

Juneau Jumpers  
Handbook  
For  
Jumpers & Families  
2016-17 Season

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# **Introduction**

Juneau Jumpers is a performance, demonstration, and competition rope skipping team formed in 1985. The long tenure, success, and respect for this team in the community are the direct result of many countless hours of volunteer time from coaches and parents and of self-motivated youth who love the sport of jump rope. The expectations of jumpers, parents and coaches in carrying out the goals of the team are set out below.

## **Mission Statement:**

The mission of the Juneau Jumpers Inc. is to promote the sport of jump rope as a life-long physical fitness activity in Alaska communities and beyond. Through performances, competitions, and workshops, Juneau Jumpers fosters leadership, self-discipline, and teamwork.

## **Goals**

**Through the sport of jump rope, the Juneau Jumpers organization hopes to:**

- Encourage the love of a lifetime sport for health and fitness;
- Encourage an attitude of caring and compassion towards others;
- Promote the learning of patience, diligence, cooperation, sportsmanship, and teamwork;
- Encourage each jumper to become an active, productive, and supportive member of our jump rope team;
- Foster confidence, discipline, responsibility, and leadership; and
- Promote local, regional, national and international amateur sports competition.

## **Expectations**

In order for our team to be successful, we must follow basic guidelines and procedures. Failure to adhere to any of the policies listed may result in disciplinary action by the head coach.

### **Jumpers:**

- Attend as many practices as possible. The ability to participate in routines and events is directly related to a Jumper's attendance. Jumpers who will arrive late or miss practice need to call or text the coach before practice.
- Arrive on time and be ready to go when practice is scheduled to start. If you are arriving late jumpers must come in quietly, with minimal disruption to others, and join practice as quickly as possible.
- Must be dressed appropriately to workout: coach approved gym shoes, shorts, tank top or t-shirt, socks and a sports bra (for girls). For safety, necklaces and dangly jewelry must be removed. Long hair must be tied back.
- Gum is not permitted (except for medical reasons with coach approval).
- Cell phone ringers should be turned off and cell phones checked only during designated times with coach permission.
- Follow the coaches' directions the first time you are asked. Refrain from talking when the coaches are giving directions.

- Treat coaches, parents, and other jumpers with respect. Coaches should be referred to as “Coach” or “Coach” and their first name.
- Jumpers should stay on task at practices, be self-motivated and work hard. There is always something that you could be working on. Use teammates and parent helpers as resources if your coaches are busy.
- Work cooperatively with, encourage and provide assistance to teammates. Mentoring is a requirement of the program. Helping your teammates improve their skills benefits the entire team.
- Display good sportsmanship.
- Graciously accept victory and defeat.
- Work to one’s potential – give 100% effort.
- Adhere to the USA Jump Rope Membership Code of Conduct

### Parents:

- Support your child by being positive and encouraging; expect your child to perform and participate to his/her potential, and provide assistance where necessary.
- Drop off jumper at scheduled times. Do not leave jumper at practice until a coach has arrived; children must be supervised at all times. Pick up jumper promptly at the end of practice.
- Be an active participant in the jump rope program by attending membership meetings and volunteering. Parents are **required** to serve either on the Board or on at least one Committee. In addition, families are required to assist at practices. The number of practice hours required varies depending on the number of jumpers on the team.
- One parent (or guardian or other responsible family member) **MUST** attend a judging clinic and be willing to judge as needed. Failure to do so will result in penalty fees and may mean your child is unable to compete in events.
- Chaperone at jump rope events or trips as needed.
- Work cooperatively with coaches, the board, and other parents and volunteers in order to serve the team as a whole most effectively.
- Adhere to the USA Jump Rope Membership Code of Conduct

Failure to fulfill your volunteer duties may result in: the Board assessing a penalty fee and/or your child being unable to participate in Juneau Jumper events.

