

# It's Competition Time!



AUGUST 2010



AAU JO GAMES

## Competition Reminders!

- Please review the competition rules included in this package and if you have any questions, please contact me directly at 703-244-4599
- All team members should be eating healthy food items that are high in carbohydrates beginning Monday through Sunday. Healthy foods that are high in carbohydrates are Potatoes, Grains, Pastas, etc. (Macaroni & Cheese is usually a favorite). and eat a light meal 1-2 hours before the competition each day.
- We will have a high energy practice on Saturday 5:00-9:00 PM & Sunday 10:00AM—2:00PM. Please be on time and prepared! *DD & PAIRS TEAMS WHO ARE NOT READY MAY BE ASKED TO STAY AFTERWARDS! This means that there is no team practice on Monday night August 2.*
- All team members should rest as much as possible on Monday and Tuesday and make sure that everyone has plenty of rest.
- Shadow jump your freestyle routines without a rope . It is recommended that you practice seed rope, but not more than 15 minutes a day. ( use your speed balls)
- No practice should take place after dinner time on Sunday. However, you may visualize your freestyle routine during this time. (this is a very good practice).
- I will see you all in Hampton Roads on Tuesday August 3 @ 5:30-7:00pm for practice & judges meeting

# Youth Sports Jump Rope Travel

Coach Paul's Cell Phone # 703-244-4599

## FX AAU Junior Olympic Games Participation Rules

- Things to Pack**
- KEEP THIS PACKAGE WITH YOU AT ALL TIMES. IT HAS THE ANSWERS TO MOST QUESTIONS
  - Cash for food. (Estimate \$25.00/day each)
  - Photo ID Card /Passport
  - Healthy snacks
  - Spending money
  - Uniforms (BRING ALL VERSIONS OF THE JUMP FX UNIFORM INCLUDING YOUR COMPLETE WARM-UP SUIT AND BLACK TEAM MEMBER T-SHIRT)
  - Mostly white jumping shoes
  - Extra clothes & socks
  - Medical insurance card/information
  - Toiletries, hair supplies & personal items/supplies (extra hair ties)
  - **TEAM TRADING PINS!** EVERYONE WILL BE ASKING YOU TO TRADE PINS WITH THEM. **BRING THEM WITH YOU!** Pins can be purchased from Coach Paul before or after the days competition @ \$2.00 each'
  - Check your jump ropes for wear & tear prior to packing!
- Curfews**
- ◆ Curfew on all trips is 9:00 pm unless traveling or together at a team event. Different curfew times may be set depending on the trip. All members must strictly follow curfew times. \*Violation of curfew by any member will result in a 1-hour earlier curfew for the entire team the next day/trip.
- Room Assignments & Rules**
- Rooms are assigned and parents have this information
  - The club with the exception of coaches & assistant coaches generally does not subsidize hotel accommodations for parents.
  - YS members are required to follow the rules of the "Room Parent" assigned to them. Failure to do so will result in suspension from subsequent team travel unless their parent attends personally
  - Parents are responsible for all damage to hotel rooms caused by their child. If no admission is given for damages, the number of children involved will divide the cost. This may also result in dismissal from the club (after YS Management Board of Directors ruling)
- Credentials**
- All participants traveling on the package will receive credentials. Please do not lose these credentials as replacement credentials have to be purchased at full price.
- Swimming**
- Swimming is not permitted until after the last day of competition Please ask Coach Paul about swimming rules if you are unsure before going swimming.
- Security**
- ALL ENTRANCES WILL HAVE SECURITY CHECK POINTS PLEASE REVIEW THE RULES OF WHAT YOU ARE PERMITTED TO BRING IN PRIOR TO BRINGING FOOD/ETC. TO THE VENUE.
- Be On Time**
- Being on time is critical to having a great competition. Arriving late and hurrying about creates loss of focus, missed warm-ups and potential injury. It may also delay the entire teams warm-up. Please do not be late to warm-ups.
- Tumbling**
- Team members who tumble in their freestyle routines will have an opportunity to warm up their tumbling prior to the freestyle portion of the competition. Please do not tumble prior to this assigned warm up time without a Coach Paul's permission. Team members are not permitted to show off!

<b>Warm-up/ Stretches and prior to competing</b>	All members will stretch prior to jumping. Coaches will direct all of the stretching exercises. All members must report on time to the competition venue and participate in the stretching program as a team together. We will all warm up and stretch upon arrival to the competition. After this warm-up stretch you may not jump or participate in any physical activity until 5 or 6 heats before you compete. At that time Coach Paul will take you to the competition warm up area. Only those competitors who are on deck to compete may be in this area. All other teammates must remain seated in the designated area. You <u>must</u> ask a coaches permission to go <u>anywhere including the restroom!</u> <b>TEAM MEMBERS MUST SIT TOGETHER AS A TEAM, PLEASE BRING YOUR VIDEO GAMES, A BOOK TO READ OR ANYTHING THAT MAY HELP SHOULD YOU GET BORED AS YOU WILL NOT BE PERMITTED TO RUN AROUND OR PRACTICE UNTIL YOU ARE DIRECTED TO DO SO BY COACH PAUL. YOU MUST ASK PERMISSION EACH AND EVERY TIME BEFORE LEAVING YOUR SEAT. EXAMPLE: GOING TO THE BATH ROOM, CONCESSION, OR PRACTICE AREAS. Note! Do not IM with your DS. The information transmitted from your DS is not private and anyone can see it including the tournament directors!</b>
<b>Convention Center</b>	The Boo Williams Center is a huge complex that is easy to get lost in. Please make sure that Coach Ayanna Olga Paul, or the MVP knows where you are at all times. These centers are also usually VERY COLD! Athletes should definitely bring their warm-up suit every day. Parents are also recommended to bring a light jacket or sweat shirt.
<b>Competitor Conduct</b>	All jumpers must conduct themselves in a courteous manner and good conduct is expected. <b>The Youth Sports Code of Conduct applies at all Club functions.</b> Goofing/running around and horse play will not be tolerated. Observe all safety rules. Obey all coaches requests!! The designated coaches on this trip are Coach Paul, Ayanna and Olga.
<b>Junk Food</b>	All jumpers should not eat junk food and drink soda the day prior or the day of competition. Please limit your food intake to healthy snacks and drinks. You may eat anything that you want (with your parents permission) after we have completed our days of competition.
<b>Appearance</b>	Look your best <ul style="list-style-type: none"> <li>• Clean ironed uniform</li> <li>• <b>No Jewelry of any type is permitted not even stud earrings, friendship bands. All jewelry must be removed including wrists and ankles. No nail polish.</b></li> <li>• DO NOT ROLL UP SHORTS AT ALL YOUR PRESENTATIONS COUNTS WHETHER YOU ARE COMPETING OR NOT (JUDGES WILL PENALIZE YOUR SCORE)</li> <li>• <u>Shirt tucked in at all times</u> (JUDGES WILL PENALIZE YOUR SCORE)</li> <li>• If t-shirts or camisols are worn under your competition shirt it must be the same color as the shirt you are wearing and tucked in at all times.</li> <li>• Hair clean, neat and <b><u>MUST BE FRENCH BRAIDED (females)</u></b> Have this done the night before and sleep in it if necessary. Other hairdoo's are no longer acceptable! Some team members in the past have had their hair professionally braided the day before and it held up great!</li> </ul> <p>🇺🇸 Wear your FX Uniform with pride! "Be proud of it!"</p> <ul style="list-style-type: none"> <li>• FX members must brush teeth, bathe daily and display proper hygiene</li> </ul> <p>Chewing Gum is not permitted at the competition. DO NOT BRING GUM TO THE COMPETITION. <u>If you take the floor with gum or jewelry, you will be disqualified</u></p>
<b>Sportsmanship &amp; Manners</b>	<ul style="list-style-type: none"> <li>• Show good sportsmanship whether or not you win or place. Congratulate team members and other teams just as you would like them to congratulate you. Remember, <i>this is your team; be proud of it.</i> Please be respectful to everyone including your team mates at all time! Your actions represent our team and negative actions viewed by judges in the hallways, hotel, etc.. potentially can negatively affect you and your team mates scores when competing.</li> </ul>

## Competition Among Teammates

- While it is good to have someone who keeps you motivated because he/she may be a little better than you, please do not concentrate on “beating” each other. You are a team, behave as one. Let your teammate inspire you rather than berating them. A good attitude towards other team mates and staff members is very important. This includes support and respect. Always do your personal best!

