



# JUMP START II, INSTRUCTOR & JUMP ROPE SKILLS WORKSHOPS

On Saturday May 8<sup>th</sup>, 2010, the Amateur Athletic Union (AAU) and the Red Oaks School Lightning Bolts are hosting Jump Start II, Instructor & Jump Rope Skills Workshops at the **Frelinghuysen Middle School, at Jane Way and West Hanover Avenue, Morristown, NJ 07960**. These will be given by the award winning and nationally recognized **Kangaroo Kids** from Howard County, Maryland. **Adults** are welcome to sign up for the Instructor workshop **and jumpers** of all skill levels and ages are welcome to sign up for the jump rope skill workshop.

## COME AND LEARN!

The first 200 attendees will leave with a new jump rope and instructor candidates will receive a \$15.00 guide to teaching Jump Rope. All will leave with new skills and a better understanding of jump rope as a life-long fitness activity as well as a competitive sport.

## AT THE EVENT, MAY 8<sup>TH</sup>:

- 8:30 AM: check-in and jump rope distribution
- 9:00 AM: Warm –up and Introductions
- 9:15 AM: Group assignments
- 9:30-12 Noon : Single Rope Instruction
- 12 Noon: Lunch (bring your own!)
- 1 PM -3PM: Long Rope and Double Dutch Instruction
- 3-4PM: Closing Show by jumpers and Kangaroo Kids

Drinks, snacks and souvenirs will be sold at concession stands during the event.

**Must Haves: Sneakers, lunch, rope (just in case) and Printed Proof of AAU Membership and membership #, for insurance purposes.**

**REGISTRATION: REQUIRES AAU MEMBERSHIP # + REGISTRATION FEE**

**AAU membership registration** online at [www.aausports.org](http://www.aausports.org) : \$12 Youth, \$14 Adults

**EVENT REGISTRATION:** \$35 for either workshop  
**REGISTRATION AT THE DOOR:** \$35 for either workshop + AAU membership fees (\$12/\$14)

**Bleacher attendees:** This event is free for spectators.

**All participants must complete and return the “Release and Indemnity Agreement” on the reverse of the registration form below.**

## PAYMENT:

Go to [www.aausports.org](http://www.aausports.org) for AAU membership registration and payment.

Go to [www.RedOaksSchool.org](http://www.RedOaksSchool.org) for registration forms and information, click on the event icon, and mail your check made out to the “**AAU Jump Rope**” with signed registration and indemnity forms to:

**The Red Oaks School, 21 Cutler Street, Morristown, NJ 07960, Attention: Jump Start II.**

Please complete **BOTH SIDES**, detach, and return this form.

### Jump Start II, May 8, 2010: Registration Form

AAU Membership #: \_\_\_\_\_

Name: \_\_\_\_\_ (check one) Instructor Workshop: \_\_\_\_\_ Skills Workshop: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_ Age: \_\_\_\_\_

School/ Team: \_\_\_\_\_ Coach/Chaperone: \_\_\_\_\_

\_\_\_\_ MY \$35 REGISTRATION FEE IS ENCLOSED  
 (Group/team registrations should be sent together.)

Please make checks payable to  
**“AAU Jump Rope”** and mail to:  
 The Red Oaks School  
 21 Cutler Street  
 Morristown, NJ 07960  
 Attn. Jump Start II

**<< IMPORTANT! COMPLETE & RETURN THE “RELEASE AND INDEMNITY AGREEMENT” (SEE OVER) >>**

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Please complete **BOTH SIDES**, detach, and return this form.  
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## **PARTICIPANT RELEASE AND INDEMNITY AGREEMENT**

**All participants must complete this form!**

Must be signed by participant or by parent/guardian if participant is under the age of 21 years old.

I / we hereby give permission for \_\_\_\_\_ (Participant's Name) to participate in the JUMP START II Jump Rope Clinic on Saturday, May 8, 2010, and hereby release and forever discharge all persons associated with the AAU, Frelinghuysen Middle School, The Red Oaks School, and the ROS Lightning Bolts from all claims, cause of action, or liability arising from injury to the participant arising from participation in the Jump Start II Jump Rope Clinic on May 8, 2010, whether such injury is a result of negligence or of some other cause. If medical attention is required for injury or illness while at the clinic, I give my permission for such medical care and I will be financially responsible.

I/ We also give permission for the AAU, ROS, and the ROS Lightning Bolts organization to use any films, videos, and/or photographs of participants for public access TV, websites, or advertising.

Parent's Name: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_