

# USA Jump Rope

Presents the

## Tennessee All-Star Workshop

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

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

**March 10-11, 2018**

**Franklin, TN**

USA Jump Rope will host the ***Tennessee All-Star Workshop*** in Franklin, TN, March 10<sup>th</sup>, 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, March 11<sup>th</sup>. The workshop is hosted by the Hot Shots of Franklin, TN, coached by Lisa Arnold. 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:

- Country Inn Suites, 7121 South Springs Dr., Franklin, TN – 615-778-0321 – breakfast included
- Hyatt Place, 650 Bakers Bridge, Franklin, TN – 615-771-8900 – breakfast included
- Best Western, 1308 Murfreesboro Rd., Franklin, TN – 615-790-0570 – breakfast included

### **Workshop Information:**

<b>Workshop:</b>	<b>All-Star Workshop for all ability levels and ages</b>
Date/Time:	March 10, 2018 – 9:00: a.m. – 3 p.m. <i>with staff show to follow</i>
USAJR Members:	\$50 (workshop)
Non-Member Fee:	\$65 (USAJR recreational membership & workshop)
Location:	Franklin High School, 810 Hillsboro Rd., Franklin, TN 37064
<b>Lessons:</b>	<b>Private Lessons with an All-Star</b>
Date/Time:	March 11, 2018 – 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>

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).



## 2018 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 – March 10, 2018**

\$65 *non-members* (USAJR recreational membership, workshop)

\$50 *USAJR members* (workshop)

#### **Private Lessons with an All-Star – March 11, 2018**

\$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. \_\_\_\_\_

\$18 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 January 30, 2018**

**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 **March 10, 2018 in Franklin, TN.**
- 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 **March 11, 2018 in Franklin, TN.**

\_\_\_\_\_  
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)