## Crying

- Crying is a powerful physical response to strong feelings. Crying is a healthy response to frustration, sadness, anger, and disappointment. Crying is also a personal emotion that does not need to be shared with teammates, onlookers and bystanders. Learning to control one’s emotions is an important skill. In reality, an uninjured athlete crying is distracting to teammates and onlookers. For this reason, there is no crying in the gym or during competition unless you are injured. If you need to cry, leave the gym and go to the bathroom. We have no problem with crying in our program so long as it takes place in a private, personal spot.

## Personal Property

- Label all ropes, shirts, jackets and personal belongings with your name, keep track of your clothing, ropes and equipment by keeping them in your bags. Personal belongings are your responsibility to keep track of! If you are not using it, keep it in your bag.

## Competition Awards Ceremony

- It is required that all team members remain at the competition venue in uniform with hair FRENCH BRADED until the conclusion of the award ceremony and team photo. Please quietly sit with your teammates and support your team members even if you will not be receiving an award. Athletes are expected to stay at the meet/competition with their team until all awards for all participants have been given out. It is rude and disrespectful to other competitors, teams and teammates to do otherwise. Athletes should cheer on those getting awards. Athletes must wear team uniforms and all in the same uniform (if wearing warm-up jackets, all must be in the jacket) to receive awards at the conclusion of the meet. Parents: please be aware that your child will need to be at the National Championships meet/competition eight to twelve hours from warm ups to awards. Please plan accordingly.

## Special Requirements for Jump Rope Parents

- Jump rope meets/competitions are officiated by team member parents. Each team must provide judges when registering for a meet. Jump rope parents are required to attend an AAU/USA Jump rope certification clinic annually. Parents are also required to volunteer at every meet/competition and be available to officiate.

## Parents/Judges

- Please refer to the judge’s information pages included in this document. The judging assignments will be handed out at check in to the coach. Please be sure to wear the required attire of a white shirt and navy slacks, shorts, skirt, etc...
- Please do not cheer on team members, wink at them, etc... or carry on conversations with other judges during competition. Video cameras are constantly taking images of the competitors competing. Judges often times can be viewed in the background of these videos violating rules.
- Please remember that only the Head Judge may communicate with the athletes.
- Most competition venues tend to be cold. Please dress for a cold environment. Possibly long sleeves under your white shirt. Something you can take off

## MVP Parent 2010 AAU JO Games

Kendra Lacy  
Suzy Ruth  
MiAnn Townsend  
Beth Feeley

- **Meet Volunteer Parent (MVP)** Competitions can be very long for the children and many times their parent(s) are judging and the children may need assistance during this time with getting lunch, bathroom breaks, and just keeping them occupied and where they are supposed to be. For each competition we will be soliciting several parents to assist with this duty. Please ensure that your child knows that they must follow the directions from this parent.

## Photos/Video

- Parents are encouraged to take photos and video of competition and submit them to Coach Paul for addition to the club’s web site. These pictures are much appreciated and represent different perspectives and will help to keep an even balance of representation on our web site!

- **Flash photography is not permitted at any time during the competition.**

## News Media

- Please refer all news media requests only to Coach Paul. It is unacceptable for anyone else to speak to the media on behalf of Youth Sports or USA Jump Rope without first obtaining permission from Coach Paul.

### **ONE MORE TIME! NO EXCEPTIONS! PLEASE DO NOT ASK FOR ONE!**

- Hair clean, neat and **MUST BE FRENCH BRAIDED** (females) **Have this done the night before and sleep in it if necessary. Other hairdoos are no longer acceptable! Hair must remain intact until the end of the awards ceremony!**

## General Competition Rules

- **DO NOT PLACE ANYTHING ON YOUR WRIST INCLUDING HAIR BANDS!**
- Listen carefully to the order of events, age categories, coach's instructions and rules.
- Do not wander around; stay with your team. If a coach cannot find you, you will be scratched from the tournament/function. Athletes must know their heats/stations and make themselves available to coaches.
- Athletes may not scratch from an event during competition with the exception of injury. Disagreement with teammate(s) or poor preparation is not an acceptable reason for scratching.
- Athletes competing in team events (Pairs, Double Dutch, Group Routine) are expected to work as a "team" and put forth 100% effort. Your practice times will be determined by your coach. Please make good use of this time. Competition days can be very long. Practice in designated areas with your coach only.
- Concentrate on doing your personal best. Visualize yourself completing your routine with no mistakes while you are waiting. Focus on achieving your personal best and you will be successful.
- Be supportive of all team members. You must cheer on team members.
- **Stay with your team during "team" functions.** Time will be available to hang out with and make friends later.
- **ALL TEAM MEMBERS MUST BE PRESENT DURING AWARDS IN YOUR UNIFORM AND WARM-UPS, DO NOT CHANGE CLOTHES!**
- **ALL TEAM MEMBERS MUST ATTEND THE GRAND NATIONAL TOURNAMENT AND STAY UNTIL THE AWARDS CEREMONY HAS COMPLETED. THIS IS A REQUIREMENT OF ALL TEAM MEMBERS.**
- Jewelry may not be worn during competition. **(ALL JEWELRY MUST BE REMOVED) THIS IS A TEAM RULE!**
- Mostly white shoes are required. Shoes must be tied "double knotted"
- Be a motivator! Sitting around un-motivated will not be tolerated.
- **NO CHEWING GUM! IT IS AGAINST THE RULES IT IS NOT ALLOWED AT ALL AND WILL RESULT IN DISQUALIFICATION! DO NOT BRING GUM WITH YOU.**

**Youth  
Sports  
Code of  
Conduct**

- Wear your uniform with pride
- Be courteous and supportive to fellow jumpers
- Lead by setting a good example for others to follow
- Use of bad language or profanity will not be tolerated
- Make a commitment to yourself to stay focused
- Be quiet and always listen to coaches while they are giving instructions
- Being rude to will not be tolerated (follow coaches instructions always)
- Do not cut in line
- Do not run or disrupt other teams in the Gym.
- Chewing gum is not permitted at all
- Address adults with proper title always during club activity, example: Yes or No Sir or Ma'am
- Always have a positive attitude, and be prepared to jump
- Good attendance is required to participate in jump rope exhibitions, and competitions
- Respect other peoples' property, always ask before using other peoples ropes, etc.
- Be responsible for your ropes at all times. When not using your rope, keep it wrapped around your waist or in your bag.
- Do not use your rope in crowds or in hallways. Keep a safe distance from others to prevent injury
- Be responsible for Double Dutch Ropes. Many ropes are "lost" OR STOLEN during competition. Teams will be financially responsible for lost Double Dutch Ropes.
- Competition members who choose to leave any Youth Sports team for another competitive team will not be considered as future applicants.
- Parents agree to and will follow Youth Sports "Parents Code Of Conduct"
- Parents agree to and will follow all USA Jump Rope rules and code of conduct.
- Discussion subjects and touching deemed inappropriate in nature with team members by anyone (coach/assistant, club member, parent) will result in dismissal from the club (after JBC board of director review).
- "Inappropriate" may include pushing, shoving, verbal abuse, male/female massages, bullying, etc.
- Bring this book with you and have it available as the answers to most questions are included in this document.

