

Date Revised: 09/7/2025

One Jump Ahead

Team Handbook
2025-2026

Table of Contents

- I. WHO WE ARE
- II. PHILOSOPHY
- III. MISSION
- IV. TEAM AFFILIATIONS
- V. TEAM HISTORY
- VI. MEET THE COACHES
- VII. GOALS
- VIII. MANAGEMENT
- IX. TEAM ORGANIZATION
 - a. Tryouts
- X. TRAINING OVERVIEW
- XI. CONDUCT
- XII. ATTENDANCE
 - a. Practice
 - b. Tournaments
- XIII. FEES
 - a. Camps
- XIV. FUNDRAISING
- XIV. CHAPERONES

Who We Are

One Jump Ahead is a jump rope sports ministry that has partnered with Woodmen Valley Chapel. Participants ages 7- adult are welcome to join this club. One can join this group for physical fitness, fun and fellowship. As members improve their skills, they may choose to perform and/or compete in regional and national jump rope competitions. The different levels of participation are outlined later in this handbook.

Philosophy

“For physical activity is of some value, but godliness has value for all things.” I Timothy 4:8 (NIV)

We will assist athletes in discovering their full potential and taking ownership of their own learning by providing a faith-based environment and helping to instill Christian values. We value lifelong lessons above immediate satisfaction, quality higher than quantity, and a positive atmosphere more than winning at all costs.

Mission

One Jump Ahead is dedicated to training its members in the sport of jump rope and promoting it to the public, while upholding Christian principles, through:

- Prayer

- Hard Work—Physical Training

- Teamwork and good sportsmanship—respect for self and others

- Outreach (Conducting workshops and performing to entertain the public)

- Fellowship with, and general service to, our community

Team Affiliations

One Jump Ahead partners with Woodmen Valley Chapel to promote the sport of jump rope, while nurturing Christian values for each team member and a Christian attitude toward everyone we work with. Woodmen Valley Chapel provides our main practice gym, as well as helping meet many other needs of the team. This partnership began in the fall of 2008. We are grateful to Woodmen Valley Chapel for their support.

Our team is proudly associated with the Amateur Athletic Union (AAU). Through annual membership dues paid by our team members, we foster a relationship with this organization which is committed to the development of young people through programs that promote a healthy, sportsmanlike atmosphere with standards we can all respect.

Team History

After training and competing with *Skip It* in Boulder, Colorado for many years, Lindsey Wallace Sneij formed the team, *One Jump Ahead* in Colorado Springs.

After starting our team with eight members in 2008, our team has continued to grow, and started competing in national and world events in 2009 and 2010. Two of our varsity competitors along with our coach, traveled to London, England to compete in the World Youth Rope Skipping Tournament. Both jumpers placed fifth for their pairs routine and one placed sixth overall! In 2011, we grew to forty members (sixteen Junior Varsity & Varsity members plus twenty-four club members!)

Date Revised: 09/7/2025

Nineteen members of our team traveled to the Bolivar Peninsula, TX for a mission trip in June 2011. Our group did outreach to the hurricane devastated area through local churches and businesses, and we offered a spirit based two day jump rope camp to the youth on the peninsula. Thirty children attended our camp!

Eleven team members competed in the National Lone Star Classic and/or the National Championship in Galveston, TX. Our team placed in the top ten nationally in twelve events. Our coach, Lindsey Wallace, placed second in the Grand National competition for her freestyle event, and our double dutch pairs freestyle team won the Grand National championship!

In 2012, One Jump Ahead returned to the national competition; this time in Long Beach, California where they took another national title in Team Show.

2013 was a transitional and building year as several jumpers graduated and Lindsey took a year off to do sports ministry in Israel. During the period of 9 months, she established four Israeli teams, taught physical education students to jump rope at Ohalo College, and coordinated Israel's first national jump rope championship.

The year of 2014, Lindsey Wallace became Lindsey Wallace Sneij and the team was happy to add an additional coach, Kameel Sneij, moving forward into 2015.

In 2015, the team was in over 30 schools assisting in Jump Rope For Heart programs and District 20 Health Jams.

This continued in 2016. The team also took 4 jumpers back to Nationals (this time at Disney World), where all 4 jumpers placed in the top 10 in at least one event; and Lindsey took home a 2nd All-Around for all female competitors 18 and over.

2017 was a first for us as the team did both the Colorado Springs light parade and St. Patrick's Day parade. The performance team was awarded best overall group at the St. Patrick's day parade. The team also returned to Grands at Nationals where they placed 6th overall in DD pairs. Lindsey, once more, took 2nd overall for the All-Around female 18 and over division. In spring 2018, Lindsey was also elected to the USA Jump Rope board in hopes to help improve and further the sport in the United States.

The 2019 school year was bitter sweet as the Heights campus installed carpet and we made Rockrimmon our permanent home. We also saw two of our senior jumpers graduate high school and take home a bronze for double dutch single freestyle at Grands!

After a successful year full of performances, parades, and competition, the covid pandemic of 2020 forced us to take a year of rest. While we were able to continue practicing in-person and online with a select few of our advanced jumpers, our club had to take a hiatus. Working with a handful of jumpers and pivoting with quarantines, we were able to compete in two online competitions: USAJR Nationals and NDDL's Holiday Classic.

When fall 2021 rolled around, we were able to welcome our club back. While our performances and competitions continued to be few, we enjoyed a year of learning and jumping with our OJA family.

Date Revised: 09/7/2025

The 2022-2023 year brought about more change. Our team learned and joined a new jump rope organization that brought about a new set of events, rules, and judging in order to qualify and compete in the first IJRU World Championships. Four members of the team qualified for the world tournament that was held in our backyard at Colorado College in July 2023. Lindsey Sneij and her pairs partner took home a bronze medal in pairs double unders. That same year in December, OJA performed in the Denver parade of lights for the first time.

The following year, D20 health jams started to pick up and we found ourselves teaching a little more in the public schools since covid. OJA also brought 4 athletes to the Junior Olympic Games for the first time in team history. While it was a small tournament, every team member walked away with medals, including top three all-around.

In 2024-2025 the coaches found themselves in a year of growth and rewarding challenges. The Sneij's took on a huge project of hosting their first invitational AAU tournament: the Pikes Peak Pinnacle! The team worked with a local after-school club team to train athletes and mentor the coach, resulting in a friendly partnership and another established AAU team here in the Springs. Both teams competed at the AAU Junior Olympic Games in summer.

As we head into the fall of 2025, we look forward to welcoming new and old team members back. The future is quite exciting as we look to continue to grow in numbers, abilities, and faith.

Meet The Coaches

Lindsey Wallace Sneij is a full-time physical education teacher at Colorado Preparatory Academy high school. She is also the founder and head coach of the team. A list of some of her many accomplishments are as follows:

- **Jumped rope for 34 years**
- **2025 Tournament Director for Pikes Peak Pinnacle.**
- **2023 IJRU World Championship bronze medalist in 30+ Pairs Double Unders**
- **2019 National All-Around Female 30+ Grand National Champion**
- **2019 Grand National bronze medalist in Double Dutch Single Freestyle**
- **2018-2021 USAJR board member**
- **2017 and 2018 National All-Around Female 18+ silver medalist**
- **2015-present Age division National Champion**
- **2015-present USA Jump Rope Judging Trainor**
- **2011 and 2012 Grand National Champion**
- **Gold medalist at regional, national, and world championships**
- **Gold medalist at Junior Olympic Games**
- **Gold medalist at Pan-American Championships**
- **All-Star Jump Rope Team Member 2005-2009**
- **All-Star Team coach 2009-2012**
- **Recipient of the Joel Farrell Award**
- **Established four jump rope teams and a jump rope ministry in the country of Israel**
- **Coordinator of Israel's first national jump rope competition**

Kameel Sneij is a nurse practitioner at Penrose/St. Francis' neurology department. He has been a part of our team for 11 years (going on 12) and a few of his accomplishments are as follows:

- **Jumped rope for 14 years**
- **2025 Tournament Director of Pikes Peak Pinnacle**
- **2024 Recipient of the Joel Farrell Award**
- **2019 National All-Around Male 30+ silver medalist**
- **2018, 2019 Age division gold medalist at Nationals**
- **2015 Age division silver medalist at Nationals**
- **Former member of the Hurricane Jumpers in Miami, FL**
- **Former member and co-founder of Salt Life jump rope team in Miami, FL**
- **Jump rope coach for Jumping Stingrays Miami, FL (2012-2014)**
- **Aided in helping judge Israel's first national championship**

Goals

- Training hard as individuals and as a team in the sport of jump rope in order to compete at the national and world level;
- Conducting and participating in workshops and performances to promote the sport of jump rope;
- Understanding and exercising teamwork and good sportsmanship;
- Welcoming new members to the team;
- Reaching out to the community;
- And striving to uphold Christian values, grow spiritually and use our time and talents to glorify God.