# **Administration**

## **Organization History**

The Juneau Jumpers has been in existence since 1985, when Glacier Valley Elementary sponsored the team and provided gym space. In 1993, the Juneau Jumpers Foundation, Inc. (JJF) was established to gain non-profit status and to receive and manage monies from grants, pull-tab activities, an annual fundraising raffle, and other miscellaneous revenue. There was no general membership, elections or voting rights for parents or jumpers in the JJF. Around the same time as the creation of the JJF, a parent booster club was formed to assist the coaches in organizing team activities.

In the Fall of 2003, new articles of incorporation were filed, and the name of the organization was changed to Juneau Jumpers, Inc. The 2003 changes created a membership consisting of all parents of jumpers, and jumpers 18 and older in good standing. Membership meetings are held at least once a year, primarily to elect a board. Since the board oversees the general operation of the team, the parent group no longer meets, but parents are notified, encouraged and welcome to attend board meetings.

Although Juneau Jumpers, Inc. is a private, non-profit organization independent of the Juneau School District, the district is a strong and supportive partner. Many elementary schools have satellite programs. Glacier Valley Elementary provided gym space to the team for many years. Currently, Auke Bay Elementary is sponsoring Juneau Jumpers for which the organization is grateful. Juneau Jumpers continues to fundraise annually, no longer receives funds from pull-tab activities, but is the grateful recipient of grant funding from the City and Borough of Juneau as well as other community entities in Juneau.

## **Coaching Staff**

The Juneau Jumpers volunteer coaching staff currently consists of a head coach and adult coaching assistants. See appendix A for the current list of coaches.

### **Duties of the Head Coach:**

- Act as a liaison between the coaching staff and the board. Consult with the board regarding team commitments with the public.
- Propose practice times, training schedule, season start and end dates and season events for board consideration.
- Provide a practice structure conducive to effective use of practice time, and run practices.
- Assist with facility arrangements, if applicable.
- Select mentors to assist in practices, and supervise their teaching. Encourage regular positive mentoring interactions.
- Oversee the selection of new jumpers and the process for "trying out."
- Oversee scheduling and coordination of shows, performances, and workshops.
- Determine which jumpers will participate in jump rope-related events (such as performances, competitions, workshops, and travel). Inform parents via email as soon as possible.

- Understand the judging criteria and assist team members in creating routines that will maximize scoring.
- Effectively direct & coordinate the contributions of assistant coaches and parent helpers in the gym.
- Assist with the coordination of the United States of America Jump Rope (USAJR - [www.usajumprope.org](http://www.usajumprope.org)) Regional 9 Tournament if Juneau Jumpers is the host.
- Provide input and advice prior to any actions taken by the board.
- Provide direct communication to parents regarding participation or behavior issues with Jumpers. This should not be delegated to assistant coaches.
- Work cooperatively with other coaches, the board, parents and volunteers in order to serve the team as a whole most effectively.
- Pursue & participate in coach development, training & workshop opportunities as applicable (may be paid for by Juneau Jumpers)
- Adhere to the USA Jump Rope Code of Conduct

#### **Duties of Assistant Coaches:**

- Provide coaching support as directed by the Head Coach.
- Act in absence of the Head Coach.
- Understand judging criteria and assist team members in creating routines that will maximize scoring.
- Provide specific, relevant & constructive feedback while using positive strategies to facilitate the development of jumper's skills.
- Defer communication with parents or jumpers involving issues with participation or behavior to the Head Coach.
- Pursue & participate in coach development, training & workshop opportunities as applicable (may be paid for by Juneau Jumpers)
- Adhere to the USA Jump Rope Code of Conduct

### **Board of Directors**

The Juneau Jumpers Board of Directors oversees the general operation of the team. The Board may have 5-7 members in any given year. Officer positions include: President, Vice President, Secretary, Treasurer, and Committee Chair. The Board is elected yearly by the membership. For a list of current board members and officer positions, see Appendix A. During the jump rope season, board meetings are held monthly or more often as needed. The board will adopt a budget at the beginning of each jump rope season.

**Duties of the President:** Schedule board and membership meetings; prepare agendas; keep in close contact with the coaches regarding needs of the team; update forms and handbook; request Committee Chair to present updates; direct the Treasurer to prepare financial statements and report thereon regularly to the board, direct the Treasurer to file the biannual report as well as taxes and non-profit status.