**Positive Attitude, Team Spirit, Cooperation, Fitness, Athleticism,  
Sportsmanship, Smile, Friendliness, Have Fun!!!!**

## TEAM PARENT'S CODE OF CONDUCT

- ▶ Parents dropping off your child, if you are the first family at practice, please wait until other members arrive before leaving your child in the building.
- ▶ Parents must pick up their child inside after practice. Children are not permitted to leave the building on their own (please do not call on the phone and ask to send your child out)
- ▶ Parents, siblings and visitors are not permitted on the workout floor for any reason. Siblings may not use the gym's equipment.
- ▶ Parents, the Coaching staff would request that you please do not give directions or corrections to the participating athletes. This can cause a distraction no matter how helpful it may seem to be. Thank you for your cooperation! If you wish to speak to a coach, please do so after practice or make an appointment at a mutually convenient time....
- ▶ Please communicate all complaints/concerns to the coach. Parents set a positive tone for the team and must be role models for the children. Do not communicate complaints through the athletes or other parents.
- ▶ The collection of e-mail lists of Youth Sports members is strictly prohibited. You may not collect this information for any reason. E-mail lists are provided to our booster organization by Youth Sports Management for the exclusive use of fundraising. All e-mails for such purposes must be blind copied to Youth Sports clients. (BCC). Please note: It is unacceptable for any adult to e-mail a child other than their own for any reason. Booster Club e-mail lists may not include anyone under the age of 18.
- ▶ Competition and workshop registration materials and fees are due on or before the registration deadline date. Failure to turn in completed registrations along with forms will result in non-participation in the event. Failure to participate in scheduled team events such as meets and workshops may result in dismissal from the team. Coaches and team meet fees are still due even if you do not attend a required meet.
- ▶ The Team is comprised of children from many diverse backgrounds. Therefore, it is unacceptable to publicly communicate personal opinions in any way concerning race, color, creed, religion, and mature content or physical appearance.
- ▶ Parents of multiple minor children that enroll more than one of their children at the gym during the same period may be asked to remove all of their children from the gym should any issue develop between the gym and the parents which cannot be resolved to the satisfaction of all concerned parties. Removal will be requested if the issue cannot be resolved and it results in the removal of one but not all of the children from the gym by the parents. In such cases, the gym will ask the parents to remove all remaining siblings.
- ▶ Gymnastics, Jump Rope, Cheer and Sport Aerobics training is exclusive to this club. Athletes may not train or practice at any other gym, camp, or clinic while competing and/or representing this facility.
- ▶ Discussion subjects and touching deemed inappropriate in nature with team members by anyone (coach/assistant, club member, parent) will result in dismissal from the club. Violations will be reported to the police department when deemed appropriate by YS!
- ▶ Parents please support your child's participation by accepting coaches' decisions and ensuring that they attend all scheduled practices.
- ▶ Tuition is due on the 25<sup>th</sup> of each month for the following month. An additional 10% late fee charge will be added to all tuition received after the 1<sup>st</sup> of the month. Youth Sports, Virginia Training Center, Inc. does not offer refunds.

## TEAM ATHLETE'S CODE OF CONDUCT

- ▶ Wear your uniform with pride.
- ▶ Follow the rules outlined in the Team Programs Season Handbook.
- ▶ Be courteous and supportive to fellow team mates.
- ▶ Lead by setting a good example for others to follow.
- ▶ Use of bad language or profanity will not be tolerated.
- ▶ Make a commitment to yourself to stay focused, persevere and stay drug , gang and alcohol free.
- ▶ Be quiet and always listen to coaches while they are giving instructions.
- ▶ Being rude to coaches will not be tolerated (follow coaches instructions always).
- ▶ Bullying or social aggression behavior of any type will not be tolerated and can be cause for immediate dismissal from team programs.
- ▶ **Do not cut in line.**
- ▶ Do not run or disrupt other classes in the Gym.
- ▶ Chewing gum is not permitted in the Gym or club functions.
- ▶ Address adults with proper title always during club activity, example: Yes or No Sir or Ma'am.
- ▶ Come to practice with a positive attitude, and prepared to work.
- ▶ Good attendance at practice is required.
- ▶ Respect other peoples' property, always ask before using other peoples property. (grips, ropes, etc.).
- ▶ Athletes will show commitment and attend all scheduled meets/workshops during the competitive season.
- ▶ Discussion subjects and touching deemed inappropriate in nature with team members by anyone (coach/assistant, athlete, parent) will result in dismissal from the club. "Inappropriate" may include pushing, shoving, etc.

A signed copy of the Code of Conduct and Parent Code of Conduct is required as part of the application process. (must be signed by the athlete/applicant and parent/guardian)

# Youth Sports Travel Checklist

- Please make sure that your tuition and coaches fees for this meet are paid and current
- Make sure you pack all of your belongings including your warm-up suit .
- Bring your Jump Rope FX Trading Pins! You will probably have the opportunity to trade every one of them that you have earned. Many teams use a hand towel to hold their pins for easy trading. Trading pins is very popular and traditional at the U.S. Nationals.
- Cash for food: *It is not acceptable to spend all of your money on candy/snacks & souvenirs and then rely on others to pay for meals.*
- Photo ID Card: It is required that all team members obtain a photo ID card from the Virginia Department of Motor Vehicles.
- Healthy snacks: Please feel free to pack healthy snacks for you to share with team mates.
- Spending money: Spending money is listed separately as it is not intended to be confused with food money. The amount of spending money for souvenirs is determined solely at the parents discretion.
- Jump ropes & spare ropes and all versions of your uniform including warmups: Ensure that you have all of your jump ropes including Freestyle, Speed Ropes etc.. Also make sure that they are in good working order and do not put jump ropes in your carry on luggage.
- Mostly white jumping shoes: Shoes must closely match, therefore mostly white shoes are required.
- Extra clothes, undergarments & socks: Parents will assist with washing uniforms in the evening on multi travel days as we will be using the same uniform daily
- Medical insurance card/information
- Toiletries, hair supplies including hair ties for braiding & personal items/supplies
- Pack your SMILE☺, GOOD ATTITUDE, TEAM WORK, VISUALIZATION, PATIENCE, ENERGY and FOCUS! YOU WILL NEED ALL OF THEM!

**Good Luck**      **Jump Rope FX**



## Group Routine

### Keys to team selection: Attendance, Accuracy, Adaptability, Attitude, Appearance (AAAAA)

- **A**ttendance: Good attendance is critical to making the team. Skills, formations, and movements constantly change in team routines. If you miss practice for any reason including illness or scheduled absences, you can be replaced by an alternate. Special accommodations can not be made in order to catch up on missed changes to the Group Routines because in most cases the entire team is needed due to formation changes. To learn missed parts in the routine athletes will be periodically rotated into the routine during our regular scheduled practice.
- **A**ccuracy: Team competitors must be able to accurately perform the Group Routines without misses and be able to jump in synchrony to the music while maintaining straight lines and correct formations. Team routines must be competed in perfect synchrony with zero misses. Accuracy deductions are very costly to the score.
- **A**daptability: Competitors must be willing to learn all parts and position in the routine. Assignments, skills and places in the routine will change from time to time. A team member must be willing to accept these changes without complaint.
- **A**ttitude: Please ensure that you have a “team first” attitude. Everyone has bad days and in such cases, you may be replaced by an alternate. You must be able to understand that on any given day someone else on your team may be able to do a better job than you! A Group Routine team member must always have a “team first” attitude and accept the decisions made by your coach.
- **A**pppearance: Unlike in conventional freestyle scoring the Presentation Judges score is 40% of the score in Group Routines. Athletes must look their best with hair neat and pulled back and a clean neat uniform. Overall facial expressions, body alignment, kicks and posture are judged on the team as a whole. If one member on the team is not in compliance, then none of the team will receive credit.

