

# 5th Annual Jammin' Double Dutch Workshop



## **JAMMIN' DOUBLE DUTCH WORKSHOP NOVEMBER 12, 2011 (SAT)**

12 PM – 7 PM (Registration begins at 11 AM)

\$35 includes registration, T-shirt, and dinner. (\$40 after 10/25/11)

Norton High School, Norton, Ohio 44203

## **JUMP ROPE COACHES SESSION NOVEMBER 12, 2011 (SAT)**

12:30 PM – 6:30 PM (Registration begins at 11 AM)

\$25 includes registration and Coaches Booklet (\$30 after 10/25/11)

Norton High School, Norton, Ohio 44203

## **JUMP GYMNASTICS WORKSHOP NOVEMBER 13, 2010 (SUN)**

8 AM – 12 PM (Registration begins at 7:30 AM)

\$25 includes registration. (\$30 after 10/25/11)

Norton Middle School, Norton, Ohio 44203

Dear Coaches/Parents:

The Jammin' Jumpers are hosting our [Fifth Annual Jammin' Double Dutch Workshop](#), [Jump Rope Coaches Session](#), and [Second Annual Jump Gymnastics Workshop](#). These workshops will be set up for individual or team jumpers. It will be a great way to introduce an athlete to double dutch or prepare jumpers for the AAU or USAJRF 2012 Competitions. Each participant will have the opportunity to learn Double Dutch entry, exits, speed, power, freestyle tricks, and turner exchanges. The Jammin' Double Dutch Staff will perform a show at the conclusion of the workshop. Our Jump Gymnastics Workshop is geared to teach beginner, basic, intermediate, and advanced gymnastics for all jumpers.

Gym doors open on Saturday at 11:00 AM for the Jammin' Double Dutch Workshop at Norton High School and Sunday at 7:30 AM for the Jump Gymnastics Workshop at Norton Middle School. No early entry will be allowed. There will be a coach's session to help coaches or parents gain experience and ideas to coach their own jump rope team. Private lessons will be available Friday at Norton Middle School upon request.

Food is provided at our concession stand during all sessions on Saturday. Dinner is included for all pre-registered jumpers and coaches for the Jammin' Double Dutch Workshop. Additional dinner orders may be made on the registration form. Many jump rope items, jump ropes, T-shirts and miscellaneous items will be for sale.

The Jammin' Double Dutch Workshop is limited to 300 participants and the Jump Gymnastics is limited to 150 participants with preference given to pre-registration. Please fill out a registration form for each jumper. Send all registration forms and a check or money order to Jammin' Jumpers, 941 Longbrook Drive, Wadsworth, Ohio 44281 by October 25, 2011. Checks or money orders are to be made out to **Jammin' Jumpers Jump Rope Team**. (Please, one check per team.)

If you have questions, call us! If you are new at jump rope and need a little help, call us! Visit our web-site at [www.jamminjumpers.org](http://www.jamminjumpers.org). This competition is a fun and exciting experience for all jumpers. See you there.

*Jammin' Jumpers Jump Rope Team*

Anita Gabel, Head Coach (612) 612-3849

Lonny Gabel, Assistant Coach (330) 813-1040

Mary Ann Isak, Assistant Coach (330) 697-0194

E-mail: [jamminjumpers98@gmail.com](mailto:jamminjumpers98@gmail.com)

# Jammin' Double Dutch & Gymnastics Workshop

## JUMPER REGISTRATION FORM

Entry/exits  
Speed/Power  
Freestyle  
Turner Exchange  
Gymnastics



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Norton Middle School, Norton, Ohio 44203

*Name* \_\_\_\_\_ *Phone* \_\_\_\_\_  
Male/Female \_\_\_\_\_ Age \_\_\_\_\_ Team \_\_\_\_\_  
Coach \_\_\_\_\_  
Address \_\_\_\_\_ E-Mail \_\_\_\_\_

**Make Check or Money Order payable to: Jammin' Jumpers Jump Rope Team**  
**Send the registration form to: Anita Gabel, 941 Longbrook Drive, Wadsworth, OH 44281**