**Duties of the Vice-President:** Act in absence of the president; assist president as necessary; coordinate all aspects of registration (preparation, set up, presentation & tear down); update and distribute roster.

**Duties of the Secretary:** Prepare minutes of board meetings; write thank you letters; maintain corporate records.

**Duties of the Treasurer:** Maintain records of all financial transactions of the organization; receive and give receipts for monies due and payable to the corporation, and deposit all such monies in Juneau Jumpers accounts; file or ensure that all federal tax returns and state reports are properly and timely filed (the tax year runs from September 1 - August 31, and taxes are due by November 15<sup>th</sup>), including state corporate biennial reports and state gaming reports; prepare and present a financial report at each regularly scheduled board meeting and at the annual membership meeting; prepare annual budget.

**Duties of the Committee Chair:** Recruit members to head committees or fill parent volunteer positions, communicate with committee heads on a regular basis, provide committee updates to the board, ensure all aspects of the annual raffle are running smoothly and maintain the Juneau Jumpers gaming permit.

## **Parent Volunteer Coordinators/Committees**

**Registration** – Would be in charge of all preparation, setup and tear down for the registration. Currently the Vice President is responsible for Registration each season. However, if membership were to increase, this could become a parent volunteer coordinator responsibility.

**Volunteer Parent Coordinator** - responsible for organizing parent assistance at practices and communication between coach's & families

- Set up online volunteer sign up
- Track hours
- Issue reminders

**Fundraising Coordinator**– Would be in charge of ALL aspect of Annual Raffle Fundraiser

- Solicit corporate sponsors
- Order and maintain banners
- Solicit donations for silent auction prizes and raffle ticketing prizes
- Design and get tickets printed
- Distribute tickets to jumpers - including information on raffle rules and parent chauffeuring
- Coordinate parent driving assignments
- Collect money from jumpers at each practice
- Distribute additional books of tickets -maintain records of tickets sold by jumpers and associated money
- Ensure thank you letters are written to sponsors
- Organize drawing
- Distribute prizes to winners
- Provide notice to newspaper of winners immediately after the drawing
- Perform additional fundraising duties as assigned

**Regionals Coordinator**– In charge of ALL aspect of hosting or getting jumpers to the Regionals Tournament  
Always~

- Confirming and purchasing tickets for coaches, judges, jumpers and chaperones
- Confirming/reserving housing/hotels for all traveling
- Confirming/reserving rental vehicles
- Verification of all needed documents for both travels and tournament
- Ensure collection of all fees prior to departure

Juneau hosting~

- Communicate with coaches re: dates of tournament
- Confirm housing is taken care for all teams
- Collect all necessary fees from the team
- Confirm/book computer tech for the entire event
- Coordinate team meals for day of the event
- Coordinate judge's snacks
- Coordinate concession stand
- Confirm/book t-shirt agency
- Confirm/book group event/activity
- Post event schedule
- Ordering ribbons

**Nationals/Worlds Coordinator**– In charge of ALL aspect of traveling/attending event

- Confirming and purchasing tickets for coaches, judges, jumpers and chaperones
- Confirming/purchasing housing/hotels for all traveling
- Confirming/purchasing vehicles
- Confirming/purchasing team activity
- Collect all necessary fees from each jumpers/chaperones/judges prior to departure
- Collect all needed documents prior to departure

**Public Relations/Satellite programs Coordinator** – In charge of ALL media materials

- Contact each of the satellite programs and set up demo
- Contact each of the satellite programs and setup payment details for the JJ helpers
- Contact person for ALL printed and electronic media information (poster, press release)
- Create/Print/Distribute all media information needed for all events

**Teambuilding/Summer camp Coordinator** – Coordinate regular team building events and assist with the development and implementation of summer camp.

