



Monday / Thursday (circle preference)

Camrose Spirals Jump Rope Club

Recreational Registration – Fall 2010

Name: _____ Age: _____

Address: _____ Birth Date: _____

Postal Code _____ Previous Spirals Member? 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: _____

Allergies: _____

Reactions and Remedy _____

Medical conditions which the coaches should be aware:

Please do not mark below this line

Paid – cheque # _____ Cash _____	Received rope paid Cheque / cash	Initials
-------------------------------------	-------------------------------------	----------



Camrose Spirals Jump Rope Club Recreational Information - 2010

Practice Gym: Ecole Sifton School
4807-43 Street Camrose

Cost - \$120.00

Monday Class: 6:00 – 7:00 pm
September 20, 27
October 4, 18, 25
November 1, 8, 22, 29
December 6, 13
January 3, 10*

Thursday Class: 6:00 – 7:00 pm
September 23, 30
October 7, 14, 21, 28
November 4, 18, 25
December 2
January 6, 13, 20*

*Jan 10 - end show, parents and family welcome!
welcome!

*Jan 20 - end show, parents and family

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.

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 cooperate by following the rules of the program as they are explained on the opening day.