**\*\*\* Parents Advise:** If your child expresses discouragement about making the team routine squad. Please encourage them to work hard at practice and be patient and there time will come to compete. The ultimate goal is to include as many team members as possible with the understanding that they m

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## 2010 AAU Junior Olympic Games – Schedule

*Times are approximate & subject to change. Be at the venue at least 30 minutes before your event. Events may run ahead of schedule. If you are late for your event you may lose your opportunity to compete.*

### Tuesday, August 3, Practice and Coach and Officials Meeting

**UNIFORM: ANY JUMP ROPE FX TSHIRT AND SHORTS**

Starting Time	Event	Location
5:30-7:00 pm	Mandatory Coaches, Judges and Officials Meeting at the Boo Williams Sports Complex	Boo Williams Sports Complex
5:30-7:00 pm	Practice at Boo Williams Facility.	Boo Williams Sports Complex

### Wednesday, August 4

**UNIFORM: BLACK GK SHIRT WITH RED SHORTS MALE BLACK FX T-SHIRT AND RED SHORTS! NO EXCEPTIONS. MAKE SURE THAT YOU BRING ALL OF YOUR UNIFORMS AND WARM UPS EACH DAY OF COMPETITION**

Starting Time	Event	Location/Judges Assignments				
7:45 am	Team Warm-Up/Stretches <i>FX TEAM MEET AT THE BOO WILLIAMS COMPLEX READY FOR COMPETITION HAIR FRENCH BRAIDED AND READY FOR COMPETITION</i>	Boo Williams Sports Complex ( All Day)				
8:15 am 8:45 am	Coaches/ Officials Meeting at the Boo Williams Sports Complex Line up in Warm-up area for Parade National Anthems Parade of athletes with team banners and flags Judges and competitors in place and ready to begin	<b>ALL FX OFFICIALS</b>				
9:30 am	Male Single Rope Speed ( <i>ALL MALES</i> ) Female Single Rope Speed ( <i>ALL FEMALES</i> )	<b>JUDGES: K THOMPSON, M. QUINN, S RUTH, K ROBINSON, LINE UP: R. PORCH ALTERNATE: D SINGLETON</b>				
10:30 am	Male Single Rope Power ( <i>ALL MALES</i> ) Female Single Rope Power ( <i>ALL FEMALES</i> )	“ ”				
11:30 am	Lunch Provided for Officials A-F	<b>JUDGES K THOMPSON, M. QUINN, S RUTH, K ROBINSON, K OLIVAS K LACY, D SINGLETON, B BUTLER,</b>				
12:00 NOON	<table style="width: 100%; border: none;"> <tr> <td style="text-align: center;"><b>STATION 1</b></td> <td style="text-align: center;"><b>STATION 2</b></td> </tr> <tr> <td>MSRF 8 and Under Males (4) A 9-10 Males (11) A 15-17 Males (9) A 18-22 Males (3) A</td> <td>11-12 Males (23) B 13-14 Males (10) B</td> </tr> </table>	<b>STATION 1</b>	<b>STATION 2</b>	MSRF 8 and Under Males (4) A 9-10 Males (11) A 15-17 Males (9) A 18-22 Males (3) A	11-12 Males (23) B 13-14 Males (10) B	<b>JUDGE PANEL A: K.LACY, D.SINGLETON JUDGE PANEL B B.BUTLER, S. RUTH</b>
<b>STATION 1</b>	<b>STATION 2</b>					
MSRF 8 and Under Males (4) A 9-10 Males (11) A 15-17 Males (9) A 18-22 Males (3) A	11-12 Males (23) B 13-14 Males (10) B					
2:15 PM	<table style="width: 100%; border: none;"> <tr> <td style="text-align: center;"><b>STATION 1</b></td> <td style="text-align: center;"><b>STATION 2</b></td> </tr> <tr> <td>FSRF 8 and Under Females(32)C 18-22 Females (8) C</td> <td>15-17 Females (35) D</td> </tr> </table>	<b>STATION 1</b>	<b>STATION 2</b>	FSRF 8 and Under Females(32)C 18-22 Females (8) C	15-17 Females (35) D	<b>JUDGE PANEL C: M. QUINN JUDGE PANEL D : K.THOMPSON</b>
<b>STATION 1</b>	<b>STATION 2</b>					
FSRF 8 and Under Females(32)C 18-22 Females (8) C	15-17 Females (35) D					
4:45	Awards for today's events	<b>ENTIRE TEAM EXPECTED TO ATTEND</b>				
7:00	OPTIONAL ATHLETE CELEBRATION AT OYSTER POINT, NEWPORT NEWS Take your credentials	<b>CURFEW 9:00 PM</b>				

*Times are approximate & subject to change. Be at the venue at least 30 minutes before your event. Events may run ahead of schedule. If you are late for your event you may lose your opportunity to compete.*



Saturday, August 7th –

**UNIFORM: BLACK GK SHIRT WITH RED SHORTS ALL EVENTS EXCEPT DOUBLE DUTCH. OR PAIRS WHO HAVE A MALE ON THEM. MIXED M&F TEAMS MUST WEAR BLACK FX T-SHIRT AND RED SHORTS . MAKE SURE THAT YOU BRING ALL OF YOUR UNIFORMS AND WARM UPS EACH DAY OF COMPETITION. TEAM ROUTINE UNIFORM WILL BE ANNOUNCED WHEN FINAL DECISION OF WHO WILL JUMP IN IT IS DECIDED ON SATURDAY**

Starting Time	Event	Location
8:30-9:30 am	AAU Jump Rope Open Meeting for coaches, officials and adult members FX PARENTS ARE ENCOURAGED TO ATTEND	
9:00 am	<i>Team Warm-Up/Stretches</i> <i>FX TEAM MEET AT THE BOO WILLIAMS COMPLEX READY FOR COMPETITION HAIR FRENCH BRAIDED AND READY FOR COMPETITION</i>	Boo Williams Sports Complex (All Day)
9:30 am	Coaches/ Officials Meeting at the Boo Williams Sports Complex Meeting Room at the Boo Williams Sports Complex	<b>ALL FX OFFICIALS</b>
10:00 am	<b>STATION 1</b> 11-12 DD Pairs Free (38>30) E 18-22 DDPF (9)E <b>STATION 2</b> 13-14 DD Pairs Free (25) F 15-17 DDPF (13) F	<b>JUDGE PANEL F: K. ROBINSON</b> <b>K. OLIVAS</b>
1:00 pm	Junior Group Routine (10)	<b>CONTENT JUDGE K. THOMPSON</b>
2:00 pm	Senior Group Routine (9)	<b>CONTENT JUDGE K. THOMPSON</b>
3:00 pm	Closing Ceremonies and Medal Presentation	



**BOO WILLIAMS SPORTS COMPLEX**

# JUDGES' REMINDERS AND CODE OF CONDUCT

**Objective:** Conduct the tournament in the fairest possible way for all competitors following the USA JUMP ROPE Rulebook and Judging Handbook guidelines.

**Judges and Officials are expected to act in a professional manner. Judges should perform their duties in accordance with the certification training that they have received.**

**Dress Code:** All judges and officials must wear navy blue pants/shorts (no denim), the USAJR shirt that is provided and athletic shoes.

**Cell-phones:** Cellphones, blackberries, etc...are not to be used in any manner (talking, texting, emailing, and taking pictures) while on the competition floor, while part of a freestyle judging panel, or during any event you are judging.

**Impartiality:** Judges must demonstrate impartiality with a consistent attitude. All jumpers and teams should be treated equally. Panel judges should not speak to the athletes.

**Interaction with athletes:** The Head Judge is the only judge who communicates with the athlete. This communication is limited to verifying their name and event, delay of tournament infractions, and informing jumpers of their approximate speed score.

**Interaction between Judges:** There should be no discussion about athletes, performances or individual skills with the other judges unless requested to do so by the Head Judge or Tournament Director. Judges should be mindful of the comments they make to other judges. The following examples are inappropriate:

“This next jumper is going to be really fast”

“He is a world champion so this should be really good”

“That team always wins everything”.