- Ensure regular team building events, e.g., monthly birthday celebrations or other activities.
- Assist in camp advertising
- Collect fees at the event
- Coordinate snacks
- Ensure all forms are completed
- Track potential campers by being the contact person

**Judge Training Clinic Coordinator** (for Jumper families) - assist with coordinating parent judge training

- Responsible for communicating and confirming dates and times with parents
- Preparing & gathering supplies needed for training (ie. audio visual equipment, photo copying, snacks, pencils, etc.)
- Reminding and tracking parent attendance

**Website Coordinator** - Responsible for maintaining and updating website

**Team Building Coordinator** - Coordinate team building events

- Ensure each month has a birthday celebration (if there are birthdays that month)
- Organize a minimum of two events per season – confirm facility, activity, confirm chaperone, organize food

**Winter/Spring Show/Event Coordinator** – Organize all aspect of the Spring/Winter Shows

Coordinate food for jumpers during long practices

- Set up/tear down of the silent auction tables
- Admission table
- Pick-a-jumper table
- Auction payment table

**Equipment & Uniform Coordinator** - In charge of ordering, distributing & collect payments for equipment and organizing, tracking and distributing uniforms as needed

- Order equipment monthly & collect payment and distribute as needed
- Organize uniforms
- Track what is needed and order if needed
- Get uniforms ready to distribute for each of the events

## **Judging**

Parents are required to train as judges (one adult judge per family). The team is required to provide judges for all competitions the team participates in. The number of judges depends on the competition as each competition has different requirements based on the number of jumpers from the team participating in the competition. Refer to the specific competition rulebook for further details. This training will be a two-day course, at least 3 hours each day. Judge training gives parents more insight into the sport and promotes effective support of child's practice time, both with the team and at home. There will be one judge's training workshop held annually. A judge must be a member of USAJR, the fees for which the board may reimburse. Potential judges are expected to come to the gym to practice clicking and judging freestyles. The board will decide prior to any competition whether some or all of the judges' travel expenses will be reimbursed from team funds. For Regionals competitions judges may be 16 years or older, for Nationals judges must be a minimum of 18 years old.

## **Judge Trainer:**

Juneau Jumpers will choose to designate a coach or volunteer to be trained as a judge trainer from season to season. If no one is able to be trained, which means possibly flying down south to a training, or joining an approved conference call to be re-certified, Juneau Jumpers will need to fly a trainer to Juneau to train the parent judges. It is expected we are respectful and make our families available to meet at the time the trainer designates.

# Operations

## **Membership Requirements & Fees**

The following must be completed *before attending* any practices:

1. Registration form filled out with address(es), phone numbers, email addresses, and a signature that this handbook has been received and reviewed;
2. Medical release and waiver forms;
3. Behavior contract signed by jumper and parent;
4. Jumper Expectations form signed by jumper and parent;
5. Parent Expectation form signed by parent;
6. Payment of a membership fee (the team membership fee will supply each jumper with a freestyle rope and a speed rope, practice T-shirt, use of a team uniform, pay for USAJRF membership, pay for Regionals registration, pay any coaching and gymnastics costs, and help defray some of the operational and travel expenses of the team); and
7. Completed and signed USAJR membership form.
8. Parent sign up for volunteer committee.

Current required fees are listed in Appendix A.

**Mandatory Handbook Meeting:** All jumpers and their parents must attend a meeting scheduled at the start of the season to review the handbook.

**Pro-Rated Membership Fees:** Jumpers who join after the season starts may pay a pro-rated fee as outlined in the Bylaws.

**Ropes:** Replacement ropes will be available at a reasonable cost if lost or broken due to neglect. Ropes broken because of wear or defect will be replaced for free. See Appendix A for more information about ropes.

## **Practices**

The jump rope season generally starts early September and typically finishes by late-April or early May. At the beginning of each season, Juneau Jumpers will organize gym time and space. Practices are typically held twice during the week and once on the weekend. It's highly recommended that Jumpers attend at least two out of three practices a week. Weekday practices are highly structured for skill development and team routines. Weekend practice is more flexible, allowing Jumpers to work on individual or group routines. Practices are structured to include warm-up, stretching, strength/flexibility exercises; speed workouts; group routines; and individual and group skill-building.

