

JUMP ROPE CLUB-2023

Back by popular demand... It's the Jump Rope Club at New Hope-Solebury Upper Elementary School. All 3rd, 4th, and 5th graders are welcome to join! **NO AUDITIONS NEEDED!!!** The Jump Rope Club is run by Mr. DiTulio. Jumpers will meet in the gym before school on Friday from 8:00-8:40 a.m. Jumpers should be dropped off at the car drop-off line.. **The Club will officially begin on Friday, January 20 and run through Friday, March 31, 2023.**

Here is the schedule:

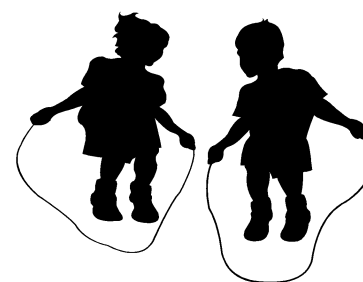
Jan. 20 & 27; Feb. 3, 10, & 24; Mar. 3, 10, 17, 24, & 31

What will my child do during the Jump Rope Club?

- Individual/Partner Jumps
- Long Rope Skills (Front/Back Door Entrance)
- Egg Beater/Whirlwind (Students run through a long rope in different patterns)
- Double Dutch Jumping
- Working on a group routine

What are the benefits of Jumping Rope?

- Helps students develop rope-jumping skills
- Helps improve coordination and balance
- Promotes the value of physical activity
- Allows everyone to have fun



If you have any questions, please email Mr.DiTulio at jditulio@nhsd.org

If interested, please cut & return this form to Mr. DiTulio by Wednesday, January 18, 2023

.....

My child _____ has permission to participate in the Jump Rope Club at New Hope-Solebury Upper Elementary School. I am aware that students need to be at the UES and ready to jump by 8 a.m.on Friday morning. **Students who have asthma are required to bring their inhaler with them. For students with medications registered in the school health office, list “as needed” medication(s):** _____

Extra-Curricular activities accommodations (as needed): All meds/supplies are taken and care is provided (mark one):

- By accompanying parent
- By accompanying designated school staff per district medication policies & orders (it is the parent responsibility to notify the health office in writing 24 hours in advance of students staying after school for extra-curricular activities.

Child's Homeroom Teacher: _____

Parent(s)/Guardian Signature: _____

Parent(s)/Guardian Email Address: _____