



JUMP ROPE TEAM

Tryouts – 05/17/10 OR 05/21/10

At Pinnacle Sports - 313 Medina Rd. from 6:00pm – 7:00pm.

The Heartbeats Jump Rope Team will be holding tryouts for students who are interested in becoming members of the Heartbeats Jump Rope Team. Our team consists of students from Northeast Ohio. These students have competed at tournaments throughout the United States and internationally along with performing at events such as the CAVs basketball games and Macy's parade. We hold tryouts once a year and hope to give more jumpers the opportunity to become members of our team. Jumpers must be in the 2nd grade or older. To tryout, you **must attend one of the sessions**. Tryouts will be held on Monday 5/10/10 **or** Friday, 05/14/10 from 6:00-7:00pm at Pinnacle Sports. Parents are to drop off their child at 6:00 pm and then return no later than 7:00pm. **At 7:00pm, there will be a MANDATORY MEETING for the jumpers and parents to tell you about the team.** At the conclusion of the meeting, parents and jumpers may leave. Jumpers will be notified in 4-6 weeks as to whether they made the team or not.

You are required to dress in shorts and a t-shirt. Hair must be pulled back. No jewelry is allowed. Bring a jump rope and water bottle. Jumpers that make the team must commit to practices from September thru July. Practices are held 2-3 times/week. There are also exhibitions and competitions throughout the year. Costs for competitions, hotels, and travel arrangements are the jumper's responsibility.

For more information, contact Pam Evans, Coach at 440-572-3292.

Jumpers will be asked to demonstrate jog step and double unders during the tryouts. In addition, they are asked to have a short routine ready to perform. This should consist of a few skills that they know how to do – i.e. can cans, criss crosses, etc. Jumpers attending tryouts must complete the bottom portion of this form and mail it to:

Heartbeats Jump Rope Team, 18399 Yorktown Oval, Strongsville, OH 44136. Forms must be received **prior** to the tryouts. Jumpers **are NOT** able to register at the time of tryouts.

WE LOOK FORWARD TO SEEING YOU!

Complete and mail back to the Heartbeats 18399 Yorktown Oval, Strongsville, OH 44136

Name: _____ Phone Number: _____

Address: _____

Email address: _____

I will attend tryouts on _____ Monday 5/17/10 _____ Friday, 05/21/10

Parent's Name: _____

Emergency Contact and Phone Number: _____

I give my permission for my child _____ to participate at the Heartbeats workshops and tryout. I recognize that although the instructors will take reasonable precautions to protect the health and safety of my child, I accept the risk of injury that goes with such an organized athletic activity. I hereby release all persons associated with the jump rope team of and from all claims or causes of action arising from injury to the participant, resulting from participation, whether such injury is the result of negligence or of some other cause. If medical attention is required for injury or illness while at workshops or tryouts, I give my permission for such medical care and I will be financially responsible.

Parent's Signature _____ Date: _____