- Jammin' Double Dutch Workshop \$35 Late Registration after 10/25/11 \$40 \_\_\_\_\_
- Dinner (Choose one)  Turkey Sub  Italian Sub  Salad  
Jumper Dinner Included  Ham Sub  Veggie Sub  Slice of Pizza  \$5 Additional Dinner \_\_\_\_\_
- T-shirt (choose size)  YS  YM  YL  AXL  
Jumper T-shirt Included  AS  AM  AL  \$10 Additional t-shirt \_\_\_\_\_
- Jump Gymnastics Workshop \$25 Registration after 10/25/11 \$30 \_\_\_\_\_
- Jump Coaches Session \$25 Registration after 10/25/11 \$30 \_\_\_\_\_
- \$15 Double Dutch Ropes \_\_\_\_\_
- \$20 Private Single or Pairs Freestyle Lesson (Friday, November 11, 2011) \_\_\_\_\_
- \$21 Private Double Dutch Freestyle Lesson (Friday, November 11, 2011) \_\_\_\_\_

**Total**

**PARTICIPANT RELEASE AND INDEMNITY AGREEMENT**

I hereby request your acceptance of this application for registration in the Double Dutch Workshop for \_\_\_\_\_ . In consideration of acceptance of this application, I hereby release all persons associated with the Jammin' Double Dutch & Gymnastics Workshop, Jammin' Jumpers Jump Rope Team, Inc., and Norton City Schools from all claims and causes of action arising from injury, whether such injury is the result of negligence or some other cause. If medical attention is required for injury or illness while at the Double Dutch & Gymnastics Workshop, I give my permission for such medical care and I will be financially responsible

**Yes, I give permission for the workshop photos that may include my son/daughter to be used on the Jammin Jumper web-site or with promotional media releases. I understand that no names will be posted with these photos.**

\_\_\_\_\_  
Signature of Parent or Guardian Date

Call (330) 612 - 3849 to reserve a spot by October 25, 2011.

# Jammin' Double Dutch Workshop Schedule

Norton High School      November 12, 2011      12 PM – 7 PM

This is a tentative schedule.

Last 3 – 5 minutes of each session is used for show & tell.

<b>12:00 – 12:10</b>	<b>Intro to Staff</b>
<b>12:10 – 12:20</b>	<b>Warm up    Group Jump to Music / Stretch</b>
<b>12:20 – 12:45</b>	<b>Conditioning Drills</b>
<b>12:45 – 1:15</b>	<b>A. Establishing Good Turning</b> <b>B. Wheel Turner Involvement</b>
<b>1:15 – 1:45</b>	<b>A. Entrances and Exits</b> <b>B. Switches</b>
<b>1:45 – 2:15</b>	<b>A. Footwork with Pace Change</b> <b>B. Turner Involvement with Footwork</b>
<b>2:15 – 2:30</b>	<b>Team Building Activity / Snack on your own</b>
<b>2:30 – 3:00</b>	<b>A. Gymnastics &amp; Strength Outside of Ropes</b> <b>B. Higher Level Gymnastics &amp; Strength in Ropes</b>
<b>3:00 - 3:30</b>	<b>A. Turning for Gymnastics &amp; Strength</b> <b>B. Turner Involvement with Gymnastics &amp; Strength</b>
<b>3:30 – 4:30</b>	<b>Dinner</b>
<b>4:30 – 4:40</b>	<b>Warm Up    Group Jump to Music</b>
<b>4:40 - 5:00</b>	<b>A. Turning Multiples</b> <b>B. Turning with Jumper</b> <b>C. Turner Involvement with Multiples</b>
<b>5:00 – 5:30</b>	<b>Double Dutch Pairs (4)</b> <b>Team Interaction</b>
<b>5:30 – 5:35</b>	<b>Chant Break</b>
<b>5:35 – 6:30</b>	<b>Giant Double Dutch Skills</b>
<b>6:30 – 6:45</b>	<b>Jumper Mini challenges</b>
<b>7:00 – 7:30</b>	<b>Staff Show</b>

# JUMP GYMNASTICS WORKSHOP

Norton Middle School

November 13, 2011

8AM – 12 PM

This is a tentative schedule. Sessions will progress based on jumper skill levels.

**8:00 – 8:10**      **Intro to Staff**

**8:10 – 8:20**      **Warm up**    **Group Jump to Music / Stretch**

**8:20 – 8:45**      **Conditioning Drills**

**8:45 – 9:30**      **Session 1**

**9:30 – 10:15**    **Session 2**

**10:15 – 10:30**   **Break**

**10:30 – 11:15**   **Session 3**

**11:15 – 12:00**   **Session 4**

## GYMNASTICS STATIONS

### Station 1

Push ups, Handstands, and Donkey Kicks

### Station 2

Rolls and Partner Interaction

### Station 3

Cartwheel, Roundoffs, and Flips

### Station 4

Vaults, Mounts/Dismounts

\*Each level will have challenges at each station based on their ability. Safety will be first and foremost.