**Judging sheets:** It is vital that judges check every score-sheet to be sure the correct, pre-printed sheet is being used for each competitor or team.

**Your Assignment:** Judge only those elements for which you are responsible  
The totals and final score are not your concern.

## **Head Judges:**

- Check for debris or wet and sticky spots on floor
- Be aware of Announcer's calls and communicate when necessary
- Be prepared to recommend a re-jump for situations that cause an unfair disadvantage to the jumper e.g. broken rope, interference. Re-jumps are only permitted for broken ropes or interference.
- If substitutions are not shown on the score-sheet. Verify with the Tournament Director that it is OK
- Check that ropes are legal – no attachments
- Check all athletes for lateness, uniforms, jewelry, watches, eye-glass straps, gum. Delay of Tournament rule applies. The Floor Manager will notify Head Judge of any infractions seen before the start of the heat. Write violation and penalty on score-sheet
- If athlete has a cast or splint, check that doctor's permission is on file

# 2009 AAU Junior Olympic Games Records

**NOTES:** Age-groups changed for individuals in 2007 to 8 and under, 9, 10, 11, 12, 13-14, 15-17, 18-22.

WC = West Coast AAU Junior Olympic Games

## SINGLE ROPE EVENTS

<b>MALE SPEED</b>	8-U	253	Andrew Prieskorn	Jumpin' Allstars	2008
	9 yrs	298	Matthew Gonzales	X-Treme Heartbeats	2001
	10 yrs	298	Connor Payne	Impact Tri-Force	2007
	11 yrs	301	Tyler Wells	Jumping Eagles	2002
	12 yrs	308	Mason Rogers	Kangaroo Kids	2009
	13-14	326	Scott Simpson	Kangaroo Kids	2005
	15-17	357	Scott Simpson	Kangaroo Kids	2008
	18-22	324	Tyler Perez	Impact Tri-Force	2008

### **FEMALE**

<b><u>SPEED</u></b>	8-U	298	Cara Hartman	Batesville Jammin' Jumpers	1998
	9 yrs	282	Baylee Thenell	Junior Jump-Its	2001
	10 yrs	301	Anna Knapp	SkipSations	2007
	and	301	Ebony Corbin	Australia	2008
	11 yrs	318	Madeleine Barker	Australia	2009
	12 yrs	316	Cindy Eichel	Jumping Jacks	1999
	13-14	324	Katrina Lynn	Australia	2006
	15-17	374	Tori Boggs	Jump Company USA	2007
18-22	331	Suzanne Cash	SkipSations	2007	

<b>MALE <u>POWER</u></b>	8-U	278	Andrew Prieskorn	Jumpin' Allstars	2008
	9 yrs	282	Matthew Gonzales	X-Treme Heartbeats	2001
	10 yrs	302	Graham Booth	Impact Tri-Force	2008
	11 yrs	288	Matthew Sestilio	Sizzlin' Tigers	2002
DOUBLE- UNDERS	12 yrs	326	Mason Rogers	Kangaroo Kids	2009
	13-14	322	Luke Boon	Australia	2005
	15-17	331	Jayson Fisher	Jumpin Jammers	2007
TRIPLE- UNDERS	18-22	316	Brock Balsam	Jumping Jacks	2007
	15-17	212	Josh McConchie	Kewl Trax	2004
	and	212	Jayson Fisher	Jumpin Jammers	2008
	18-22	220	Tyler Perez	Impact Tri-Force	2008

<b>FEMALE <u>POWER</u></b>	8-U	286	Madeleine Barker	Australia	2006
	9 yrs	296	Haven Lochow	SkipSations	2009
	10 yrs	311	Ebony Corbin	Australia	2008
	11 yrs	305	Madeleine Barker	Australia	2009
DOUBLE- UNDERS	12 yrs	309	Leslie Correll	Sizzlin' Tigers	2003
	13-14	320	Colleen Chapman	Lincoln Leapers	2008
	15-17	338	Tori Boggs	Jump Company USA	2007
	18-22	324	Elizabeth Butterfield	Kangaroo Kids	2006
TRIPLE-	15-17	232	Lindsey Wallace	Skip It	2000

UNDERS 18-20 204 Elizabeth Butterfield Kangaroo Kids 2005

## **PAIRS RECORDS**

<b>PAIRS</b>	8-U	286	Susanna Lacy, Jamisen Lowry	Youth SportsVA 2009
<b><u>SPEED</u></b>	9-10	316	Ebony Corbin, Ivy Doyle	Australia 2008
	11-12	331	Riley Hamelwright, Isabelle Berry	Jumpin' Jammers 2009
	13-14	336	Jake Eve, Brittany Gardner	Australia 2006
	15-17	361	Scott Simpson, Madison Miller	Kangaroo Kids 2007
	18-22	350	Suzanne Cash, Anna Schimmelfing	SkipSations 2006&7

## **PAIRS**

<b><u>POWER</u></b>	8-U	292	Susanna Lacy, Jamisen Lowry	Youth SportsVA 2009
	9-10	302	Emily Long, Allison White	Holy Trinity High Flyers 2008
DOUBLE-	11-12	318	Niki Hoffman, Leslie Correll	Sizzlin' Tigers 2003
UNDERS	13-14	330	Niki Hoffman, Leslie Correll	Sizzlin' Tigers 2005
	15-17	361	Madison Miller, Scott Simpson	Kangaroo Kids 2006
	18-22	338	Lauren Sulpher, Melissa Beaulieu	Essex Energizers 2008
TRIPLE-	15-17	210	Shelby Ruth, Josh McConchie	Kewl Trax 2005
UNDERS	18-20	216	Ashley Colasanti, Amanda Hrutka	Jump Rope X-Treme 2003

## **DOUBLE DUTCH RECORDS**

<b>SINGLE</b>	11-12	336	Cody, Hannah, Kayla, Haley	Just Jump 2007
<b><u>SPEED</u></b>	13-14	357	Dee, Romando, Preston	DD Force 1997
	15-17	390	Lauren, Allison, Ashley	Jumping Jacks 1999
	18-22	443	Mike, Lisa, Liz, Anna	Heartbeats 2005

<b>PAIRS</b>	11-U	554	Cindy, Alex, Stephanie, Amber	Jumping Jacks 1999
<b><u>SPEED</u></b> 2x60	12-14	684	Happi, Joy, Denise, Turiya	DD Force 1997
	15-17	749	Joy, Denise, Britney, Antoine	DD Force 2002
	18-22	775	Latonya, Shannia, Ernest, Cita	DD Force 1997

## **PAIRS**

<b><u>SPEED</u></b> 4X30	11-12	556	Cody, Hannah, Kayla, Haley	Just Jump 2007
	and	556	Daniel, Wei-An, Yu Cheng, Ben	Singapore 2008
	13-14	552	Alivia, Sarah, Grace, Jessica	Cary Superskippers 2008
	15-17	650	Madison, Dana, Courtney, Tori	Kangaroo Kids 2007
	18-22	733	Anna, Wren, Laura, Suzanne	SkipSations 2006

## **SINGLE POWER**

	11-12	413	Cody, Hannah, Kayla, Haley	Just Jump 2007
	13-14	412	Suzanne, Leah, Carrienne, Eitan	SkipSations 2003
	15-17	451	Isabel, Lindsey, Tera, Hailey	Juneau Jumpers 2006
	18-22	455	Katie, Brittany, Alexandra, Kaylene	Impact TRI-Force 2009

# **Draft 7/25 SPEED AND POWER: OFFICIALS' ASSIGNMENTS**

Wednesday 4th: 8:15 a.m.

Thursday 5th 8:20 a.m.

