



# Camrose Spirals Jump Rope Club Competitive Registration - 2010/11

Skippers Full Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age Category   
(please leave blank)

Address: \_\_\_\_\_

Postal Code \_\_\_\_\_ Previous Spiral Athlete? Yes \_\_\_\_\_ No \_\_\_\_\_

E-mail Address: \_\_\_\_\_  
(e-mail address used for communication only, it will not be given out)

Mom's Name: \_\_\_\_\_ Dad's Name \_\_\_\_\_

Telephone: (day) \_\_\_\_\_ (evening) \_\_\_\_\_

Cell: \_\_\_\_\_ Cell: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone # \_\_\_\_\_

Relationship to Athlete: \_\_\_\_\_ Cell# \_\_\_\_\_

Allergies: \_\_\_\_\_

Reactions and Remedy \_\_\_\_\_

Medical conditions which the coaches should be aware:

Paid – cheque # _____ Cash _____	Received rope paid Cheque / cash	Initials
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\*\*Payment arrangements can be made



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## What to Bring and What to Know

- Athletes will need shorts, t-shirt, socks, and good athletic indoor shoes **every** practice.
- Well marked water bottle
- Sports bag or backpack to carry belongings.
- For safety reasons, hair **must** be pulled off the face and tied back **every** practice.
- Consuming food or beverages in the gymnasium, other than water, will not be allowed.
- No chewing gum or candy while skipping.
- For safety and insurance reasons, parents and siblings cannot enter the floor area during practice.
- Outdoor footwear must be removed as you enter the school – this applies to athletes and family members!
- Good quality long handle jump ropes will be available for the cost of \$10.00 each for those who need one.
- Good quality speed ropes will be available at various prices for those who need them. Please confer with coaching staff.

## Uniforms

Uniforms typically include athletic t-shirt and shorts. We endeavor to keep costs as affordable as possible. In order to keep these new uniforms looking their best, we ask that they be worn for competition **only**, not to practice and not to school. Occasionally the athletes will be asked to wear them to specific demonstration.



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## **Spiral Philosophy**

The Spirals Club will strive to create a friendly atmosphere in which to develop and enhance the knowledge and skills of various jump rope styles for those participating in our programs. Our training staff is composed of the leading jump rope athletes and coaches who will strive to bring quality programming and instruction. Our small ratio of instructor to participant is designed to accommodate varying levels of skipping skills. Our staff is committed to instilling confidence, building self esteem and bringing out the best in everyone involved.

## **Behavior Policy**

All participants are responsible for adhering to club rules. Appropriate conduct will be displayed at all times while participating.

## **Code of Conduct**

- Sportsmanship and discipline are of the utmost importance and expected of all athletes and coaches.
- Treat everyone with the same respect, courtesy and kindness you expect.
- Help to advance and improve the sport of rope skipping by sharing skills with others.
- Congratulate others, whether they are teammates or not, for an effort well done.
- Rejoice in the successes of others whether big or small.
- Do not distract other participants from concentrating on skill building.
- The safety of each participant is taken very seriously, participants will be asked to Co-operate by following the rules of the program as they are explained on the opening day.