## BEGINNER GROUP A

Balance Control (10 second hold)  
Forward Roll  
Cartwheel  
Fake Push ups  
Fake Donkey Kicks  
Vault over seated jumper

## BASIC GROUP B

Balance Control (20 second hold)  
Rolls on Floor  
Cartwheel  
Round Off  
Push ups  
Donkey Kicks  
Vault over squatted jumper

## INTERMEDIATE GROUP C

Handstand hold (10 Seconds)  
Rolls on Floor (Fd/Bk)  
One Handed Cartwheel  
Round off Rebound  
Walkovers/walkouts  
Push up to crabs  
Donkey Kicks in a row  
Front Handspring  
Vault over standing jumper

## ADVANCED GROUP D

Handstand hold (20 Seconds)  
Dive Rolls on Floor  
One Handed Cartwheel/Aerial  
Back Handspring  
Walkovers/walkouts  
Pushup Bounces (Kamikazes combos)  
Donkey Kicks in a row  
Vault over standing jumper  
Tucks/Layouts

# Jump Rope Coaches Session

Norton Middle school

November 12, 2011

12:30 PM – 6:30 PM

This is a tentative schedule.

Sessions will progress based on the needs of the Coaches that attend.

**12:30 – 12:45**      **Intro to Staff/Group Activity**

**1:00 – 2:00**      **Team Goals/Jumper Goals**

**Team or Lesson Warm ups**

**Conditioning Drills**

**2:00 – 4:00**      **Skill Development**

**Single Rope**

**Pairs/Wheel**

**Traveller**

**LongRope/Double Dutch**

**4:00 – 4:30**      **Speed Events**

**4:30 – 5:30**      **Dinner**

**5:30 – 6:00**      **Gymnastics Development**

**6:00 – 6:30**      **Team Organization**

**Fundraisers**

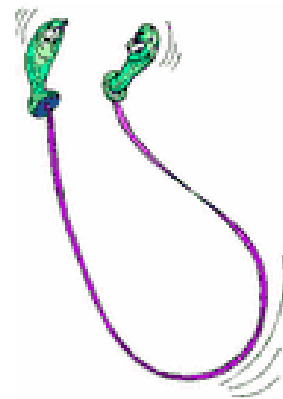
**Workshops**

**Competitions**

# Jammin' Double Dutch Registration Materials

**Send to:**

**Jammin' Jumpers Jump Rope Team  
941 Longbrook Drive  
Wadsworth, Ohio 44281**



**Send by:**

**\*\* Must be postmarked by October 25, 2011**

**Include:**

- 1. Jammin' Double Dutch Workshop and/or Jump Gymnastics Workshop Registration Forms**  
(One (1) for each individual jumper)
- 2. Jammin' Double Dutch Workshop Rules & Regulations Forms**  
(One (1) for each individual jumper)
- 3. Workshop Fees for each Competitor (Postmarked by 10/25/11)**  
(\$35.00) Double Dutch workshop for each individual competitor (After 10/25/11 \$40.00)  
(\$25.00) Jump Gymnastics Workshop for each individual competitor (After 10/25/11 \$30.00)  
One team check payable to **Jammin' Jumpers Jump Rope Team**
- 4. Jammin' Double Dutch Workshop Athlete Sign - Up Sheet**  
**Jump Gymnastics Workshop Athlete Sign - Up Sheet**  
(List of each competitor's name, age, gender, and skill level)
- 5. Coaches Session Sign up sheet.**  
(\$25.00) Coaches Session for each individual coach (After 10/25/11 \$30.00)

# Jammin' Double Dutch Workshop

## Team Sign up Sheet

Norton High School    November 12, 2011    12 PM – 7 PM

Team \_\_\_\_\_ Coach \_\_\_\_\_

Team Colors \_\_\_\_\_ Team Mascot \_\_\_\_\_

Make copies as needed.

