



# Camrose Spirals Jump Rope Club Competitive Registration - 2008

Skippers full Name: \_\_\_\_\_

Birth Date: D/M/Y \_\_\_\_\_ 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:

Athlete will compete to: provincials Sept. 15, 2008 – March 15, 2009 \_\_\_\_\_ (\$255.00)

Athlete will compete to: nationals Sept. 15, 2008 – May 30, 2009 \_\_\_\_\_ (\$305.00)

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



# Camrose Spirals Jump Rope Club Competitive Information - 2008

**Practice Gym:** Ecole Sifton School  
4807-43 Street Camrose

## Before Christmas:

**Monday Class:** 6:30 – 7:30 pm

**Thursday Class:** 6:30 – 7:30 pm

## After Christmas:

**Monday Class:** 5:30 – 6:30 pm Show 6:30 – 7:00 pm

**Thursday Class:** 5:30 – 6:30 pm Show 6:30 – 7:00 pm

## Cost:

Athletes competing to provincials Sept. 15, 2008 – March 15, 2009 - \$255.00

Athletes competing to nationals Sept. 15, 2008 – May 30, 2009 - \$305.00

## **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.
- 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**

Uniform styles will be changed this year. 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.



# Camrose Spirals Jump Rope Club Competitive Information - 2008

## **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.

**Camrose Spirals / Alberta Skipping Association  
Freedom of Information and Protection of Privacy Act  
2008-09 Consent Form**

Club Name: **Camrose Spirals**

Athlete Name: \_\_\_\_\_

***Please Read Carefully, Sign and complete the consent section.  
Athletes under 18 years must have parental or guardian consent.***

The Freedom of Information and Protection of Privacy Act requires that consent be obtained for collection and use of personal information. (The taking of individual and group photos, the listing of achievement, the use of names in the newspaper, internet, listing of names, clubs, age etc.). A listing and brief description of these activities is attached. Please indicate your consent to enable the Camrose Spirals and Alberta Skipping Association to continue to use information in the activities by signing either A or B.

A) I hereby consent to the collection and use of information (as outlined below on this form).

Signature or Parental/Guardian	Date
_____	_____

B) I hereby consent to the collection and use of information (as outlined below on this form).

EXCEPT for the following items: \_\_\_\_\_

Signature or Parental/Guardian	Date
_____	_____

The Alberta Freedom of Information and Protection of Privacy Act requires that consent be obtained for collection and use of personal information. The use of information will be used for: registering athletes for rope skipping competitions, ASA registration, competition results (in all media formats), and club and provincial records. All information collected from or pertaining to athletes will be kept private and confidential, unless authorized in writing by the athlete or parents (guardians) themselves.

Activities that require your consent include, but not limited to:

1. Individual photos that are taken.
2. Photos or videos that are used in electronic or print media.
3. Athlete name, gender and/or age and description of activities (i.e.: results) that are used in the newsletters and other communications in print form, electronic or otherwise.
4. The use of athletes name, gender, and age in team lists or databases to enable clubs to send data to other clubs, ASA.
5. Other activities within the rope skipping community.

Please note that photos and/or video of activities that are open to the general public may be taken and used for purposes within and outside the rope skipping community. The Association may not restrict such activity at public events.

