

# USA Jump Rope

Presents the

## Connecticut All-Star Workshop

***Mark your calendars and get your ropes ready!***

**“Private Lessons with an All-Star”**

**May 20-21, 2017**

**Stonington, CT**

USA Jump Rope will host the *Connecticut All-Star Workshop* in Stonington, CT, May 20th, with a special “Private Lessons with an All-Star” that includes special lessons by an All-Star to help improve your skills and routines, Sunday, May 21st. The workshop is hosted by the *Pouncing Panthers Jump Rope Team* of Stonington, CT, coached by Judy Davis. 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 light concessions. We will provide lunch order information a few weeks before the event to those registered. 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:

- Holiday Inn Express, 6 Coogan Blvd., Mystic, CT – 860-572-9065 – breakfast included
- Hyatt Place, 224 Greenmanville Ave., Mystic, CT – 860-536-9997 – breakfast included
- Hilton, 20 Coogan Blvd., Mystic, CT – 860-572-0328 – breakfast included

### **Workshop Information:**

<b>Workshop:</b>	<b>All-Star Workshop for all ability levels and ages</b>
Date/Time:	May 20, 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)
<b>Lessons:</b>	<b>Private Lessons with an All-Star</b>
Date/Time:	May 21, 2017 – Times will vary by schedule: 9:00: a.m. – 12 p.m.
Fee:	\$40 (one hour lessons single to Double Dutch routines) <b>Limited Availability</b> <i>Participants will be matched with the All-Star that best fits their needs</i>

### **Workshop Location:**

Pine Point School  
89 Barnes Road  
Stonington, CT 06378

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](mailto: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 20, 2017 – Pine Point School**

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

\$45 *USAJR members* (workshop)

#### **Private Lessons with an All-Star – May 21, 2017 - Pine Point School**

\$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 \_\_\_\_\_

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**Registration forms due by April 14, 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 20, 2017 in Stonington, CT.**
- 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 21, 2017 in Stonington, CT.**

\_\_\_\_\_  
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)