	Athlete's Last Name, First Name	Male or Female	Age (As of 9/1/11)	Lunch * Ham * Turkey * Trio * Veggie * Salad * Pizza	T-shirt Size YS YM YL AS AM AL AXL	Wheel Level 1 - Beginner 2 - Basic 3 - Intermediate 4 - Advance	Double Dutch Level 1 - Beginner 2 - Basic 3 - Intermediate 4 - Advance
1							
2							
3							
4							
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23							
24							
25							

All athletes will be put into the appropriate level on the day of the workshop.  
Coaches' recommendations are used to give the workshop director an idea of current athlete's abilities that will be attending.

# Jump Gymnastics Workshop

## Team Sign up Sheet

Norton Middle School

November 13, 2011 8 AM – 12 PM

Team \_\_\_\_\_ Coach \_\_\_\_\_

Team Colors \_\_\_\_\_ Team Mascot \_\_\_\_\_

Make copies as needed.

	Athlete's Last Name, First Name	Male or Female	Age (As of 9/1/11)	Gymnastics Level 1 – Beginner (A) 2 – Basic (B) 3 – Intermediate (C) 4 – Advance (D)
1				
2				
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4				
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11				
12				
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23				
24				
25				

All athletes will be put into the appropriate level on the day of the workshop.  
Coaches' recommendations are used to give the workshop director an idea of current athlete's abilities that will be attending.

# Coaches Session Sign up Sheet

Norton High School    November 12, 2011    12:30 PM – 6:30 PM

Team \_\_\_\_\_ Coach \_\_\_\_\_

	Last Name, First Name	<i>Years of Experience</i>	Preference of Session Information
1			Practice Knowledge _____ Competition Info. _____ Fundraiser Options _____ Team Info. _____
2			Practice Knowledge _____ Competition Info. _____ Fundraiser Options _____ Team Info. _____
3			Practice Knowledge _____ Competition Info. _____ Fundraiser Options _____ Team Info. _____
4			Practice Knowledge _____ Competition Info. _____ Fundraiser Options _____ Team Info. _____
5			Practice Knowledge _____ Competition Info. _____ Fundraiser Options _____ Team Info. _____

**Comments or Questions:**

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## DIRECTIONS

Jammin' Double Dutch Workshop  
November 12, 2011  
Norton High School  
4128 Cleveland/Massillon Road  
Norton, OH 44203  
Lonny Gabel Cell #330-813-1040

Gymnastics Workshop  
November 13, 2011  
Norton Middle School  
3390 Cleveland/Massillon Road  
Norton, OH 44203  
Anita Gabel Cell # 330-612-3849

### *From Columbus to Norton, Ohio*

Take 71 North towards Cleveland  
Take 76E/224E exit 209 towards Akron  
Take 76E/224E to Cleveland/Massillon Road Exit 14

#### **Norton High School (Jammin' Double Dutch Workshop – November 12, 2011)**

\*Turn right onto Cleveland/Massillon Road  
Drive 0.8 miles south on Cleveland/Massillon Road  
Turn right at the driveway before you reach Greenwich Road  
Norton High School is back behind the football and softball field on the hill.

#### **Norton Middle School (Gymnastics Workshop – November 13, 2011)**

\*Turn left onto Cleveland/Massillon Road  
Drive 0.5 Miles on Cleveland/Massillon Road  
Turn left into the Norton Middle School Driveway  
Use the side door entrance

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### *From Cleveland to Norton, Ohio*

Take 71 South to 76 East. Follow the directions above from the \*  
----- OR -----  
Take 77 South (about 27 miles)  
Merge onto 21 South Exit 136  
Take 76 East/224E towards Lodi  
Follow the directions above from the \*

#### Hotels:

Holiday Inn Express @ Wadsworth	330-334-7666
Hampton Inn @ Akron	330-666-7361
Hilton Inn @ Akron/Fairlawn	330-867-5000
Holiday Inn @ Akron/Fairlawn	330-465-4329

#### Restaurants:

Wadsworth (Route 76 & 94) McDonalds, Arby's, Taco Bell, Burger King, Panera Bread Subway,  
Applebees, Galaxy Restaurant, Casa Del Rio, Marie's Pizza  
Norton Arby's, Wendy's, McDonalds, Subway, Quiznos, Cristos Italian Restaurant  
Akron/Fairlawn/Montrose Olive Garden, Chilis, TGIF, Outback, & Applebees, Max & Erma's,

**Visit** [www.cityofnorton.org](http://www.cityofnorton.org) **OR** [www.wadsworthchamber.com](http://www.wadsworthchamber.com)