

USA Jump Rope Staff in Training, Level 1 (SIT) Program (Formerly All-Stars in Training)



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, Level 2 at USA Jump Rope camps. 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 **January 27th**, in order to participate.

Important Dates:

Application and course fee due by: January 27, 2017
Training Program: March 10-11, 2017

Location: Franklin, TN

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
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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:

March 10-11, 2017 Franklin, TN

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

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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 | |

- | | | | | | |
|---------------|--------|-------|------|----------|-----|
| Wheel: | Switch | Cross | Toad | Airplane | Hug |
|---------------|--------|-------|------|----------|-----|

- | | | | | | |
|-----------------|-------|-----|------|--|--|
| 3 Wheel: | Cross | GIG | MCLL | | |
|-----------------|-------|-----|------|--|--|

- | | | | | | |
|-------------------|-----------|---------|----------|--------------|----------|
| Long Rope: | Eggbeater | Rainbow | Umbrella | Triple Dutch | Triangle |
|-------------------|-----------|---------|----------|--------------|----------|

- | | | | | | |
|----------------------|------|--------|-------|-----------|--------|
| Double Dutch: | Frog | Pushup | Split | Table Top | Subway |
|----------------------|------|--------|-------|-----------|--------|

- | | | | | | |
|------------------------|--------------|-------|---------|------|---------------|
| Turning Skills: | 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 |
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Wheel:	Switch	Cross	Toad	Airplane	Hug
3 Wheel:	Cross	GIG	MCLL		
Long Rope:	Eggbeater	Rainbow	Umbrella	Triple Dutch	Triangle
Double Dutch:	Frog	Pushup	Split	Table Top	Subway
Turning Skills:	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 January 27, 2017

USA Jump Rope Staff in Training, Level 1 (SIT) Program (Formerly All-Stars in Training)

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 th 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 *January 27, 2017*