Management

All coaching staff and support staff positions are voluntary. As such, no compensation is paid. We sincerely hope that experience of working with our dedicated athletes will compensate our staff in ways that are immeasurable.

One Jump Ahead runs more smoothly with parent support and help. Each spring, parents can express interest in the positions listed below. The Head and Assistant Coach will make the annual appointments, and they can replace/reappoint members if someone is unable to fulfill their responsibilities. It is strongly recommended that parents who undertake these roles have a child/children who has been jumping for at least two years and who has competed at the regional level (as a minimum). Please see the criteria for each of these positions below:

Head Coach

- Oversees volunteer positions
- Set team goals and provide enthusiastic leadership focused on goal achievement;
- Determine practice and training schedules and secure facilities;
- Provide a practice structure conducive to the effective use of practice time;
- Understand the judging criteria and assist team members in creating routines to maximize scoring;
- Facilitate communication and problem solving among team members;
- Offer advice to athletes that will promote success at jump rope events;

- Organize opportunities to promote jump rope through workshops, performances, and service to the community;
- Determine which team members will participate in each jump rope event;
- Facilitate Judges Clinic and appoint judges; and
- Effectively coordinate the contributions of assistant coaches.

Team Chairperson

- Coordinate all administrative duties relating to the team with support of Coaches and Volunteers;
- Work with the team secretary to schedule parent meetings as needed.

Secretary

- Write minutes for parent meetings;
- Maintain and distribute team roster;
- Maintain team calendar and distribute as needed;
- Communicate team activities and other information to parents through handouts and e-mail;
- Assist Team Chairperson as needed with paperwork and other tasks;
- Coordinate tournament paperwork along with the Team Chairperson;
- Maintain and distribute team handbook;
- Write team thank you notes for events/mission trips, etc; and
- Work with the Team Chairperson to schedule parent meetings as needed.

Treasurer

- Maintain team financial records;
- Coordinate fee collection with team parents;
- Deposit receipts into bank account;
- Issue checks to pay bills

Woodmen Valley Chapel Representative

- Advise coaches and volunteers on Woodmen Valley Chapel policies and procedures;
- Reserve space for jump rope practices and other jump rope meetings and events;
- Act as a liaison between Woodmen Valley Chapel and the team

The following positions are voluntary one-year positions. It is strongly recommended that parents who undertake these roles have a child/children who have been jumping at least one year on the Junior Varsity team. Please see the criteria for each of these positions below:

Event Coordinator

- Organize spring and summer jump rope workshops;
- Make team travel arrangements for workshops and regional competitions;
- Coordinate team lunch and dinner arrangements for regional tournaments;
- Organize our annual fundraiser;
- Appoint a fundraiser committee and serve as chairperson to oversee planning

Public Relations Coordinator

- Write press releases regarding team events, accomplishments and upcoming workshops; and
- Contact local media to raise awareness of the goals, activities and accomplishments of the team.

Fundraising Coordinator

- Organize fundraising projects to help team raise funds for general and travel expenses; and
- Recruit other team parents to help with fundraising opportunities.

Assistant Coach(s)

- Support the leadership of the Head Coach;
- Actively contribute expertise and support to the athletes at practices, performances, tournaments, and camps;
- Work as part of the coaching staff to maintain consistent leadership and guidance;
- Participate in judges training and become certified judge; and
- Assist in organizing to promote jump rope through workshops, performances, and service to the community.

Club Team Parent

- Attend all club practices or designate another club parent to fill in when necessary.
- Collect money and paperwork and provide general leadership for club team;
- Take attendance at all club practices;
- Maintain the roster and contact information for the club team; and
- Answer parent questions regarding participation, fees, upcoming opportunities, etc.

Equipment Manager

- Work with coaching staff to maintain supply of ropes for team use;
- Purchase all team ropes, equipment, and pins for sale;
- Assist with labeling ropes for team and individual use;
- Maintain inventory of ropes for sale to team members;
- Coordinate the sale of ropes, shirts, snacks and drinks at various events.
- Coordinate jump rope store for workshops; and
- Recruit volunteers to assist with the store.

Uniform Coordinator

- Obtain quotes for and purchase uniforms for team; and
- Manage sizing and distribution of team uniforms

Team Organization

Our organization consists of a club team, a performance team, an introductory competition team, two advanced competition teams, and two adult teams: Club, Performance, Whirlwind, Junior Varsity, Varsity, and Adult Performance and Competition Team. Please note that final decisions regarding jumper's team level placement are made at the coach's discretion.

One Jump Ahead Club Team

The Club team provides the opportunity to learn basic jump rope skills in single ropes and double dutch ropes, and promotes physical conditioning.

- The Club team season runs August/September through approximately mid March/April each year.
- Jumpers aged 7- adult may join the club team. Younger jumpers may be considered for the Club team at the discretion of the Head Coach. One of our goals is to build self-confidence

in our kids. Therefore, we want to be sure they are physically able to learn basic jump rope skills and have fun while doing so.

- Club jumpers may attempt to earn a plastic-coated wire rope for speed. If a wire rope is earned, an additional fee will be charged for a rope.
- Club jumpers are broken up into three different levels: Green, Silver, and Black. All club levels are for new jumpers that are working on basic skills and working on the following check lists:

GREEN CLUB (Club Level 1)

*All skills that can be done on both the right and the left, should be done on both sides in order to check it off.

*Skills should be able to be done at least 3-5 times in order to show competency.

*Unless specified, single rope skills should be done with a single bounce.

*Double dutch turning skills should be done with a jumper in the middle.

SKILL	TRIED IT	MADE IT	SKILL	TRIED IT	MADE IT
SINGLE ROPE			DOUBLE DUTCH JUMPING		
Double bounce			Entering		
Single bounce			Skier		
Skier			Bell		
Bell			Side Straddle		
Side straddle			Forward Straddle		
Forward straddle			Scissors		
scissors			X		
X			Pop-ups		
Side-swing jump			Twister		
Basic rope release			Super twister		
Arm wrap			Turns (right and left)		
Body wrap			Jumping jacks		
Jumping backwards (double bounce)					
Jumping backwards (single bounce)					
2 PERSON/1 ROPE (jumpers should try skills on both the R and L side)			DD TURNING		
Double bounce			Basic turning		
Single bounce			Backwards turning		

2 people jumping double bounce				Turning while walking in a circle		
				Kneeling while turning		
				OTHER SKILLS		
				Switching places with 2 people in DD		
				Cat and mouse (figure 8 with one rope)		

SILVER CLUB (Club Level 2)

- *All skills that can be done on both the right and the left, should be done on both sides in order to check it off.
- *Skills should be able to be done at least 3-5 times in order to show competency.
- *Unless specified, single rope skills should be done with a single bounce.
- *Double dutch turning skills should be done with a jumper in the middle.

