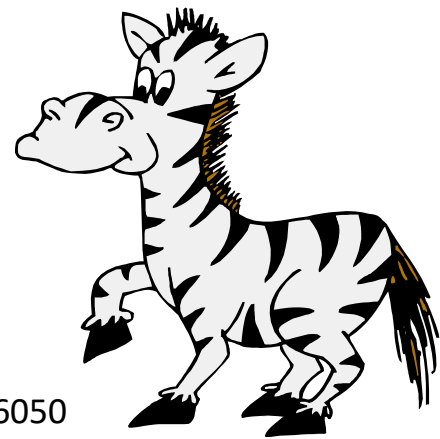


# “EARN YOUR STRIPES” Workshop & Elite Workshop

Hosted by ZZ Skipper Jump Rope Team



**WHEN:** Workshop – Saturday, November 4, 2017  
Elite Workshop – Sunday, November 5, 2017

**WHERE:** Grandview High School, 1009 Carroll St. Grandview, TX 76050

**TIME:** 8:00-8:45 am Registration  
9:00-2:30 pm Workshop and Judges’ Training  
2:30-3:00 pm Contests  
3:00 pm Show Time  
7:00-9:00 pm Staff/Jumper Party

**WHO:** All Jumpers 2<sup>nd</sup> Grade and older of all abilities!

**STAFF:** Teaching staff ...many of which are Regional, National, and Grand Champions!!  
Participants will learn single rope, Chinese wheel and double dutch.

**JUDGES’ TRAINING:** Levels 1 & 2 training are offered (Separate registration form)

**COST:** \$25.00 Workshop fee before 10/20/17; \$30 after 10/20/17  
Lunch included (Sub, chips, fruit and drink)  
\$10.00 Judges Training, includes judging manual  
\$12.00 Workshop T- Shirt (optional)  
\$25.00 Elite Workshop (Sat. 4-6 pm, Sunday 9am-1pm)  
\$30.00 after 10/20/17

**Please send one packet/check per team, due October 20, 2017**

**Make checks payable to: ZZ SKIPPERS**

**Mail forms to: ZZ Skippers**

**301 Zebra Pkwy**

**Grandview, TX 76050**

**Cell 817-202-5124 – Shelley Beaumont or 817-771-8106 Braukel Bishop**

**Email: [zzskippers@gmail.com](mailto:zzskippers@gmail.com)**



## COACH'S PACKET CHECKLIST

Number of Jumpers: \_\_\_\_\_ x \$25 = \$ \_\_\_\_\_  
( \$30 after 10/20/17 )

Number of Judge Trainees: \_\_\_\_\_ x \$10 = \$ \_\_\_\_\_  
\_\_\_\_\_ x \$15 = \$ \_\_\_\_\_

T-Shirts ordered:  
\_\_\_ YS \_\_\_ YM \_\_\_ YL \_\_\_ AS \_\_\_ AM \_\_\_ AL \_\_\_ AXL \_\_\_\_\_ x \$12 = \$ \_\_\_\_\_

Number attending Elite Workshop: \_\_\_\_\_ x \$25 = \$ \_\_\_\_\_  
( \$30 after 10/20/17 )

TOTAL DUE: \$ \_\_\_\_\_

**Please make one team check payable to "ZZ Skippers"**

Team Name & City/State \_\_\_\_\_

Coach(es) \_\_\_\_\_

Participant:

- |          |           |
|----------|-----------|
| 1. _____ | 9. _____  |
| 2. _____ | 10. _____ |
| 3. _____ | 11. _____ |
| 4. _____ | 12. _____ |
| 5. _____ | 13. _____ |
| 6. _____ | 14. _____ |
| 7. _____ | 15. _____ |
| 8. _____ | 16. _____ |

Judge Trainees:

- |          |          |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

## *Hotel Suggestions Near Grandview*

1009 CARROLL LANE GRANDVIEW, TEXAS 76050

### Grandview Hotel – 3 miles from facility

1. Beaumont Ranch  
10736 CR 102 Grandview, TX 76050 817-866-4000

### Hillsboro hotels – 18 miles south of Grandview on I-35

1. Comfort Suites  
203 Outlet Drive Hillsboro, TX 76645 (254-582-8805)
2. Holiday Inn Express  
1505 Hillview Drive Hillsboro, TX 76645 (254-582-0220)
3. La Quinta  
1513 Old Brandon Road Hillsboro, TX 76645 (254-580-1300)

### Alvarado hotels – 11 miles north of Grandview on I-35

4. La Quinta Inn and Suites  
1165 HWY 67 West  
Alvarado, TX 76009 (817-783-8700)
5. Holiday Inn Express Suites  
325 Village Park Drive Alvarado, TX 76009 (817-783-7573)

#### Directions to Grandview from the North (Fort Worth)

Go South on I-35W out of Fort Worth. Take Exit #16 towards Grandview. At the stoplight, continue South on Hwy 81 for 2 miles. Turn left on Zebra Parkway. Continue straight through the stop sign, and the High School will be on your left.

