR "Staff in Training, Level 1" Program?

The "Staff in Training, Level 1" program is a hands-on training program taught by USA Jump Rope All-Star Coaches and the All-Stars. Participants will learn teaching techniques, cues, group management and will gain confidence as a staff member. Those that complete this training successfully will be able to move on to Staff in Training (SIT), Level 2 at USA Jump Rope camps.

***Please note that USA Jump Rope will accept SIT, Level 2 applications for those registered for a SIT, Level 1 course at a later date.*** This will also enhance your chances for being selected for workshops throughout the year. Upon completion, Staff in Training, Level 1 participants will receive a certificate of completion.

The trainees will begin with a classroom portion Friday evening and continue with shadowing and co-teaching with All-Star Team members for hands on training during the workshop on Saturday. ***Come learn from the best!*** Applicants must register for the program by **March 31<sup>st</sup>**, in order to participate.

## Important Dates:

Application and course fee due by:                      March 31, 2017  
Training Program:    May 5-6, 2017

**Location:**      Cary, North Carolina

## ***Applicants Must:***

- Be a current USAJR member
- Have completed the 7th grade (13 years or older)
- Be highly skilled in single rope, double dutch, wheel, and group routines
- Attend the class at your own expense
- Have attended workshops or camps and be able to demonstrate excellent leadership, teaching skills, and extensive knowledge of jump rope
- Submit the following:
  - Application form
  - Coach's recommendation
  - Program fee: \$75
  - To:

USAJR  
P.O. Box 569  
Huntsville, TX 77342-0569

*~Space is limited; applicants will be admitted on a first come first served basis. If you do not meet the qualifications, you will be contacted by USAJR~*

***Thank you for your interest in the sport of jump rope!***

# USA Jump Rope Staff in Training, Level 1 (SIT) Program

## STAFF IN TRAINING, LEVEL 1 APPLICATION

Name: \_\_\_\_\_ USAJR Membership # \_\_\_\_\_

Team: \_\_\_\_\_ Coach: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone(s) Home: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_ Birth date \_\_\_\_\_ Years of Jumping Experience \_\_\_\_\_

Gender: Male Female (circle one)

T-shirt size: Please circle one      YM    YL    AS    AM    AL    AXL

**Dates:**

May 5-6, 2017      Cary, North Carolina

**Fee: \$75** (includes class on Friday night, training on Saturday, lunch, course manual and t-shirt.)

**Payment Information:** \$75 fee enclosed

- Check enclosed payable to USAJR  
 Credit Card Payment:    VISA/MC/AMEX/Discover (circle one)

Account #: \_\_\_\_\_ Exp Date: \_\_\_\_\_

Name on Card \_\_\_\_\_

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature (Guardian)  
(If under 18 years of age)

\_\_\_\_\_  
Date

# USA Jump Rope

## Staff in Training, Level 1 (SIT) Program

We want to get to know you and your experiences with jump rope! Please answer honestly. Camp, workshop, and competition experience are not the only criteria for acceptance into the program.

**List the last 3 USAJR Sanctioned Workshops or Camps you have attended:**

- |          |             |
|----------|-------------|
| 1. _____ | Year: _____ |
| 2. _____ | Year: _____ |
| 3. _____ | Year: _____ |

**List your top 3 jump rope awards:**

- |          |             |
|----------|-------------|
| 1. _____ | Year: _____ |
| 2. _____ | Year: _____ |
| 3. _____ | Year: _____ |

**Circle the skills you can successfully complete:**

**Single Rope:**

- |              |              |           |               |          |              |
|--------------|--------------|-----------|---------------|----------|--------------|
| Triple Under | Cross Triple | EB Triple | EK            | TJ       | AS Triple    |
| Frog         | Pushup       | Split     | DU Frog       | Kamikaze | Switch Split |
| Round-off    | Handspring   | Kip       | Aerial        | ¾ Flip   | Back Tuck    |
| TS           | AS           | CL        | Awesome Annie |          | Mic          |

- |                        |                    |         |          |              |               |
|------------------------|--------------------|---------|----------|--------------|---------------|
| <b>Wheel:</b>          | Switch             | Cross   | Toad     | Airplane     | Hug           |
| <b>3 Wheel:</b>        | Cross              | GIG     | MCLL     |              |               |
| <b>Long Rope:</b>      | Eggbeater          | Rainbow | Umbrella | Triple Dutch | Triangle      |
| <b>Double Dutch:</b>   | Frog               | Pushup  | Split    | Table Top    | Subway        |
| <b>Turning Skills:</b> | Jump Through Cross |         | Crougar  | Quad         | Turn to Wheel |

**Circle the skills you can teach:**

**Single Rope:**

- |              |              |           |               |          |              |
|--------------|--------------|-----------|---------------|----------|--------------|
| Triple Under | Cross Triple | EB Triple | EK            | TJ       | AS Triple    |
| Frog         | Pushup       | Split     | DU Frog       | Kamikaze | Switch Split |
| Round-off    | Handspring   | Kip       | Aerial        | ¾ Flip   | Back Tuck    |
| TS           | AS           | CL        | Awesome Annie |          | Mic          |

# USA Jump Rope Staff in Training, Level 1 (SIT) Program

<b>Wheel:</b>	Switch	Cross	Toad	Airplane	Hug
<b>3 Wheel:</b>	Cross	GIG	MCLL		
<b>Long Rope:</b>	Eggbeater	Rainbow	Umbrella	Triple Dutch	Triangle
<b>Double Dutch:</b>	Frog	Pushup	Split	Table Top	Subway
<b>Turning Skills:</b>	Jump Through Cross		Crougar	Quad	Turn to Wheel

**Describe your teaching experience:**

---

---

---

---

---

**Describe your best teaching experience:**

---

---

---

---

**Describe your worst teaching experience and how you dealt with it:**

---

---

---

---

*Mail Completed Form to: USA Jump Rope, P.O. Box 569, Huntsville, TX 77342-0569  
By March 31, 2017*

# USA Jump Rope Staff in Training, Level 1 (SIT) Program

Course Date and Location: \_\_\_\_\_

## *USA Jump Rope - COACH RECOMMENDATION*

*This form is to be completed by the Coach: PLEASE PRINT ALL INFORMATION CLEARLY*

Coach: \_\_\_\_\_ Team Name: \_\_\_\_\_

Nominee Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Number of Workshops Taught: \_\_\_\_\_

**Does the Candidate meet all of the qualifications for the Staff in Training, Level 1 program?  
Please circle your answer and if not, please explain why below**

Yes No Is a current member of USAJR.  
Yes No Will complete 7<sup>th</sup> grade or higher  
Yes No Has workshop staff experience or been an SIT at camp?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please indicate the level you feel this candidate can teach in each of the following elements:

Single Rope:	Beginner	Intermediate	Advanced	Masters
Double Dutch:	Beginner	Intermediate	Advanced	Masters
Chinese Wheel:	Beginner	Intermediate	Advanced	Masters
Long Ropes:	Beginner	Intermediate	Advanced	Masters

**COACH'S PERSONAL RECOMMENDATION: (Please print or type and attach to form)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Coach's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### INSTRUCTIONS FOR COACHES:

Please mail this form to the USAJR Office \* P.O. Box 569, Huntsville, TX 77342-0569

postmarked by **March 31, 2017**