SKILL	TRIED IT	MADE IT		SKILL	TRIED IT	MADE IT
SINGLE ROPE				DOUBLE DUTCH JUMPING		
Peek-a-boo				Exiting		
Speed step				Spider		
High knees (1/2 a can-can)				Forward Roll In		
Cross				Enter under turner's legs		
Rocker				Box		
Box				Peek-a-boo		
Wounded duck				Wounded Duck		
Heel to heel (no jump in between)				Heel to Heel (no jump in between)		
Toe to toe (no jump in between)				Toe to Toe (no jump in between)		
Full turn				Jump on 1 foot		
Pollywog (fake push-up)						
Forward roll						
Twister						
Super twister						
2 PERSON/1 ROPE (jumpers should try skills on both the R and L side)				DD TURNING		

Switching jumpers (alternate jumpers or who's jumping)				Basic handle exchange	
Full inside turn				Pop-ups	
2 people jumping single bounce				Crossing backward (turn over the head)	
Full outside turn				Sitting while turning	
				OTHER SKILLS	
				Traveler	
				Cat and mouse in DD	

BLACK CLUB (Club Level 3)

*All skills that can be done on both the right and the left, should be done on both sides in order to check it off.

*Skills should be able to be done at least 3-5 times in order to show competency.

*Unless specified, single rope skills should be done with a single bounce.

*Double dutch turning skills should be done with a jumper in the middle.

SKILL	TRIED IT	MADE IT	SKILL	TRIED IT	MADE IT
SINGLE ROPE			DOUBLE DUTCH JUMPING		
Can-Can			Basic up-downs		
Wing ding			Cartwheel out		
Side-swing cross			Speed step		
Heel-toe			Can-Can		
180			High Knees		
360			Heel-Toe		
Caboose			Full Turn (turn around in one jump)		
Fake frog			Touch the ground		
Cartwheel			Frog can-can		
Frog can-can			Exit under turner's legs		
W W kick					
Grapevine					
Double under			DD TURNING		
			Rapid handle exchange		
			Basic up-downs		
			DD to wheel		
2 PERSON/1 ROPE (jumpers should try skills on both the R and L side)					
			Barrel roll		
Around the world jumping			Crossing		

Around the world turning						
				OTHER SKILLS		
				1 Traveler variation		
				Basic 2 wheel jumping		

- _____ Must have all tried it/made it lists complete
- _____ 12 street rag (4 times without music, no mistakes) with a beaded rope
- _____ Able to jump speed correctly for 1 minute
- _____ Able to perform 10 different skills in DD (may have help being reminded of skills) no misses. All skills must be different. In a skill where there are two skills present, jumpers should not break it down into two skills. (Examples of this are heel-toes. A jumper should not do heel-to-heel and toe-to-toe for two skills, but they can do heel-toe for one skill.)

One Jump Ahead Performance Team

- The Performance team provides experiences and opportunities to gain poise and self-confidence that develop through performing.
- Routines are performed in front of local audiences to develop consistency and improve presentation.
- Goal Setting: In order to qualify for the Performance team, there are certain criteria that are used by the coach to test your ability to join this team. They are:

- _____ 70 speed jumps in 1 minute (coated wire earned at 100, uncoated at 120)
- _____ 30 second freestyle with two misses or less (no more than 2 jumps between skills; no more than two of the same skill) with a beaded rope
- _____ 2-wheel routine starting on the right side (at least 5 different skills in addition to adding on and getting off; no misses; no footwork). If doing turns, turns should be done on the inside and outside and are counted as one skill. Similarly, crosses should be done with both the right and left hand and are counted as one skill.
- _____ 2-wheel routine starting on the left side (Same wheel routine as above; doing same skills on opposite side)
- _____ Perform at least 10 different skills in Double dutch without missing (with clean entrance and exit and without reminders or help). No skills should be similar enough where they look almost the same. (Examples: full turn and R/L turns; heel-to-heels and heel-toes; etc.).
- _____ Able to start and maintain turning double dutch with a club jumper inside the ropes (starting with right and left hands)

- _____ Know the 12 Street Rag (can do the basic routine 4 times in a row without missing to music) or 30 second group routine (to music, one mistake or less) with a beaded rope
- _____ Attend a camp and/or workshop (some exceptions may apply)
- _____ Jump triangle
- _____ Turn triangle
- _____ Jump and turn rainbow (3 ropes; all positions)
- _____ Jump umbrella with turners rotating (middle position) (With long ropes)
- _____ Jump umbrella (ends position with switching between ropes) (With long ropes)
- _____ Turn umbrella while rotating and for end position switches (With long ropes)
- _____ Steps up to leadership roles (Helps pick up ropes and trash at the end of practice, may lead a devotional or two, sets a positive example in speech and conduct, takes charge when asked or directed.)
- _____ Able to keep track of personal skills checklist
- _____ Able to travel over at least 4 people down and back in a traveler (no more than 1 jump or double bounce in between people and including one variation) with a beaded rope.
- _____ Attends practice regularly
- _____ Jumper or family responds to emails/texts/messages within 2 business days or designated due date

_____ Can do parade routine to the beat of the music with movement and minimal mistakes. Can get back on beat quickly. Must be able to do routine for at least 1 mile/approx. 30 minutes. (For parade performances only).

*All freestyle and wheel routines must be performed using a beaded rope.

*In addition to skills, expectations include: good sportsmanship, good conduct, initiative, positive interactions with team members and family members, and good school performance which are all evaluated by the coaches.

- If jump rope opportunities arise outside of One Jump Ahead, prior to accepting the opportunity, the athlete must first discuss the opportunity with the coach to ensure no schedule conflict is present. Failure to do this may result in loss of privileges.

The Performance team season runs August/September through March (unless extra practices are needed for performances in April, May, or June) each year.

One Jump Ahead Whirlwind

- The Whirlwind team provides experiences and the opportunity to gain poise and self confidence that develop through speed and individual competition.
- This team is intended to be an introductory competitive level team.
- A jumper at this level may compete without having the Performance level completed, but should be in the process of progressing through check-off sheets.
- The jumper is required to check off each event in which they desire to compete in (Note: For this check-off sheet only, the jumper is able to compete in the events as they progress through the check-off list). In the case of a tournament that offers different events than listed, participation in each event will be based on the coach's discretion.
- A jumper at this level is not allowed to teach Club level or camps unless they have the Performance level completed.
- A Whirlwind jumper is also not allowed to check off other jumpers for Club level unless they have reached the Performance level.
- Competing in entry level and team-hosted tournaments is recommended at this level. If other activities, schedules, conflicts will not allow the athlete to compete, members must notify the

head coach by January of each year. This will allow those who wish to compete to be paired with other jumpers who have the same desires.

- Minimal absences and tardies will be taken into consideration if jumper desires to do pairs or team speeds. Advanced competitive jumpers (JV/Varsity) will be given first priority when making pairs and team groupings; however, if there is space or opportunity for Whirlwind jumpers to compete in pairs and team speeds, coaches will take those on a case by case basis. Team and double dutch freestyles will be for JV/Varsity members only.
- Goal Setting: In order to qualify for the Whirlwind team, there are certain criteria that are used by the coach to test your ability to join this team. They are:

Events:

- _____ 1 minute speed (coated wire earned at 100, uncoated at 120)
- _____ 1 minute of double unders
- _____ 1 minute of two footed jumps - 8 and under
- _____ 30 second speed
- _____ 30 second double unders
- _____ 1 minute freestyle (all elements and is able to recover quickly from mistakes)

Requirements to participate:

- _____ Has Green Club checklist completed
- _____ Able to demonstrate proper clicking of other jumpers
- _____ Attend a judges training workshop and/or be certified as a judge (see coaches for judging requirements).
- _____ A parent or family member must attend a judges training (who is available to judge) and be certified as a judge. (The type of competition, number of attending jumpers, and level of jumpers might dictate level and amount of judging needed and/or level of certification. See coaches for judging requirements).
- _____ Steps up to leadership roles (Helps pick up ropes and trash at the end of practice, may lead a devotional or two, sets a positive example in speech and conduct, takes charge when asked or directed.)
- _____ Is able to practice on own and stay on task
- _____ Family responds to emails/texts/messages within 2 business days or designated due date

*Speeds/2 footed jumps: must be done with proper form, no false starts, no more than 1 miss for every 10 seconds, and jumper needs to be able to recover quickly from mistakes

- 30 sec. speeds (no more than 3 mistakes)
- 1 minutes speeds (no more than 6 mistakes)

* Double unders: must be done with no more than 3 jumps in-between, no false starts, jumper needs to be able to recover quickly from mistakes, no more than 2 mistakes between completed doubles

Age as of June 15, 2026 (Date subject to change) _____

*All freestyle routines must be performed using a beaded rope unless given permission by the coaches to use an alternative option.