## Tryouts & Skillbuilding

**New Jumpers:** New jumpers will be added to the team, depending on the needs and size of the team, by invitation or try-out. Jumpers must pass off certain minimal skills and exhibit a positive and mature attitude to be invited on the team. Most new jumpers learn the required skills at an elementary school jump rope satellite program, from a jump rope friend, or from being on another team. For a list of the current satellite programs and coaches, see Appendix A.

**Cards:** Once a member of the team, jumpers are issued a Juneau Jumpers Skills Card. This card is used by jumpers to (1) help motivate them to increase their skills, and (2) help them see which areas need improving to increase their scores at competitions or their performances at shows. This card is used by coaches to (1) help determine whether the jumper can perform a particular routine in a show (2) help determine a jumper's status as a mentor jumper, and (3) help determine who will attend special shows, workshops or competitions in which only a limited number of jumpers may participate. In other words, a jumper's achievement on the skills card will provide a clear standard on which the coaches can make such determinations.

## Performances

Every year the team tries to put on two major shows for the community. All jumpers are expected to participate. The more skilled the jumper, as measured by progress on the cards, the more routines that jumper will perform in. Coaches will also consider a jumper's attendance, attitude, work ethic, and availability for practices for the event. Missing mandatory practices for performances will reduce the number of routines for which a jumper is scheduled. For the dates of this year's shows, see Appendix A.

Other shows that come up during the season will be scheduled at the discretion of the coaches. Coaches should be notified of any performance request. How many and which jumpers will be selected for these performances will be determined by the number of jumpers needed, skill level, attitude, attendance, time limit, and availability for practice for the event.

**Uniforms and Personal Appearance for Performances:** Uniforms are provided for each event and returned to the uniform coordinator after each event. A jumper must replace any uniform that he/she loses or damages. Replacements will be at the individual jumper's expense and are available through the equipment committee. Additional uniform articles may be checked out to a jumper prior to a performance or travel.

Jumpers should wear aerobic, cross training, or running athletic shoes. A female jumper must wear a supportive sports bra. All jumpers must wear a pair of black fitted shorts, such as a volleyball short, under their team uniform shorts. Additional uniform details such as sock color and style will be decided when uniform design is selected at the beginning of the season. Personal grooming should always be at its best. Any jumper with shoulder length or longer hair should have it pulled back and secured. Jumpers should not wear any necklaces, bracelets, dangling jewelry or chew gum.

## Competitions

All jumpers have the option to participate in competitions designed for their skill level and age. The following competitions are usually available each year:

**Open/Invitational Tournament:** This tournament is for basic (beginner) through intermediate level jumpers. This tournament is held in Juneau. Emphasis is on having fun and gaining exposure to competition. High school jumpers are usually asked to help judge at these events.

**USAJR Regional and National Tournaments:** The Regional Tournament is a qualifying tournament for jumpers from Alaska to determine in which events they are qualified to compete at the national level. Refer to the USAJR rules for qualification requirements. In addition to the USAJR qualification requirements, Juneau Jumpers will support a jumper going to Nationals only if the jumper fully commits to a preparation practice schedule circulated by the coaches by the end of the regular season. The jumper's family must also agree to this commitment and be willing to chaperone the child, depending on age and independence.

Though alternate jumpers may be used in events for Nationals, a partner or team event requires a lot of time working together to create routines. It is difficult for an "alternate" to replace a partner. Please remember this when making decisions about commitment to competitions. In other words, if jumpers work very hard to develop a competitive routine, parents should try to support child continuing to National-level competition.

Regionals are held in early spring each year, and Nationals scheduled during the summer. Usually jumpers have until the end of June to prepare for Nationals. The team travel coordinator will set a deadline in which to commit to attending Regionals and/or Nationals and will give timely notice to all jumpers who wish to attend these events. Costs associated with the regional tournament may be partially covered by the team, a decision that will be determined by the board in advance of the competition. Travel expenses to Nationals are the responsibility of the jumper and are offset by fundraising through the annual raffle, discussed further in the travel section, below.