Friday 6<sup>th</sup> 8:20 a.m. Same speed judges

## **STATION HEAD JUDGE**

1.L. Whitsel HT  
2.Y. Moody HJ  
3.L. Hartley KK  
4.B. Grant KT  
5.M. Furth SS  
6.W. Flynn SkW  
7.R. Robinson SS  
8.C. Salow HJ  
9.J. Dean SW  
10.C. Miller SkS  
11.S. Bramblett JB  
12.G. Stalnaker SkW  
13.L. Dion JuJu  
14.K. Barker TRI  
15.K. Gunn SW  
16. J. Warzecho SS  
17.T. Meyer KT  
18. D. Walsh KK  
19.L. Hodges Xt  
**20.K. Thompson YS**

## **2<sup>ND</sup> JUDGE**

N. Cagle PP  
M-A. Shaw SS  
J. Daisey SkW  
D. Haines SkS  
F. Jones PP  
W. Futch SkS  
S. Wenk SW  
R. Hoggarth TRI  
D. Scarry JB  
A. King JJax  
C. Harr HT  
C. Balazs J.Jax  
R. Neder CC  
M. Lipsky JB  
B. Jennings J.Jax  
M. Sonis SkS  
S. Mullane SkS  
R. Pagan GG  
C. Marshall KT  
L. Ragland SW

## **3<sup>RD</sup> JUDGE**

L. Askowitz JB  
K. Castellano SkS  
J. Bender MS  
C. Dentler SW  
**S. Ruth YS**  
J. Messier TRI  
M. Long HT  
**K. Robinson YS**  
**M. Quinn YS**  
A. Shvueli SS  
D. Erikson SkS  
S. Allen SS  
F. Praiswater SkS  
X. Sun SS  
C. Enright SS  
D. Bethell SuSo  
W. McKee GG  
K. Zimmerman SkW  
S. Billings, S HH  
C. Watson GJ/A.KovalcikHT

## **CLERKS**

1-4 F.Sweat GG  
1-4 L.Chattaway HT  
5-8 R. Harris SkW  
5-8 F. Kaufman KK  
9-12 R. O'Connor SS  
9-12 L. Servinsky SW  
13-16 C. Tims TRI  
13-16 A. Thompson SW  
17-20 B. Turner AUS  
17-20 C. McCormac TRI  
Check-In Clerks:  
D. Lawson KK  
M.Fawley SkW  
Heat Clerks (flipcharts):  
J. Horner KK  
T. Muscat AUS  
**On Deck Clerks:**  
**R. Porch YS**  
N. Nardone KK

Runners: 1-4 L.Pulley SW 5-8 D.Stewart HH 9-12 N. Roberts AUS 13-16 J. Grill SkS 17-20 T. Orndorff

Alternate runners: J. Hanson GG, M. Megellas JuJa, A. Jones JuJa

Alt./4<sup>h</sup> Judges: D. Adams SS, K.Jahn SS, K. Porco SkS, **D.Singleton YS**, M.Denardo SS, L. Gualtieri-Reed SkS, D. Perry PP, D. Wright SkW, M. Via JuJa, B. Berry JuJa, J.Patterson JuJa, R. Knowles JuJa, T. Godoy SuSo

Alternate Station Clerks/Runners: M. Wassil TRI, E. Hittman JuJu, C. Bauer or alt. SD, N. Alexis SkS, M. Laubscher SkS, L.Lewes SS, D. Worthington SS, K. Waldschmidt JuJa, Hot Shots (TN) volunteers, Jazzy Jumpers volunteers, Local volunteers

Announcers and Sound Technicians: J.McCleary, T. Perez TRI, J.Rogers KK, P. Brescia TRI, S. Gleichauf KK (rotate)

Computer: J. Hodges (Tech Director), L and M.Purser SS, M. Trossman KK, M. Russell SS,

Administration: Jean Hodges, **Paul Feciura**, John Hodges, E. Boillot, R.Cendali, J.McCleary, C.Bork



## ***FREESTYLE JUDGES' AND OFFICIALS' ASSIGNMENTS***

**\*\*\*BE SURE TO CHECK FOR ALL DAYS THAT YOUR GROUP WORKS!\*\*\***

### **GROUP "A"**

Wed 12 MSRF 8,9-10,  
15-17,18-22  
Thurs 12:30 FSRF 11 yrs  
Fri 12:30 SRPF 11-12

### **GROUP "B"**

Wed 12 MSRF 11-12,13-14  
Thurs 12:30 FSRF 12 yrs  
Fri 12:30 DDSF 15-17&18-22

### **GROUP "C"**

Wed 2:15 FSRF 8,18-22  
Thurs 2:45 FSRF 13-14  
And PSRF 8 and under  
Fri 2:15 SRPF 13-14

### **GROUP A**

1.L. Whitsel HT  
2.J. Warzecho SS  
3.K. Lacy YS  
4.Y. Moody HJ  
5.L. Dion JuJu  
6.L. Hartley KK  
7.K. Barker TRI  
8.J. Daisey SkW  
9.F. Sweat GG  
10.D. Singleton YS  
11.T. Norris SkS

### **GROUP B**

1.C. Marshall KT  
2 B. Butler YS  
3.C. Salow HJ  
4.C. Enright SS  
5.L. Askowitz JB  
6.D. Perry PP  
7.S. Ruth YS  
8.C. Praiswater SkS  
9.M. Fawley SkW  
10.K.Higgins SS  
11.R. Pagan GG

### **GROUP C**

1.G. Stalnaker SkW  
2.Ju. Dean SW  
3.M. Quinn YS  
4. R. Robinson SS  
5.S. Bramblett JB  
6.B. Grant KT  
7.D. Walsh KK  
8.A. Shvueli SS  
9.M. Beville SW  
10.D. Haines SkS  
11.D. Wright SkW  
D. Erikson SkS

### **Head**

### **HJCont**

### **Content**

### **HJPres**

### **Pres**

### **Floor Mgrs:**

V. Cocowitch SkS

M. Denardo SS

### **Alternate Floor Manager:** R.Porch YS, L. Bremauntz JuJa

### **Runners:** F. Kaufman KK Groups A and B

D. Stewart HH Group C and D

### **Station Clerks :** C. Bauer Xt + local volunteer

E. Hittman JuJu + local volunteer

L. Pulley SW + local volunteer

### **Scorers:**

L. Lewis SS

L. Laubscher SkS

C. Miller SkS

J. Horner KK

C. Dentler SW

L. Servinsky SW

### **Alternate Scorer:** D. Lawson KK, L. Bremauntz JuJa, L. Robertson JuJa,

**Alt. Judges:** **Level 1:** A. King JJax, A. Thompson SW, Y. Patterson SW, R. Sidman-Moore JB, J. Woolman JB, M. Scott-Ellis SkS, A. Collins Xt, C. Ley HJ, T. Godoy SuSo, **Level 2** alternate Judges, Judges from other panels

**Level 2:** L. Ragland SW, Kingrey/Gunn SW, L. Hodges Xt, R. Neder CC(Wed/Thurs), A. Kovalcik HT(Fri/Sat), T.Perez TRI  
M. LaScola KT, L. Moore KT, S. Lorenzo SuSo, **R. Porch YS**

**Alternate Vols:** D. Worthington SS, M. Megellas JuJa, A. Jones JuJa, K. Waldschmidt JuJa, Hot Shots (TN) volunteers, W.L. Jazzy Jumpers volunteers, , plus alternate judges, Floor Managers and scorers

**Announcers and Sound Technicians:** J.McCleary, T. Perez TRI, J.Rogers KK, P. Brescia TRI, S. Gleichauf KK (rotate)

**Computer:** J. Hodges (Tech Director), L and M.Purser SS, M. Trossman KK, M. Russell SS,

**Administration:** Jean Hodges, **Paul Feciura**, John Hodges, E. Boillot, R.Cendali, J.McCleary, C.Bork

## FREESTYLE JUDGES' AND OFFICIALS' ASSIGNMENTS

**\*\*\*BE SURE TO CHECK FOR ALL DAYS THAT YOUR GROUP WORKS!\*\*\***

### GROUP "D"

Wed 2:15 FSRF 15-17  
Thurs 2:45 PSRF 15-17 & 18-22  
Fri 2:15 DDSF 12 and under

### GROUP "E"

Thurs. 10:15 FSRF 9yrs  
Fri 10:15 SRPF 9-10  
Sat. 10:00 DDPF 12 and 18-22

### GROUP "F"

Thurs. 10:15 FSRF 10 yrs  
Fri 10:15 DDSF 13-14  
Sat. 10:00 DDPF 13-14 and 15-17