*In addition to skills, expectations include: good sportsmanship, good conduct, initiative, positive interactions with team members and family members, and good school performance which are all evaluated by the coaches.

- If jump rope opportunities arise outside of One Jump Ahead, prior to accepting the opportunity, the athlete must first discuss the opportunity with the coach to ensure no schedule conflict is present. Failure to do this may result in loss of privileges.

The Whirlwind team season runs August/September through March/April (or June/July if competing at Junior Olympics) each year.

One Jump Ahead Junior Varsity

- The Junior Varsity team provides experiences and the opportunity to gain poise and self confidence that develop through performing.
- Routines are performed in front of local audiences to develop consistency and improve presentation.
- Competing in regional tournaments and/or team-hosted competitions is highly recommended at this level. If other activities, schedules, conflicts will not allow the athlete to compete, members must notify the head coach by early October of each year. This will allow those who wish to compete to be paired with other jumpers who have the same desires.
- Goal Setting: In order to qualify for the Junior Varsity team, there are certain criteria that are used by the coach to test your ability to join this team. They are:

- _____ Has Performance checklist completed
- _____ 110 speed jumps in 1 minute (coated wire earned at 100, uncoated at 120)
- _____ 30 second consecutive double unders with one mistake or less
- _____ 1 minute - 1min. 15sec. freestyle with two misses or less (all elements: 4 power, 4 releases/wraps, 4 multiples, all 4 quadrants, 2 changes of direction, start and end with music)
- _____ 30 sec. 2-wheel routine (at least 2 power, 4 interaction skills, and 2 release/wrapping skills; 1 mistake or less)
- _____ Perform 4 pairs interaction skills in single rope
- _____ Perform at least 10 different skills in Double dutch without missing (2 must be inversion or power)
- _____ Perform two skills in unison with turners (footwork in combination is one skill)
- _____ Turn for two skills in unison with jumper(s) (footwork in combination is one skill)
- _____ Turns 10 pop-ups in DD
- _____ Jumps 10 pop-ups in DD (enter and exit clean)
- _____ Jumps double dutch speed 1 min. without misses
- _____ Turns double dutch speed 1 min. without misses
- _____ 2 turning skills with jumper in ropes
- _____ Jump 3 different tumbling or inversion skills in triangle
- _____ Jump with 4 ropes in rainbow (all positions)
- _____ Jump umbrella with over unders (with long ropes)
- _____ Turn umbrella over unders (with long ropes)
- _____ Turn for tumbling and inversion skills in triangle
- _____ Turn eyeballs
- _____ Jump eyeballs
- _____ Know the 12 Street Rag (can do the basic routine without missing to music until music changes pace...one time through with pace change)
- _____ Know Time Bomb routine (2 mistakes or less)
- _____ Know Parade routine (8 times through with 8 mistakes or less)

_____ Attend a judges training workshop or be certified as a judge (see coaches for judging requirements).

_____ A parent or family member must attend a judges training (who is available to judge) and be certified as a judge. (The type of competition, number of attending jumpers, and level of jumpers might dictate level and amount of judging needed and/or level of certification. See coaches for judging requirements).

_____ Steps up to leadership roles (Helps pick up ropes and trash at the end of practice, may lead a devotional or two, sets a positive example in speech and conduct, takes charge when asked or directed.)

_____ Performed in at least 5 shows

_____ Misses no more than 3 practices every semester (Unless cleared ahead of time with coaches)

_____ Is able to practice on own and stay on task

_____ Jumper or family responds to emails/texts/messages within 2 business days or designated due date

*All freestyle and wheel routines must be performed using a beaded rope unless given permission by coaches to use a different option.

*In addition to skills, expectations include: good sportsmanship, good conduct, initiative, positive interactions with team members and family members, and good school performance which are all evaluated by the coaches.

- If jump rope opportunities arise outside of One Jump Ahead, prior to accepting the opportunity, the athlete must first discuss the opportunity with the coach to ensure no schedule conflict is present. Failure to do this may result in loss of privileges.

The Junior Varsity team season runs September through April (or June/July if competing at Nationals/Worlds/Junior Olympics) each year.

One Jump Ahead Varsity

- The Varsity team provides the opportunity to develop important life skills, create positive competition strategies, and interact with other jump rope teams. Varsity team members are expected to take on leadership roles on the team through mentoring younger jumpers, working with other jump rope teams and acting as role models.
- Competing and/or participating in team-hosted tournaments and events is required at this level. If varsity team members qualify in team events at a regional tournament, continuing on to compete at the national tournament is required. This will allow those who wish to compete to be paired with other jumpers who have the same desires.
- Goal Setting: In order to be considered for the Varsity team, there are certain criteria that are used by the coach to test your ability to join this competitive team. They are:

Individual

_____ Has JV list completed

_____ 135 speed jumps in 1 minute (14 and under) or 140 for female / 145 for male (for 15 and up)

_____ 1 minute freestyle choreographed to music with one miss or less with all elements at intermediate level or above (backward/change of direction skills (2), multiple unders (4), rope wraps/releases (4), power (4), movement (all 4 quadrants), starts and ends with music)

_____ Jump 100 Double Unders without missing (14 and under) or 40 triples (15 and up)

_____ 350 in 3 minute speed (14 and under) or 370 for female / 390 for male (15 and up)

_____ 75 in 30 sec. (14 and under) or 80 (15 and up)

_____ Teaches/leads a devotional during a practice (Date:_____)

_____ Attend a judges training workshop and/or be certified as a judge (see coaches for judging requirements).

_____ A parent or family member must attend a judges training (who is available to judge) and be certified as a judge. (The type of competition, number of attending jumpers, and level of jumpers might dictate level and amount of judging needed and/or level of certification. See coaches for judging requirements).

_____ Learns/creates, teaches, and/or performs a choreographed team routine to music with 0 mistakes (Check in with the coach to see whether to learn, teach, or create.)

_____ Teaches at a camp

_____ Submits a video or written testimony (see coaches for criteria)

Pairs

_____ 1 minute - 1 min. 15 sec. single rope freestyle choreographed to music with two misses or less with all elements at intermediate level or above (backward skills (2), multiple unders (4), rope wraps/releases (4), power/gymnastic inversion (4), movement/pair interaction (4), starts and ends with music)

_____ 1 minute - 1 min. 15 sec. 2 wheel routine with two misses or less with all elements (multiple unders (4), rope wraps/releases (4), power/gymnastic inversion (4), interaction skills (4))

Team

_____ 100 in double dutch speed for 1 min. (0 misses, enter and exit clean)

_____ Turn double dutch speed for 1 min. (0 misses, jumper enters and exits clean and jumps at least 100 jumps)

_____ Utilizing at least 4 different turner interaction skills, turn for at least one traveling skill inside of the ropes (round-off, front handspring, etc.) and 3 other power/gymnastic skills in double dutch.

_____ Complete 4 different power/gymnastic skills in double dutch

_____ Turn an up-the-ladder sequence with a jumper (advanced-combination of up and down, out and in, right and left and together, single and double unders)

_____ Jump an up-the-ladder sequence (advanced-combination of up and down, out and in, right and left and together, single and double unders)

_____ Complete 2 different turner exchange skills all parts (advanced)

_____ Gig in 3 wheel (All positions)

_____ MCL in 3 wheel (All positions)

_____ Jump power sequence in triangle (push-up, frog, jack split, and round-off) no misses

_____ Turn power sequence in triangle without misses

_____ Jump at least 4 gymnastic/power skills in double dutch triad (subway, waterfall frog, etc.)

_____ Jump at least 4 interaction skills in double dutch triad (assisted flip, leapfrog, etc.)

_____ 4 different turner involvement skills for a double dutch triad skill

_____ Turn Double Dutch Eyeballs

_____ Jump Double Dutch Eyeballs

_____ Misses no more than 3 practices a semester (Unless cleared with coaches ahead of time)

_____ Jumper or family responds to emails/texts/messages within 2 business days or designated due date

*All freestyle and wheel routines must be performed using a beaded rope unless given permission by the coaches to use an alternative option.