#### From the South (Waco/Hillsboro)

Go North on I-35 W towards Fort Worth. I-35 splits just north of Hillsboro. Make sure you take I-35 West towards Fort Worth. Stay in either of the two left lanes. Continue about 20 miles and take Exit # 15 (Grandview/Maypearl). Turn left at the stop sign, and go about a mile to the stoplight. Turn left (South) at the stoplight on Hwy 81. Go 2 miles, and then turn left on Zebra Parkway. Continue straight through the stop sign, and the High School will be on your left.

# Workshop Group Registration Form

Please fill out this form and e-mail it to [zzskippers@gmail.com](mailto:zzskippers@gmail.com) by Friday, October 20<sup>th</sup>.

<b>Team Name</b>	
<b>Coach/Contact Person</b>	
<b>Phone number</b>	
<b>e-mail address</b>	

## SINGLE ROPE SKILL LEVELS:

<b>Level Four</b>	<b>Level Three</b>
These jumpers can already do: <ul style="list-style-type: none"> <li>• Awesome Anna</li> <li>• AS (behind the knees cross)</li> <li>• 3 donkey kicks in a row</li> <li>• 3 Push-ups in a row</li> <li>• Triple under with a cross</li> <li>• TJ triple under</li> </ul>	These jumpers can already do: <ul style="list-style-type: none"> <li>• Leg over cross</li> <li>• EB cross</li> <li>• Push-up</li> <li>• Donkey kick</li> <li>• Triple under</li> <li>• Rope release</li> </ul>
<b>List all of your jumpers at this level below:</b>	<b>List all of your jumpers at this level below:</b>
<b>Level Two</b>	<b>Level One</b>
These jumpers can already do: <ul style="list-style-type: none"> <li>• Forward criss cross</li> <li>• Side swing criss crosses</li> <li>• Squat jumps (3)</li> <li>• Double under</li> <li>• Leg over jump</li> </ul>	Jumpers unable to complete all of the skills listed for level two or higher.
<b>List all of your jumpers at this level below:</b>	<b>List all of your jumpers at this level below:</b>

## WHEEL AND PARTNER SKILLS LEVELS: You may group partners together

<b>Level Four</b>	<b>Level Three</b>
These jumpers can already do: <ul style="list-style-type: none"> <li>• Basic 3 and 4 wheel jumping</li> </ul>	These jumpers can already do: <ul style="list-style-type: none"> <li>• Basic 2-wheel skills (turn-arounds, crosses)</li> </ul>
<b>List all of your jumpers at this level below:</b>	<b>List all of your jumpers at this level below:</b>
<b>Level Two</b>	<b>Level One</b>
These jumpers can already do: <ul style="list-style-type: none"> <li>• Basic "two people in one rope" jumping</li> </ul>	Jumpers unable to complete all of the skills listed for level two or higher
<b>List all of your jumpers at this level below:</b>	<b>List all of your jumpers at this level below:</b>

**DOUBLE DUTCH SKILLS LEVELS: You may group teams together**

<b>Level Four</b>	<b>Level Three</b>
These jumpers can already turn and jump: <ul style="list-style-type: none"><li>• Round-off into ropes</li><li>• Donkey kick</li><li>• Fast turner-jumper exchanges</li><li>• Triple/quadruple under</li></ul>	These jumpers can already turn and jump: <ul style="list-style-type: none"><li>• Smooth entry and exit of ropes</li><li>• Smooth turner-jumper exchange</li><li>• Double unders in a row</li><li>• Touch the floor while jumping</li></ul>
<b>List all of your jumpers at this level below:</b>	<b>List all of your jumpers at this level below:</b>
<b>Level Two</b>	<b>Level One</b>
These jumpers can already do: <ul style="list-style-type: none"><li>• Enter and exit ropes</li><li>• Footwork while jumping</li><li>• Jogging step</li></ul>	Jumpers unable to complete all of the skills listed for level two or higher
<b>List all of your jumpers at this level below:</b>	<b>List all of your jumpers at this level below:</b>