**Junior Olympics and Qualifying Tournaments:** Junior Olympics is a competition held each year in late July/early August, which is organized by the Amateur Athletic Union (AAU) (<http://aausports.org>) To participate, athletes must qualify at one of the AAU Jump Rope Qualifying Tournaments. The same practice and travel commitments as National Travel are required.

**FISAC ([www.irsf.org](http://www.irsf.org)) World Tournaments:** Every two years there is an opportunity for a select group of advanced jumpers to try out for Team USA, either as a team of 4 or 5 or as an individual in the grand masters competition. Coaches will determine if this event will be attended. See International Travel requirements.

## Workshops

Most years, if finances allow, coaches try to bring advanced and master level jumpers from other teams to Juneau to teach new skills to the team. Jumpers or coaches brought here over the last few years have included those from Hot Dog USA (Washington), Summerwind Skippers (Idaho) and Footnotes (Texas).

Sometimes Juneau Jumpers runs workshops in the community to promote the sport, develop the skills of younger jumpers, and fundraise. Only qualified jumpers as determined by the coaches may staff these workshops.

Occasionally, advanced jumpers from the team are invited to conduct workshops inside and outside of Alaska. These are often expense-paid trips and, depending on time and availability of jumpers and coaches, are a good way to promote the sport of jump rope and the team.

## Camps

Every summer, jumpers are given the opportunity to attend a USAJR-sanctioned camp to improve their skills and meet jumpers from around the country. The board will make the final decision on which camp or camps the team will attend each year and on the level of financial and chaperone support. If parents want to take their jumper to another USAJR-sanctioned camp not selected by the coaches the jumper can request approval from the coaches and board PRIOR to travel to use funds from their travel account.

Periodically, the Juneau Jumpers will offer camps for local jumpers to participate, to learn more about the sport or build skills. Recruitment will primarily target jumpers from the satellite program and/or youth from the Juneau School District. Camps will be advertised in advance and will require a registration fee.

## Travel

**Qualifications:** In addition to any requirements mentioned elsewhere, a jumper must be qualified in the following areas to be eligible to travel:

- **Behavior and attitude** -- Follow the expectations listed at the beginning of this handbook.
- **Responsibility** – Jumpers must show responsibility by attending and being on time to all practices and performances, and/or taking initiative for communicating to coaches concerning any activities (sports, homework, sickness, vacations, and etc.) that may conflict with this.
- **Age requirement** -- Jumpers under age 10 must be accompanied by a parent/guardian for travel. A parent accompanying the child does so at the parent's own expense.
- **Ticket requirement** -- If a child under the age of 18 will be unaccompanied by a parent/guardian to competition/camp, then he/she must have a confirmed ticket (not standby) on a schedule approved by the coaches in advance of the trip. In addition, all unaccompanied minors must provide a notarized medical release.

**Travel Money/Expenses for Jumpers:** Although there may be instances where some or all of a jumper's travel expense will be covered by team funds, most travel expenses for individual jumpers are paid for by fundraising done by the traveling jumpers and/or their families. The annual raffle is the main fundraiser. Qualified (usually by skill level and maturity) jumpers may also teach jump rope once a week at an elementary school, at that program's discretion, and receive credit toward their expense account. Families will be expected to cover expenses not raised by the jumper. If a jumper raises more money than the jumper uses that year, the excess funds raised will be carried forward for use by the jumper for jump rope-related expenses in future years. If the jumper does not use the earnings before leaving the team, the earnings will become team funds after 1 year (exceptions are at the discretion of the board). Jumpers in the same family may apply one sibling's earnings to a sibling's or parent's jump rope-related expenses.

Expenses for some jumpers may require applying for additional grants and participating in additional fundraising by those families in order to minimize costs to the team. In the past, financing for jumpers traveling to Team USA trials, and World (FISAC) Tournaments has come mostly from CBJ grants, use of saver award tickets or companion fares, and extra fundraising done by those jumpers and their parents.