*In addition to skills, expectations include: good sportsmanship, good conduct, initiative, positive interactions with team members and family members, and good school performance which are all evaluated by the coaches.

- In addition to competing, members are expected to teach at camps and perform throughout the year to help promote the sport of jump rope.
- Gymnastics training helps us to improve in upper body strength and agility. It also helps us to do the gymnastics moves required for us to be competitive with more precision. This training is highly recommended for all Varsity jumpers.
- The Varsity team practices year round with a break in July (with the exception of world or Junior Olympic championship years).
- Varsity team members must give full priority to the team. They should not miss practices or jump rope opportunities for other sports or events. They can participate in other sports and activities but they cannot interfere with the jump rope schedule and requirements. Missing a jump rope practice or opportunity for an occasional recital or concert is acceptable with prior knowledge and discussion with the coach.
- If jump rope opportunities arise outside of One Jump Ahead, prior to accepting the opportunity, the athlete must first discuss the opportunity with the coach to ensure no schedule conflict is present. Failure to do this may result in loss of privileges.

One Jump Ahead Adult Performance Team (Age 30 and older)

- The Adult Performance team provides experiences and opportunities to gain poise and self-confidence that develop through performing.
- Routines are performed in front of local audiences to develop consistency and improve presentation.
- Goal Setting: In order to qualify for the Adult Performance team, there are certain criteria that are used by the coach to test your ability to join this team. They are:

_____ 10 different single rope skills with a beaded rope (1 miss or less)

_____ 2-wheel (inside turn, cross, and switch on both sides)

_____ Perform at least 10 different skills in double dutch without missing (with clean entrance and exit)

_____ Turn double dutch for someone doing at least 10 skills in a row

_____ Turn double dutch for someone doing at least 5 skills jumping rope inside

_____ Lead/teach at least 1 devotional (Date: _____)

_____ Jump triangle

_____ Turn triangle

_____ Jump and turn rainbow (3 ropes--all positions)

_____ Jump umbrella (middle and sides) rotating (With long ropes)

_____ Turn umbrella rotating (With long ropes)

_____ Turn eyeballs

_____ Sets a positive example for youth and other adults at practice

_____ Able to keep track of checklist

_____ Able to travel over a minimum of 4 people in a traveler (no more than 1 jump or double bounce in between people and including one variation) with a beaded rope.

_____ Attends practice regularly

_____ Responds to emails/texts/messages within 2 business days or designated due date

_____ Can do parade routine to the beat of the music with movement with few mistakes and quick recovery (For parade performances only). Must be able to do routine for at least 1 mile

*All freestyle and wheel routines must be performed using a beaded rope.

*Skills/qualifications may be modified for age or injury.

The Adult Performance team season runs August/September through March (unless extra practices are needed for performances in April, May, or June) each year.

One Jump Ahead Adult Competitor (AKA Breathless Team) (Age 30 and older)

- The Adult competitive team provides opportunities for adults to stay in shape, set a positive example for our youth, and have some friendly competition among other people their age through regional and national tournaments.
- Competing in regional tournaments is highly recommended for this group. If other activities, schedules, conflicts will not allow the athlete to compete, members must notify the head coach by early November of each year. This will allow those who wish to compete to be paired with other jumpers who have the same desires.
- If an adult desires to compete in freestyle, it is highly recommended that he/she qualify for the adult performance team as well.
- This check off list was designed for adults who want to compete but have physical or time constraints. If not bound by physical or time constraints, they will be highly encouraged to strive for JV and/or Varsity check off lists once this list is completed.
- In order to be considered for the Adult Competitive team, there are certain criteria that are “must dos” in order to compete. They are:

_____ Attend a judges training workshop

_____ Have a friend or family member be trained as a judge who is available to judge (# of years competing and team need may dictate level and/or type of judging certification needed. See coaches for requirements)

_____ Responds to emails/texts/messages within 2 business days or designated due date

_____ Sets a positive example for youth and other adults at practice

_____ Teaches/leads a devotional during practice (Date:_____)

_____ Is able to practice on own and stay on task

_____ Able to keep track of checkoff list

_____ Accurately click jumpers in different speed events

- Unlike the Performance, JV, and Varsity teams, adults can compete in select events. Adults may compete in any event they have checked off on the list below. In order to compete, at least 3 events must be checked off.

To compete in 30 sec. or single rope relay speeds:

_____ 40 speed jumps in 30 sec.

To compete in 1 min. speed:

_____ 85 speed jumps in 1 min.

To compete in any double under event:

_____ 5 consecutive double unders

To compete in 3 minute speed:

_____ 200 in 3 minutes

To compete in triple unders:

_____ 5 consecutive triple unders

To compete in single or pairs freestyle in single rope:

_____ 1-1 minute 15 sec. freestyle with all elements (4 power, 4 multiples, 4 wraps/releases, 4 quadrants, 2 change of direction, start and stop with music)

_____ 4 pairs interaction single rope skills

To compete in double dutch freestyles:

_____ Perform at least 10 different skills in Double dutch without missing

_____ 4 turning skills with jumper in rope

_____ Perform 2 inversion or power moves inside ropes

_____ Perform a clean exchange with a turner (in to out and out to in)

_____ Perform an exchange skill (all parts)

_____ Turn at least 10 pop-ups in DD

_____ Jumps at least 10 pop-ups in DD (enter and exit clean)

_____ As a turner, perform footwork in unison with jumper

_____ As a jumper, perform footwork in unison with a turner

To compete in double dutch speeds:

_____ Turn double dutch speed for 1 minute with 1 miss or less with a clean entrance and exit

_____ Jump double dutch speed for 1 minute with 1 miss or less with a clean entrance and exit

To compete in any team event:

_____ Misses no more than 3 practices every semester (Unless cleared with coaches ahead of time)

*All freestyle routines must be performed using a beaded rope.

*Skills/qualifications may be modified for age or injury.

The Adult Competitive team season runs September through April (or June/July if competing at a national competition) each year.

Try-Outs

As the team continues to build, the Head Coach will evaluate jumpers who are interested in moving up from the Club level to Whirlwind or Performance, Performance to JV, and the JV level to the Varsity level sometime during the months of September, October, and November. Team members that are currently Performance, Junior Varsity or Varsity members must maintain the minimum qualifying requirements, or they may be prohibited from performing or competing until the qualifying skill level is reached again. Jumpers who are interested in moving up should let the Head Coach know as soon as possible so that she can help them concentrate on the minimum skill levels required to participate on the next level team. Official try-outs for the JV and Varsity teams for the following year will be held each year in the fall, although the Head Coach may ask any jumper to move up to the next level at any time at her discretion. Applicants are assessed by the Head Coach based on their jumping ability, potential, and attitude. Additional fees and/or rope and uniform costs for moving up from Club to Whirlwind or Performance, Performance to Junior Varsity, or from Junior Varsity to Varsity will apply.

Training Overview

“Whatever you do, work at it with all your heart, as working for the Lord, not for men.” Col. 3:23 (NIV)

One Jump Ahead is committed to the athletic and personal development of each of our team members. Our staff and team families must work together to adhere to the highest standards both in athletic effort and achievement, and in personal conduct.

Athletes are expected to give 100 % effort at all times. One Jump Ahead provides many opportunities to set goals, to work toward achieving those goals, and to evaluate success. A series of skill sheets are used to help athletes know exactly where they are in regard to their speed and freestyle skills. They are rewarded as they meet their goals. As team members meet these goals, they are eligible to be promoted to the next team level!

In competition, important life skills are gained through learning how to handle excitement, pressure, joy and camaraderie, and occasional disappointment as we compete with other teams.

