Saraland Elementary JUMP ROPE TEAM AUDITION PACKET 2015-2016

The fine print.

Please read all the following information if you are interested in trying out for the 2015-2016 Saraland Elementary Jump Rope Demo Team.

All students in third and fourth grade may tryout. Students must be academically eligible, “C” average in all subjects. Students must be physically able to practice weekly, and parents must be able to commit to the time our team needs for practices and performances. We practice the entire school year (September – April), and this year our practice days will begin on Monday afternoons from 3:15-5:00 pm on the blacktop area and also the gym. I do reserve the right to hold additional practices as needed. If a student is absent from school due to injury or illness, they may not practice or attend demo school sights. Some practices are mandatory; missing a mandatory practice will result in missing a performance.

Parents and students will both be asked to sign a contract committing themselves to this sport and the team. **Students are allowed to miss a total of 3 practices before being re-evaluated or asked to step down from the team. Repeated behavior issues will not be tolerated. I will use a red folder to log good and/or improper behaviors.**

There will be a cost for equipment, dry fit uniform shirt, AHA- issued uniform shirt as well as coaching items. Cost is estimated at $50.00 per student. This fee will also cover money for all snacks and water. We offer healthy snack options before and after each performance. The only out of pocket expense that your child may have will be lunch outside of school, which could be $5.00- $7.00 after school performances.

We will travel by bus when traveling to schools. Students must always remember that they represent our school. We may be asked to perform at many events during the school year and even on some weekends. Every time we step into a new arena, we are representing what BIG THINGS our awesome school can accomplish. Students must always remember to set a good example and represent not only themselves, but also our school as we travel.

We are sponsored by the American Heart Association and are one of only two demo teams in the Mobile/Baldwin area working hand in hand with their organization. We are asked to travel to different elementary schools to motivate their students about Jump Rope for Heart events, to show our tricks and to allow students a chance to encourage healthy hearts and habits. We sign a contract with the American Heart Association and are asked to represent them diplomatically and proudly as we travel.

**Tryout Process**

Students that are interested in trying out will need to turn in their application, expectation sheet, and essay by Friday August 28th, 2015. All applications need to be turned into Coach Ferguson or Mrs. Covington. **NO LATE APPLICATIONS WILL BE ACCEPTED!**

Tryouts will be held during your child’s PE time. Tryouts will happen in front of the Jump Rope Coaches and will begin on September 3, 2015. Each student will be judged on the number of jump rope skills performed consecutively in a row. The higher number of skills performed, the better for the tryout participant**. I will keep the top 30 scores.**

**Tryout Requirements**

Students will be judged on their ability to perform the skills with accuracy, ease and quickness. Along with the required jump rope skills, each participant will be asked to perform another jump they know how to do and perform a skill for creativity (anything they would like to do to earn them extra points. This could be a unique jump, tumbling skill with the jump rope etc).

**Students will be judged on the following jump rope skills:**

1. **Basic Jump**
2. **Criss Cross**
3. **Matador or Side Swing Cross**
4. **Leg-over**
5. **Another jump other than #1-4 ( Be Creative)**

2. Our video routine: this is a set routine to a pre made video. I just want to see that they can memorize these skills in the correct order for the correct number of beats, with no mistakes. The videos and specifics are listed on our school website, under my teacher section, Christin Ferguson- Videos. We will also give students the opportunity to practice the routine during their PE time. Students that perform the routine with no mistakes will receive an extra 50 points.

3. The paperwork must be complete and turned in by NOON on August 28th, 2015.

**Jump Rope Team EXPECTATIONS**

Both parent and student need to initial each line

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Homeroom Teacher:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_I will try my best.

\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_I will respect others and equipment.

\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I will listen and follow directions.

\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I will try new things and not give up.

\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I will show good sportsmanship on and off the team.

\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I will bring a water bottle.

\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I will wear athletic shoes.

\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I will bring a healthy snack to eat before practice begins.

\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_I will practice what I have learned at home and/or at P.E.

\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I understand that my behavior and choices could result in my removal from this team.

\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_I will fundraise for our Jump Rope for Heart event.

\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I understand I am responsible for keeping up with my belongings.

\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I understand along with my parents that I must be picked up from practice on TIME.

\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I will HAVE FUN!

**Application to Audition for the Travel/Demo Team**

Parents,

Please read and review the following with your child:

By applying for the Travel/Demo team, I understand that it is my responsibility to properly use all equipment. I understand that I am solely responsible for my own health and safety. I represent and warrant that I am physically fit and able to participate in this program. I agree to stop and ask for help if I feel dizzy, fatigued, feel shortness of breath, pain or any other condition, which would make it unsafe for me to continue. I understand that if chosen to participate in the Travel/Demo team, I am a representative of Saraland Elementary School as well as the American Heart Association and the Jump Rope for Heart program. I understand that only a small percentage of students that audition will actually be invited to make the team this year. I understand the parental support needed if my child becomes a part of this team. I understand my child must remain in good academic standing.

STUDENT NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HOMEROOM TEACHER\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT CELL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MEDICAL CONDITIONS/ALLERGIES \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMERGRNCY CONTACT NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMERGENCY CONTACT PHONE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WORKING PARENT EMAIL (This is VITAL and must be legible)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Travel/Demo Team Questions 2015**

Please answer these questions to the best of your ability (1) what does the word “team” mean to you? (2) What is the Jump Rope Demo Team really? (3) Why would you like to be a part of this team? (4) What can you bring to the team? (5) What do you hope to learn as a part of this team?

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HOMEROOM TEACHER \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_