#### Head

1. K. Thompson YS

1.D. Bethell SuSo

1.K. Olivas YS

#### HJCont

2.M. Tarquini SS

2.Gunn/Kingrey SW

2.R. Hoggarth TRI

#### Content

3.M. Lipsky JB

3.M. Furth SS

3.D. Forster SS

4.T. Meyer KT

4.B. Jennings JJax

4.N. Cagle PP

5.L. Chattaway HT

5.R. Harris SkW

5.W. Flynn SkW

6.A. Camp SkS

6.W. Futch SkS

6.S. Mullane SkS

#### HJPres

7.F. Jones PP

7.M. Sonis SkS

7.M-A. Shaw SS

#### Pres

8.J. Janson GG

8.M. Long HT

8.C. Harr HT

9.M. Wassil TRI

9.X. Sun SS

9.C. McCormac TRI

10.R. O'Connor SS

10.J. Messier TRI

10.D. Scarry JB

11.C. Watson GJ

11.S. Billings HH

11.K. Robinson YS

Floor Mgrs: C. Balazs JJax

K. Castellano SkS

K. Jahn SS

Alternate Floor Manager: R.Porch YS, L. Bremauntz JuJa

Runners: D. Stewart HH Groups C and D

T. Orndorff HH Groups D and F

Station Clerks: T. Muscat AUS + local volunteer

B. Turner AUS + local volunteer

N. Roberts AUS + local volunteer

Scorers: C. Tims TRI

N. Nardone KK

J. Grill SkS

W. McKee GG

J. Bender MS

S. Wenk SW

Alternate Scorer: D. Lawson KK, L. Bremauntz JuJa, L. Robertson JuJa,

Alt. Judges: **Level 1:** A. King JJax, T. Norris SkS, A. Thompson SW, Y. Patterson SW, R. Sidman-Moore JB, J. Woolman JB, M. Scott-Ellis SkS, A. Collins Xt, C. Ley HJ, T. Godoy SuSo, **Level 2** alternate Judges, Judges from other panels

**Level 2:** L. Ragland SW, Kingrey/Gunn SW, L. Hodges Xt, R. Neder CC(Wed/Thurs), A. Kovalcik HT(Fri/Sat), T.Perez TRI  
M. LaScola KT, L. Moore KT, S. Lorenzo SuSo, C. Miller SkS, R. Porch YS

Alternate Vols: D. Worthington SS, M. Megellas JuJa, A. Jones JuJa, K. Waldschmidt JuJa, Hot Shots (TN) volunteers, W.L. Jazzy Jumpers volunteers, plus alternate judges, Floor Managers and scorers

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Computer: J. Hodges (Tech Director), L and M.Purser SS, M. Trossman KK, M. Russell SS,

Administration: Jean Hodges, Paul Feciura, John Hodges, E. Boillot, R.Cendali, J.McCleary, C.Bork

## Saturday

1 p.m. Judges will judge both age-groups

### JUNIOR GROUP ROUTINE (10) and SENIOR GROUP ROUTINE (9)

<u>Head Judge</u>	1a.	G. Stalnaker SkW	Pres.	7.	A. Kovalcik HT
<u>Head Judge</u>	1b	C. Marshall KT		8.	M. Sonis SkS
<u>Content</u>	2.	D. Grainger LA		9.	G. Kingrey SW
	3.	L. Dion JuJu		10.	M. Lipsky JB
	4.	L. Hartley KK		11.	B. Jennings Jjax
	5.	J. Warzecho SS			
	6.	K. Thompson YS			

Alternate Judges: T. Perez TRI, Y. Moody HJ, L. Tyburski SuSo, F. Jones PP, R. Harris SkW, S. Mullane SkS, M. Tarquini SS, B. Butler YS, K. Gunn SW,

Scorers: L. Lewis SS and C. Tims TRI Alt: I. Servinsky SW

Runners R. Porch YS and D. Lawson KK Alt: F. Kaufman KK

## Draft 7/21 SCHEDULE 2010 AAU J.O. GAMES JUMP ROPE

(Times may vary. We may speed up or slow down as events determine)

### Tuesday, August 3

- 10 a.m. – 7 p.m. **JO Games Registration:** Athlete and Coach credentials and goodie-bags may be picked up by the coach, a designated adult, or by each family at the Midtown Community Center. (Remember your J.O. Games Official Handbook for directions). AAU cards must be presented. Re-prints available at [www.aausports.org](http://www.aausports.org)
- 2 p.m. to 5 p.m. **IMPORTANT** Check in at Jump Rope table at the Boo Williams Sports Complex to pick up officials' credentials and shirts AND heat and station assignments for athletes.
- 9 a.m. – 7 p.m. Practice at Boo Williams Sports Complex. Provide your own supervision
- 5:30 p.m. – 7 p.m. **Mandatory Coaches, Judges and Officials Meeting** at the Boo Williams Sports Complex

### Wednesday, August 4

- 8 a.m. – 8:45 a.m. Warm up at the Boo Williams Sports Complex
- 8:15 a.m. Coaches/ Officials Meeting at the Boo Williams Sports Complex
- 8:45 a.m. Line up in Warm-up area for Parade
- 9:00 a.m. Parade of athletes with team banners and flags  
National Anthems
- 9:20 a.m. All Judges and Athletes in place  
Opening Remarks  
Read Code of Conduct  
Play Speed Tape
- 9:30 a.m. **SPEED** Male individual rope single speed. Ages 8 and under up to 22  
Female individual rope single speed Ages 8 and under up to 22
- 10:30 a.m. **POWER** Male individual rope single power. Ages 8 and under up to 22  
Female individual rope single power Ages 8 and under up to 22
- 11:30 a.m. Re-configure for freestyle events. Quick lunch for A and B officials  
**Stations will alternate. Judge Groups A-F apply as noted.**  
**Number in parentheses = number in age-group**

### FREESTYLE.

### STATION 1

### STATION 2

- |           |      |  |      |   |               |      |   |
|-----------|------|--|------|---|---------------|------|---|
| 12 noon   | MSRF | 8 and Under Males  | (4)  | A | 11-12 Males   | (23) | B |
|           |      | 9-10 Males   | (11) | A | 13-14 Males   | (10) | B |
|           |      | 15-17 Males  | (9)  | A |               |      |   |
|           |      | 18-22 Males  | (3)  | A |               |      |   |
| 2:15 p.m. | FSRF | 8 and Under Females  | (32) | C | 15-17 Females | (35) | D |
|           |      | 18-22 Females  | (8)  | C |               |      |   |
| 4:45 p.m. |      | Awards for today's events  |      |   |               |      |   |
| 7-10 p.m. |      | ATHLETE CELEBRATION AT OYSTER POINT, NEWPORT NEWS<br>Take your credentials |      |   |               |      |   |

<u>FREESTYLE</u>		<u>STATION 1</u>		<u>STATION 2</u>
10:15 a.m.	FSRF	9 years Females (48>30)	E	10 years Females (57>30) F
12:30 p.m.	FSRF	11 years Females (57>30)	A	12 years Females (42>30) B
2:45 p.m.	FSRF	13-14 Years Females (60>30)	C	15-17 Pairs Free (27) D
	SRPF	8 and under Pairs (8)	C	18-22 Pairs Free (10) D
5:15 p.m.		Awards for today's events		