In addition to competing, members are expected to teach at workshops, help fundraise, and perform throughout the year to help promote the sport of jump rope. In both competing and performing, team members gain poise, self-confidence, and professionalism.

Gymnastics training helps to improve upper body strength and agility. It also teaches the gymnastics moves required for the more difficult/precision freestyle routines. Our Junior Varsity and Varsity members are strongly recommended to take tumbling lessons as part of their training for competition. We encourage safe tumbling practices at all times. Team members must get permission from a coach in order to perform more than basic level gymnastic skills. (Our gymnastics criteria are subject to change based on a review of possibilities for various gymnastics training opportunities.)

Conduct

All Team Members

- Maintain a positive attitude, exhibit uplifting speech and demeanor, assume responsibility for self, and demonstrate good sportsmanship at all times.
- Act professional and show respect to everyone at all times.
- Work as a team to help each other accomplish more.
- Work up to your potential – show 100% effort at all times.
- Respect all decisions made by coaches and mentors.
- 3 STRIKE RULE. The Head Coach will enforce the three strike rule for all disciplinary situations.
 - 1st offense: Warning to athlete
 - 2nd offense: Talk to parents and athlete
 - 3rd offense: Suspended for 1 week

Offenses include: poor attitude, behavior problems, no-show for performances, excessive tardiness or absences. Continued offenses may result in dismissal from the team. All dismissals from the team will be conducted by the Head or Assistant Coach

- The following are prohibited and will not be tolerated

- During events (performances, workshops or competitions): Consumption of alcohol*, tobacco or marijuana products **.
- Consumption of illegal drugs.
- Participation in an illegal activity of moral or ethical concern.
- Any conduct deemed irresponsible, unsafe or unsportsmanlike

* If alcohol consumption is consumed outside of events, we request moderate/appropriate consumption with consideration of others and the setting we are in.

** For those with tobacco and/or marijuana use, we request no second or third hand exposure to the athletes or group.

Performance, Whirlwind, JV, Varsity, and Adult Team Members

- Be prepared and arrive 10 minutes early for every practice or event.
- Commitment – if you sign up for an event BE THERE!
- Students, schoolwork is important! Failing to maintain grades could affect your level of participation on the team.

Parents

- Support your child by being positive and encouraging. Expect your child to perform to his or her potential and provide assistance where necessary. Be your jumper's biggest cheerleader!
- Provide a good pair of cross-trainer tennis shoes.
- Be sure your jumper adheres to all team policies and expectations. We want them to learn responsibility and accountability.
- Be sure you adhere to all policies and expectations.
- Respect and support coaching decisions
- Stay informed by reading E-mails, downloading and keeping up to date with the designated team chat app, and saving all handouts and recording all event dates on your family calendar.
- Be prompt in responding to and returning requested information.
- Volunteer! We strongly encourage parent involvement. The more you're involved in the team, the more successful your child will be.
- Allow team problems to be solved between the coaches and the jumpers.
- Parents of competition team members need to have at least one parent or adult family member attend a judging training clinic and be trained as a judge.
- Parents of competition team members or adults that are competing need to have at least one parent/family member/friend be available to judge or volunteer at regional/national tournaments. Parents who are new to competition must get certified as a level one judge. Parents that have had a jumper compete for 2 or more years, must be certified as a level 2 judge. If a parent fails to get certified for the appropriate level, they may be charged a fee for not providing the adequate number of judges. (Fees differ depending on level of competition and how many jumpers are competing).
- Note that all parents that attend team competitions and/or performances are considered to be chaperones.

Chaperone Protocol

The One Jump Ahead teams follow the Woodmen Valley Chapel chaperone policy which emphasizes that adults working with and around children must be good role models for children. Coaches and team management may be required to complete a background check through Woodmen Valley Chapel or other organizations online. If parents accompany children for overnight events, they may be required to complete a background check as well.

The following guidelines apply to **all** chaperones, parents, and staff for performances, competitions, and other team activities. The chaperones will be required to sign an acknowledgement form BEFORE they agree to chaperone.

- Chaperones must be at least 18 years of age.
- All chaperones – including staff, parents, and others – must not use any form of alcohol or illegal drugs while on field trips or during school activities. Smoking and foul language may not occur on church property or in front of students.
- Chaperones are expected to perform the duties assigned to them in a responsible and prudent manner.
- Chaperones shall not have been convicted of or plead guilty or nolo contendere (no contest) to any felony.
 - a. Individuals convicted of a misdemeanor must share that information with the Head Coach.
- Chaperones shall take attendance according to procedures established by the coach.
- All students assigned to a chaperone must be accounted for prior to the vehicle leaving the activity.
- Students assigned to a chaperone shall not be left unattended.
- Depending on the event, chaperones may be asked to complete a background check.
- Chaperones are NOT PERMITTED to delegate their responsibilities to another adult.

Any parent who attends a competition or performance may be called to be a chaperone at any time.

We also adhere to the *USAJR and/or AAU Membership Code of Conduct*.

Attendance Policy

1. Practice

Club – There are no attendance requirements for club members. However, the more your child attends, the more they will benefit.

Whirlwind, Performance, JV, Varsity, and Adult Performers/Competitors -

Attendance is important, especially when we are preparing for performances and competitions. If you are going to be more than 10 minutes late to a practice or performance please call/message the coach before practice. Cell numbers are provided below.

Absence Notification

- If you will miss practice, please provide notice via email, text, or phone call to the Head Coach. Notice should be given as far in advance as possible.
 - During competition season in spring, notice should also be given to teammates you have been grouped with for freestyle routines (pairs, double-dutch, group routines).
 - Make-up practices may be scheduled as decided by the Head Coach and Teammates.

Numbers

- Coach Lindsey Wallace Sneij (303) 818-0019
- Coach Kameel Sneij (786) 512-5002

2. Performances (Performance, Adult Performance, JV and Varsity Teams)

Performing for schools, charitable events, and community events gives us an opportunity to share our gifts and talents with others, promote our team and recruit new members. Jumpers are expected to attend all performances for which they have signed up. Jumpers should notify the Coach at least 24 hours in advance if they are not going to attend.

3. Tournaments

All Varsity team members will participate in team sponsored tournaments each year – **attendance is mandatory**. In addition, team members placing fifth or better at the Regional Tournament in team events are required to attend the National Championship Tournament. JV team members may be allowed to compete in these tournaments at the discretion of the Head Coach.

Varsity team members may be allowed to try out for the USA World Team at the Head Coach's discretion.

The tournament dates are as follows:

1. Pikes Peak Pinnacle Tournament – April 25, 2026
2. AAU Junior Olympic Games – TBA (Usually at the end of July/beginning of August)

Regional Tournaments are one or two-day events, depending on the number of participants, held on Saturdays. National tournaments are generally 2-4 days during the summer months. Team members are responsible for transportation to each/every event and cost of lodging and meals, as well as a portion of the Coaches' transportation and lodging. It is required for jumpers to stay in the same hotel or Airbnb to foster a team spirit and a block of rooms or home will be reserved by the team. Exceptions to this will be held on a case by case basis.

Days out of School

With the parents' permission, we occasionally take team members out of school to perform in student assemblies at other schools.

Equipment

Uniforms: Club members, Whirlwind, Performance, Junior Varsity, Varsity, and Adult Performance/Competitive members have different uniform requirements. Please see the fee section for requirements and estimated costs. Uniforms will be worn during performances, workshops, and competitions. Jumpers should wear tennis shoes and white socks with their uniform.

Each jumper is responsible for keeping his/her uniform neat and clean. If lost or damaged, uniforms must be replaced at the jumper's expense.

Shoes: All jumpers must have a pair of athletic shoes in good condition, preferably cross trainers or aerobic (Nike, ADIDAS, New Balance, etc). Shoes should be replaced before they get too worn. Be sure that new shoes are broken in before tournaments.

Team T-shirts: Each club team member will be given one team t-shirt. The Whirlwind, Performance, Junior Varsity/Varsity, and Adult teams will have at least one team t-shirt and

team shorts. The Head Coach will dictate which uniform will be used for each event. Team members will be responsible for replacing lost or damaged items.

