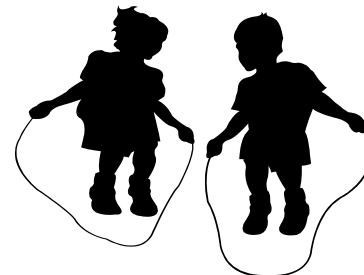


New Hope-Solebury UES Jump Rope Club

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 and will meet in the gym before school on Friday mornings at 8:00 a.m. **The Club will officially begin on Friday, January 13 and run through Friday, April 7, 2017.**

What will my child do during the Jump Rope Club?

- Individual/Partner Jumps
- Long Rope Skills (Front/Back Door Entrance)
- Egg Beater (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 Friday, January 13, 2017

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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 at 8:00 a.m. on Friday mornings. **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 student staying after school for extra-curricular activities.

Child's Homeroom Teacher: _____

Parent(s)/Guardian Signature: _____

Parent(s)/Guardian Email Address: _____