### Friday, August 6

8 a.m. - 9 a.m. Warm up at the Boo Williams Sports Complex  
 8:30 a.m. Coaches/Officials Meeting

9 a.m. **DD SPEED** Double Dutch Single Speed. ALL AGE-GROUPS  
 DD 4 x 30 Speed Relay. All jumpers must jump and turn

**DD POWER** Double Dutch Single Power  
 10:00 a.m. Re-configure for freestyle events.

<u>FREESTYLE</u>		<u>STATION 1</u>		<u>STATION 2</u>
10:15 a.m.	SRPF	9-10 Pairs (45>30)	E	13-14 DDSF (25) F
12:30 p.m.	SRPF	11-12 Pairs (57>30)	A	15-17 DDSF (13) B
				18-22 DDSF (9) B
2:15 p.m.	SRPF	13-14 Pairs (39>30)	C	12& under DDSF (38>30) D
4:30 p.m.		Awards for today's events		
5:15 p.m.		Group Routine practice		

### Saturday, August 7

8:30 a.m.-9:30 a.m. AAU Jump Rope Open Meeting for coaches, officials and adult members – Meeting Room at the Boo Williams Sports Complex

1. 2011 AAU Junior Olympic Games July 28th – August 1<sup>st</sup>
2. AAU Convention October 26<sup>th</sup> –30<sup>th</sup> San Juan, PR
3. Plan for 2011 qualifying tournaments and invitational tournaments
4. Suggestions for future event and rule changes

9:30 a.m. Coaches and Judges Briefing for day's events.

8:30 a.m–9:45 a.m. Additional Group Routine practice if needed.  
 Warm up at the Boo Williams Sports Complex

10:00 a.m.	<u>FREESTYLE</u>	<u>STATION 1</u>		<u>STATION 2</u>
		11-12 DD Pairs Free (38>30)	E	13-14 DD Pairs Free (25) F
		18-22 DDPF (9)	E	15-17 DDPF (13) F

1:00 p.m. Junior Group Routine (10)

2:00 p.m. Senior Group Routine (9) (Same Judges)

3:00 p.m. Closing Ceremonies and Medal Presentation

**See you next year in New Orleans July 28 – August 1**

**Have a safe trip home!**



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## Embassy Suites Hampton Roads - Hotel, Spa & Convention Center

1700 Coliseum Drive, Hampton, Virginia, United States 23666  
Tel: 1-757-827-8200 Fax: 1-757-827-8010

### Directions and Transportation

#### Directions to our Hotel

From I-64 East - Take Exit 263 to Mercury Boulevard - take the overpass ramp towards Coliseum Drive - ramp becomes Mercury Boulevard - at the first traffic light make a right onto Coliseum Drive - hotel is a half mile on the left.

From I-64 West - Take Exit 263B Hampton Coliseum - exit ramp becomes Mercury Boulevard - at first traffic light make a right onto Coliseum Drive - hotel is less than a half mile on the left.

From Norfolk International Airport - Follow the same directions as I-64 West.

From I-664 - Take I-64 West - then follow the same directions as I-64 West.

### Local Airports

#### ■ Newport News/Williamsburg International

- Distance from hotel: 10 mi.
- Drive time: 15 min.

**Directions:** Exit Airport and take I-64 E to Exit 263 to Mercury Boulevard, turn right at the first traffic light onto Coliseum Drive.

Get turn by turn directions.

#### Transportation to and from the Airport

Type	Typical Minimum Charge
Taxi	25.00 USD

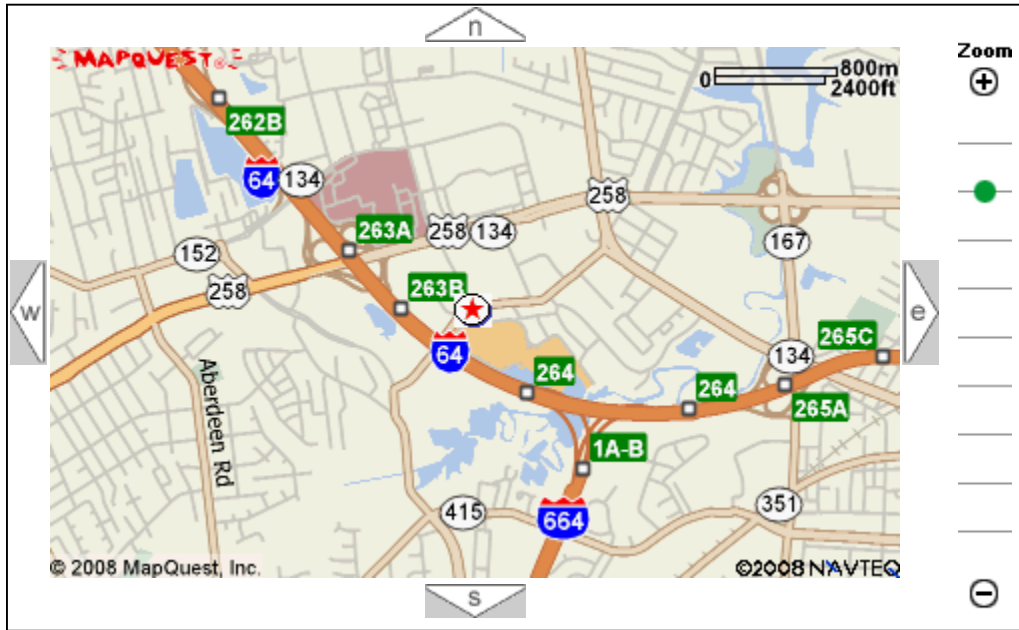
#### ■ Norfolk International Airport

- Distance from hotel: 18 mi.
- Drive time: 30 min.

**Directions:** Exit Airport and take I-64 W to Exit 263B to Mercury Boulevard, turn right at the first traffic light onto Coliseum Drive.

Get turn by turn directions.

**Local Map**



**Note:** The map and directions are informational only. Please verify specific routes. The map and directions shown are provided as a guide for your convenience.

**Hotel Parking**

Self Parking:	userassumes all risk
In/Out Privileges:	--
Secured:	--
Covered:	--

[Embassy Suites Hotels](#) > [Embassy Suites Hampton Roads - Hotel, Spa & Convention Center](#) > [Maps & Directions](#)

## Directions

**Boo Williams Sportsplex is located at:  
5 Armistead Pointe Parkway, Hampton, VA 23666**

\*Note: Web based maps such as those provided by Google Maps or Mapquest are not yet updated to include Armistead Pointe Parkway (which is a new road). Boo Williams Sportsplex is located at the intersection of Armistead Ave. and Hampton Roads Center Parkway

[View Larger Map](#)

### **Driving Directions:**

*For people traveling from Williamsburg and Points North*

1. Take I-64E
2. Take exit 261B for Hampton Roads Center Parkway E
3. Merge onto Hampton Roads Center Parkway and cross Armistead Avenue to enter the Boo Williams Sportsplex parking lot.

*For people traveling from Suffolk, Chesapeake*

1. Take I-664 North toward Newport News
2. Merge onto I-64 West via exit 1A on the Left toward Williamsburg/Richmond
3. Merge onto VA-134 N/MAGRUDER BLVD. via exit 262B toward NASA/Poquoson
4. Turn Right on Hardy Cash Drive
5. Turn Left on Coliseum Drive
6. Merge Right onto Hampton Roads Center Parkway and cross Armistead Avenue to enter the Boo Williams Sportsplex parking lot.

*For people traveling from Norfolk, VA BEACH*

1. Begin on I-64 West toward Hampton/Richmond
2. Merge onto VA-134 North/MAGRUDER BLVD via exit 262B toward NASA/Poquoson
3. Turn Right onto Hardy Cash Dr.
4. Turn Left onto Coliseum Drive
5. Merge Right onto Hampton Roads Center Parkway and cross Armistead Avenue to enter the Boo Williams Sportsplex parking lot.