Jump Ropes: New club team members will receive a beaded rope when joining the team. Performance team members will be issued a beaded rope and a wheel rope to keep. They will also earn a wire speed rope once they can complete a certain number of jumps in a minute (determined by the Head Coach). Jumpers must label each of their ropes (with color tape and name). Team ropes will be replaced or repaired due to growth of the jumper or normal wear and tear on an as needed basis. Lost ropes must be replaced at the jumper's expense.

Rope Bags: Club and Whirlwind members will have the opportunity to purchase a string bag to hold ropes. Performance, Junior Varsity, Varsity, and Adult Performance/Competitive members will have the opportunity to purchase a larger rope bag for competitions and performances.

Fees

Club Team Registration Fee \$110/year. (An additional fee will be charged if club member requests another team t-shirt).

Includes:

- 1 Beaded Rope (for new team members only)
- Repairs on a returning jumper's beaded rope due to normal wear and tear
- 1 T-Shirt
- AAU membership
- Secondary Insurance (Through AAU &/or other organization)
- Equipment Fee (used for replacement of team long ropes, teaching ropes, & equipment)
- Other team and/or coach expenses (such as applying for non-profit status, coach's travel expenses, etc.)

Registration is due one week after joining the team

Additional optional fees include:

One Jump Ahead workshop and camp fees

One Jump Ahead string bag

Performance and Adult Performance Registration Fee \$160/year

Includes:

- 1 Team green and black beaded rope (when joining for the first time)
- 1 Team green and black 10ft wheel rope (when joining for the first time)
- 1 T-Shirt
- AAU membership
- Secondary Insurance (Through AAU &/or other organization)
- Equipment Fee (used for replacement of team long ropes, teaching ropes, & equipment)
- Other team and/or coach expenses (such as applying for non-profit status, parade registration fees, coach's travel expenses, etc.)
- Background check for adult athletes/instructors

Additional **required** fees include:

T-Shirt(s) – 1-2 t-shirts (cost is to be determined as we will be looking at new uniforms this year)

Team shorts – (cost is to be determined)

Wire rope (when earned) – approx. \$15

Traveling expenses

Food, gas, lodging, etc.

Share of coach's travel & lodging for out-of-town jump rope events that are not paid for by another entity, group, or team and cannot be covered by team funds.

Additional **optional** fees include:

One Jump Ahead workshop and camp fees

One Jump Ahead duffle bag

Whirlwind Registration Fee \$180/year

Includes:

- Replacement wire for speed ropes when needed
- AAU membership (and/or other competitor memberships)
- 1 T-Shirt
- Secondary Insurance (Through AAU &/or other organization)
- Pins (when earned)
- Equipment Fee (used for replacement of team long ropes, teaching ropes, & equipment)
- Other team and/or coach expenses (such as applying for non-profit status, helping with AAU memberships for judges/officials, coach's travel expenses, etc.)

Additional potential **required** fees include:

T-Shirt(s) – 1-2 t-shirts (cost is to be determined as we will be looking at new uniforms this year)

Team shorts – (cost is to be determined)

Wire rope and handles (when earned) – approx. \$20

Regional Tournament fee (if competing) approx. \$60

National/Junior Olympic Tournament fee (if competing) approx. \$80 - \$500

Traveling expenses (if competing)

Food, gas, lodging, etc., for competitor

Share of coach's travel & lodging if the expenses can't be covered by team funds

If a jumper is qualified to jump at a regional tournament, the Head Coach will notify the parent first, then the jumper. Regional tournaments are usually held in the Springs or Denver area (see the tournament section). Many families choose to stay overnight before the tournament as they begin quite early. If jumpers qualify and decide to compete at the national tournament, families should budget for travel, lodging and meal expenses. Our team does fundraising, but it is rare that we earn enough money to cover all trip expenses.

Additional **optional** fees include:

Workshop and Camp Fees

Pin bag

Junior Varsity (JV) and Adult Competitive Registration Fee \$180/year

Includes:

- 1 Team Beaded Rope maintenance
- 1 Team Wheel Rope maintenance
- 1 T-shirt
- Replacement wire for speed ropes when needed
- AAU membership (and/or other competitor memberships)
- Secondary Insurance (Through AAU &/or other organization)
- Equipment Fee (used for replacement of team long ropes, teaching ropes, & equipment)
- Pins when earned
- Other team and/or coach expenses (such as applying for non-profit status, parade registration fees, help with AAU memberships for judges/officials, coach's travel expenses, etc.)

Additional required fees include:

T-Shirt(s) – 1-2 t-shirts (cost is to be determined as we will be looking at new uniforms this year)

Team shorts – (cost is to be determined)

Regional Tournament fee (if competing) approx. \$60

National/Junior Olympic Tournament fee (if competing) approx. \$80 - \$500

World Championship fee (if competing)

Traveling expenses (if competing)

Food, gas, lodging, flight, etc., for competitor

Share of coach's travel & lodging if expenses can't be covered by team funds

If a jumper is qualified to jump at a regional tournament, the Head Coach will notify the parent first, then the jumper. Regional tournaments are usually held in the Springs or Denver area (see the tournament section). Many families choose to stay overnight before the tournament as they begin quite early. If jumpers qualify and decide to compete at the national tournament, families should budget for travel, lodging and meal expenses. Our team does fundraising, but it is rare that we earn enough money to cover all trip expenses.

Additional optional fees include:

Workshop and Camp Fees

Team Hoodie - approx. \$70-\$90

Pin bag

Varsity Registration Fee: \$180/year

Includes:

- Replacement wire for speed ropes when needed (ultra thin wire ropes will be an additional fee)
- Replacement or repairs of team beaded and/or wheel ropes as needed.
- 1 T-shirt
- AAU membership (and/or other competitor memberships)
- Secondary Insurance (Through AAU &/or other organization)
- Team Equipment Fee (used for replacement of team long ropes, teaching ropes, & equipment)
- Pins when earned

- Other team and/or coach expenses (such as applying for non-profit status, parade registration fees, help with AAU membership for judges/officials, coach’s travel expenses, etc.)

Additional **required** fees include:

- Team Uniform – approx. \$35
- T-Shirt(s) 1-2 (cost is to be determined as we will be looking at new uniforms this year)
- Team Shorts (cost is to be determined)
- Regional Tournament fee (if competing) approximately \$60
- National Tournament fee (if competing) approx \$250
- World Championship fee (if competing)
- Traveling expenses (if competing)
 - Food, gas, lodging, flight, etc., for competitor
 - Share of coach’s travel & lodging if expenses can’t be covered by team funds

Additional **optional** fees include:

- Workshop and Camp Fees
- Team Warm-ups – approx. \$180
- Rope bag – approx. \$60
- Pin bag

The ropes and team t-shirts given to members are theirs to keep. Lost or damaged ropes must be replaced at the jumper’s expense.

Camps
TBD

ROPE FEE CHART

Product	Price	Quantity	Total	NOTES:
JV &V Replacement PVC cords& Cables	\$5.00			
JV &V Replacement wire	\$5.00			
JV & V Freestyle beaded Jump rope (Long Handles)	\$30.00			
JV and V 10ft Wheel rope	\$25.00			
JV&V Short handle Licorice Jump rope(7-9ft)	\$10.00			
JV&V Replacement Long handles (1 pair)	\$20.00			
JV& V Replacement Freestyle handles (1 pair)	\$12.00			
JV &V Replacement Speed Cable handles (1 pair)	\$15.00			
Surge speed handle (each)	\$45.00			
JV &V Speedball training rope	\$25.00			

Hand Tally Counter	\$8.00			
Beaded Double Dutch rope	\$40.00			
Single beaded jump rope (8ft)	\$25.00			
Single beaded jump rope (9ft)	\$25.00			
Special Order				
Grand Total:				<i>No orders will be made without completed form and advance payment</i>

*Please note that prices may change if prices from vendors increase. Prices listed above are approximate.