**Coaches' expenses:** For all events sponsored by Juneau Jumpers, the team will pay for the transportation and lodging expenses of those coaches that the board determines should participate in the event. The board will determine whether any other expenses incurred by a coach during such events will be compensated.

**Chaperones & Judging expenses:** Parents are expected to volunteer their time chaperoning, judging, and helping out as needed while attending jump rope events with their jumpers. Prior to the event, the board will determine whether or not certain travel expenses will be reimbursed. An outline of duties, a list of covered expenses with an estimation of costs will be provided prior to travel. Note: traveling jumpers may be required to contribute towards chaperone/judge travel costs.

## **Fundraising**

Selling raffle tickets is the biggest team fundraising project of the year. All jumpers are expected to participate in fundraising, even if they do not travel to competitions or camp, because a portion of the funds raised are used to cover general team expenses, such as team ropes, medical supplies, and bringing guest jumpers to Juneau. The number of tickets all jumpers are required to sell for the team will be determined by the board. After meeting the minimum team ticket-sale requirement, each jumper will receive a credit, based on raffle ticket prices and number of tickets sold, to be applied to the jumper's travel costs. This credit is usually about 80% of the jumper's total ticket sales.

To ensure a safe and successful fundraiser, a parent of each jumper will be required, at assigned times from mid-March to mid-April, to drive jumpers (who have requested, with their parent's approval, to participate 24-hours in advance) around neighborhoods to sell tickets.

## **Other Finance Issues**

**Insurance:** Juneau Jumpers does not provide medical insurance and does not hold accident or liability insurance. However, as a member of the USA Jump Rope Foundation (USAJRF), Juneau Jumpers through registration with USAJRF receive secondary medical and liability coverage during USAJRF events. Parents are strongly encouraged to acquire some type of coverage if their child does not already have it.

**Leaving the Team:** If a jumper quits the team, any funds raised or credited toward that jumper's expense account will be held for one year and then be transferred to the team and will be put into the general account. Refunds of the jumper's membership fee may be made at the discretion of the board, depending on the circumstances of the jumper's inability to remain on the team.

# Juneau Jumpers Handbook

## Appendix A

### 2016-2017 Coaching Staff

Head Coach: Paula Kalbrener,  
Assistant Coach: Connor Ulmer, 500-2353  
Assistant Coach: Leslie Kalbener

### 2016-2017 Board of Directors: [board@juneaujumpers.org](mailto:board@juneaujumpers.org)

President: Lori Klein , 500-8462  
Vice President: Kelda Denton  
Treasurer: Heidi Richards-Mazon  
Committee Chairs: Luke Dihle and Tari Stage-Harvey  
Liaison to the team: Connor Ulmer

### Fees

The Juneau Jumpers 2016-17 season fee is \$375. This includes USA Jump Rope registration fees, equipment (including one freestyle and one speed rope) and uniform fees, and contributions to facility rentals for the season. Jumpers who elect to travel must raise their own funds.

### Satellite Programs

Generally, the following schools have satellite programs: Auke Bay Elementary, Glacier Valley Elementary, Harborview Elementary, and Gastineau Elementary. Contact the Board of Directors for more information about satellite programs.

### Schedule of Events

The 2016-17 Season Schedule of event is as follows, and subject to change. Any major changes will be communicated to families via email as much in advance as possible.

### Practices\*:

Tuesdays & Thursdays, 4-6 pm, Auke Bay Elementary  
Sundays, 3-5 pm, Auke Bay Elementary

*\*See the schedule online for notifications about practice cancellations*

### Events\*

January 3-6: Winter Camp, Auke Bay Elementary (times TBA)  
January 14-15: All Star Workshop, Fairbanks (check with Board for more information)  
February 11: Winter Show, Auke Bay Elementary (evening time, TBA)  
March 11: Regionals, Fairbanks (check with a coach for more information)  
May 6: End of Year Show, Auke Bay Elementary (times TBA)

*\*Additional events may be added throughout the season*