Fundraising

In addition to member fees, team funding comes from a variety of activities and events held throughout the year. Currently, our main fundraising events are the spring lunch/show/silent auction and any workshop that may be hosted by the team. We also occasionally receive donations for performances held at local schools and other venues. Other revenues come from jump rope & merchandise sales. We will be looking for other fundraising opportunities throughout the year. We are looking for someone to volunteer as our Fundraising Chairperson.

Practice

Times/Location

Club – August/September through March/April

- Tuesday 4:00 – 5:00 Woodmen Valley Gym at Rockrimmon

Performance and Adult Performance/Competitive – August/September through March/April (Sometimes longer if performances are scheduled for late spring or summer months)

- Tuesday 4:00 – 6:30 Woodmen Valley Gym at Rockrimmon
- Thursday 4:00 – 6:30 Woodmen Valley Gym at Rockrimmon

Whirlwind – August/September through March/April (Sometimes longer if jumpers qualify for Nationals/Junior Olympics)

- Tuesday 4:00 – 6:30 Woodmen Valley Gym at Rockrimmon
- Thursday 4:00 – 6:30 Woodmen Valley Gym at Rockrimmon

* Whirlwind will practice at the club time in fall semester and will most likely go to longer practices starting in January. Exceptions will be handled on a case by case basis.

JV – August/September through April (June or July if competing and sometimes longer if performances are scheduled for late spring or summer months)

- Tuesday 4:00 – 6:30 Woodmen Valley Gym at Rockrimmon
- Thursday 4:00 – 6:30 Woodmen Valley Gym at Rockrimmon

Varsity – August/September through a National competition (end of June or possibly until early August if competing at the Junior Olympics or World Championships)

- Tuesday 4:00 – 6:30 Woodmen Valley Gym at Rockrimmon
- Thursday 4:00 – 6:30 Woodmen Valley Gym at Rockrimmon

Dress for practices:

- T-shirts (No spaghetti straps)
- Athletic Shorts
- Tennis shoes in good condition
- Hair pulled back

Skill Sheets:

Coaches and team members use skill cards to track progress in speed and skills.

Events

Each event has a limited number of entries per team in each age/gender category. A jumper's participation in each event is determined by and at the discretion of the Head Coach based on attendance, performance, and attitude/behavior at practice.

Single Rope Events (Subject to change slightly every year due to rule changes and/or different tournaments)

- 30 sec. Double Unders
- 30 sec. speed
- 1 minute speed
- 3 minute speed
- Single rope freestyle
- Triple Unders (15 yrs and older) - may or may not be timed

Double Dutch, Pairs, and Group Events (Subject to change slightly every year due to rule changes and/or different tournaments)

- Pairs freestyle
- Pairs speed (AAU Only)
- Pairs double unders (AAU Only)
- Team freestyle
- Double Dutch Pop-ups (AAU Only)
- Double Dutch sprint speed
- Double Dutch 4x30 Speed Relay
- Double Dutch 3x40 Speed Relay
- Double Dutch Single Rope Speed Relay
- Double Dutch Single Freestyle
- Double Dutch Pairs Speed
- Double Dutch Pairs Freestyle
- 4-person Single Rope Speed Relay
- Double Dutch Triad
- Team show (if numbers allow)

Age Brackets (age as of June 15, 2019)

Single Rope Events (males & females complete separately for individual events)

- 10 and under, 11-12, 13-14, 15-16, 17-18, 19-22, 23-29, 30+
- Triple unders will be an age division of 15-17, 18+

Pairs and Double Dutch

- 11 and under, 12-14, 15-17, 18-22, 23-29, 30+

*Age brackets and dates are subject to change based on the tournament and new rules that are passed throughout the year.

I have read the One Jump Ahead handbook, understand, and agree to all that is required of me as a member, team parent, and/or participant of One Jump Ahead.

I also agree that I, in addition to any family member, will not hold the staff or coaches of One Jump Ahead, nor any practice facility staff, responsible for injuries occurring during practice or at any activity run or attended by One Jump Ahead.

Team Member's Printed Name Team Member's Signature Date

Add'l Team Member's Printed Name Team Member's Signature Date

Add'l Team Member's Printed Name Team Member's Signature Date

Add'l Team Member's Printed Name Team Member's Signature Date

Add'l Team Member's Printed Name Team Member's Signature Date

Team Parent's Printed Name (if participants are under 18)

Team Parent's Signature Date

Date Revised: 09/7/2025

ACKNOWLEDGEMENT OF HAZARD/ASSUMPTION OF RISK AND WAIVER OF LIABILITY FOR Sports and Recreation, and One Jump Ahead, MINISTRIES OF WOODMEN VALLEY CHAPEL

Participant's Name(s): _____

Email Address: _____

Activity: Jump Rope and Conditioning Activities

I _____ am aware that the One Jump Ahead/ Woodmen Valley Chapel activity(s) that I am participating in may include but is not limited to one or more of the following hazard(s) that may result in personal harm and or death.

- UNPREDICTABLE AND DANGEROUS ENVIRONMENTAL CONDITIONS AND OR HAZARDS including, but not limited to; snow, rain, very cold and very hot temperatures, lightning, altitude, loose rock, falling rock and or ice, avalanche, sun exposure, mud, snow and other slippery conditions. I understand the risks inherent in outdoor activities caused by the environment either natural or man made.
- POTENTIAL FAILURE OR MISUSE OF TECHNICAL EQUIPMENT/MACHINERY including but not limited to gas stoves and or lanterns, wire and beaded ropes, mats, and electrical devices. I understand the risks of equipment failure and or the dangers caused by misuse of equipment includes but is not limited to broken/damaged bones/joints/tendons/ligaments, impalement, burns, lacerations, electrical shock, loss of vision from explosive stoves and or lanterns, poisoning from ingestion of fuels.
- ACTIVITIES STRESSING THE CARDIO-RESPIATORY SYSTEM including, but not limited to; walking/running/hiking, jumping, tumbling, and other similar activities.

I AM RESPONSIBLE FOR MY OWN SAFETY

If I see or hear anything I feel is questionable and/or dangerous, it is my responsibility to ask or inform One Jump Ahead, or Woodmen Valley Chapel staff until corrected or satisfactorily answered. I understand the need to maintain a high level of self-orientation in regards to safety. Instructors and Coaches are not able to watch me at all times. Doing so may risk the safety of the instructor/coach and team, and or other participants. I have been informed and understand the risks involved. I am participating in this course and these activities by my own choice.

RELEASE: I hereby release and discharge One Jump Ahead, and Woodmen Valley Chapel and its instructors/volunteers, coaches and staff from any and all liabilities, suits, claims and demand actions or damages (including attorneys fees and disbursement) incurred by me and arising out of my participation or intended participation in activities and or services arranged for me by One Jump Ahead, and Woodmen Valley Chapel Sports and Recreation and its instructors/volunteers, coaches or staff, including, without limitation, all claims for property damage, personal injuries or wrongful death except to the extent that such loss or damages is caused by or results from gross negligence on the part of any party. This release is binding on my heirs, assigns, and agents.

- If any provision of the Agreement shall be determined, by Court having jurisdiction, to be invalid, or illegal or unenforceable, the remainder of this Agreement shall not be affected but shall continue in full force and effect as though such invalid, illegal or unenforceable provision was not originally a part of this Agreement. The heart, lung and blood vessel system to these activities cannot always be predicted with accuracy. I know there is a risk of certain abnormal changes occurring during or following activity which may include abnormalities of blood pressure or heart rate ineffective functioning of the heart and in rare instances, heart attack.
- ALTITUDE COMPLICATIONS including by not limited to; loss of breath, headaches, dizziness, nausea, mountain sickness, pulmonary edema, cerebral edema. I understand that One Jump Ahead, and Woodmen Valley Chapel activities are conducted at altitudes that can cause complication that may result in permanent injury and/or death.

This agreement shall be construed in accordance with and governed by the laws of the State of Colorado, irrespective of the fact that a party hereto may not be a resident of that State.

Date _____

Signature of Participant

Signature of parent if participant is under 18

Signature of Add'l family participant

Signature of Add'l family participant