



# Handbook

For  
Jumpers and Families  
2019-20 Season

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*“Whether you think you can, or you think you can’t - You’re right”*

-Henry Ford

## **INTRODUCTION**

Tsunami Skippers was founded in 2006. The goal of the founders Stacey Dundas and Shannon Carey was to provide kids an alternative sport in Clatsop County. A sport that would help young people learn teamwork, the benefits of exercise, self-confidence and respect for others. That goal was met and continues today.

The Tsunami Skippers Jump Rope Team compete at different open competitions, not to mention national and world-class championships. The Skippers host a variety of workshops, and perform at schools and other events including the Oregon Ducks Girls Basketball Halftime, Globetrotters pre-game, parades and festivals, Six Flags Amusement Park, as well as a trip to Norway for World Jump Rope Championships.

## **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 below may result in disciplinary action by the head coach including suspension or dismissal from the team. Jumpers are expected to exemplify extraordinary respect for themselves and for others at all times. Jumpers receiving disciplinary action while in school, including suspensions, may face temporary suspension or dismissal from the team.

### Jumpers:

- Show up to practice on time with ALL ropes, appropriate clothing and shoes and be ready
- The use of cell phones during practice is prohibited
- Treat all team members with respect and kindness
- Be supportive and committed to other team members, offer comfort and encouragement when needed
- Refrain from bullying or persistent use of rough or unwelcomed behavior
- Show respect for your team members, coach and others involved in this amazing sport
- Attend as many practices as possible. The ability to participate in routines and events is directly related to a jumper’s attendance. Call or text if you cannot make practice.
- Follow the coaches’ directions the first time you are asked. Refrain from talking when being given directions.
- Take care of equipment and help to clean up and put away items used during practice or competition
- Graciously accept victory and defeat
- Adhere to the American Jump Rope Federation (AMJRF) Code of Conduct
- Work hard and have fun
- Do your best every time you show up – give 100% effort

### Parents:

- Support all of the jumper’s expectations listed above
- 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. Do not interfere during practice. Pick up jumper promptly at the end of practice.
- Pay all fees in a timely manner

- One parent (or guardian or other responsible family member) **must** complete online judging training and be willing and available to judge at each competition. This training is free through: <https://ijru.sport/rules/judge-training>. One parent must be certified in speed judging levels one (1) and two (2), AND the choice of presentation or content. Failure to do so may result in team penalty fees and may mean your child is unable to compete in events.
- Work cooperatively with coaches and other parents in order to serve the team as a whole most effectively.
- Adhere to the AMJRF Code of Conduct

## ANNUAL FEES

Uniforms are included in the annual fees. Uniforms must be returned in excellent condition at the conclusion of the season.

YEAR	FEE	REQUIREMENTS
1st year	\$275.00 which includes <ul style="list-style-type: none"> <li>• 3 required Tournament fees (\$120 value)</li> <li>• 1 beaded performance rope</li> </ul>	Must attend all 3 competitions; parent required to receive judge training and attend all 3 tournaments with jumper
2nd year	\$125.00*	
3rd year	\$100.00*	
4th year	\$75.00*	
5th year	\$50.00*	
6th year	\$25.00*	
7th+ year	FREE*	

\*Does not include Tournament fees; includes 1 regular short or long handle rope included in fees.

## TIME COMMITMENTS

New jumpers will be added to the team depending on the needs and size of the team, by invitation or try-out. Try-outs are typically held in December and kids must pass the Level 1 trick list to make the team. The list can be found on our Facebook page. Once a jumper makes the team, they are not required to try out for subsequent years. The season begins in January and typically finishes mid-May, although we have usually have a summertime event which is not mandatory. Practices are held at Broadway Middle School cafeteria, Tuesdays and Thursdays 3:30-5:30, but may be required to practice elsewhere from time-to-time. We perform year-round, but it is not required. Those who want to participate outside of our regular season may do so.

Parents are required receive annual judge training (one adult judge per family). Our 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.

## PERFORMANCES

Each year the Tsunami Skippers perform in community events and shows, in addition to provide entertainment at other sporting events. The jumpers will also travel to nearby schools to perform and educate students on the benefits of jumping. Performance trip opportunities are based on practice attendance, ability level and overall sportsmanship. Performance opportunities are limited for first year jumpers.

## COMPETITIONS

Parents/guardians are required to bring their own jumpers to competitions. This is not only to ensure their jumper has a great support system, but it is also to help distribute the judging duties for all parents so that everyone may be able to enjoy the event. All jumpers have the option to participate in competitions designed for their skill level and age. Tsunami Skippers competes in the following competitions each year:

- Bainbridge Island Invitational (BII), Bainbridge Island, WA
- Oregon Coast Classic (OCC), Seaside, OR
- Tournament of Champions (TOC), Kirkland, WA

Tsunami Skippers may also have a select group of jumpers compete at the National/World Jump Rope Competition.

Partner or team events require 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 commitments to competitions. Parents are responsible

2nd year and up kids are required to participate in the OCC, but BII and TOC are optional. Parents are required to volunteer at the OCC since this is a Tsunami Skippers sponsored competition.

## UNIFORMS AND PERSONAL APPEARANCE FOR PERFORMANCES

Uniform pieces are distributed at the beginning of the season and are required to be returned promptly at the conclusion of the season. NEVER wear any pieces of your uniform outside of competition or performances. Uniforms are not to be worn at school. A jumper must replace any uniform piece that he/she loses or damages. Replacements will be at the individual jumper’s expense:

Nike warm-up Jacket	\$75.00
Nike warm-up Pants	\$50.00
Competition shirt (Adidas)	\$40.00
Performance shirt	\$35.00
Other t-shirt	\$25.00
Nike shorts	\$25.00
Beaded Rope	\$10.00
Headband	\$5.00

Jumpers should wear aerobic, cross training or running athletic shoes and other supportive clothing. Personal grooming should always be at its best. Female jumpers are expected to have their hair in neat French braids.

## FUNDRAISING:

Tsunami Skippers may provide a number of different opportunities for jumpers to raise funds for their accounts:

- Team Sponsors: If you, a friend or family member has a business and would like to sponsor your child for a season they can be part of our long list of local sponsors. The only rule is they cannot be an existing sponsor for our team. If you get a new sponsor half the donated amount will go to the team account and the other half will be credited to the jumper’s expense account. Ask Stacey for Sponsorship Letter and Levels. Sponsor levels are:
  - GOLD \$500.00
  - SILVER \$350.00
  - BRONZE \$250.00

- Papa Murphy Cards: Papa Murphy discount cards are sold for \$5.00 each and the child gets the entire dollar amount sold credited to their jump rope account.
- Jump-a-thon: Jumpers get sponsors for either per jump or a flat rate, then we designate a day to time the kids on how many jumps they can get in a minute! The kids get credited the full amount in which they raise for their jump rope account.
- Other: There may be other opportunities generated throughout the season and the team will be notified.

### **OTHER FINANCE ISSUES**

Tsunami Skippers does not provide medical insurance and does not hold accident or liability insurance. Parents are strongly encouraged to acquire some type of coverage if their child does not already have it. Tsunami Skippers assumes no liability for injuries sustained before, during, and after practice, competitions, or other events.

Costs associated with competitions including meals, travel and lodging are the responsibility of the jumper.

### **PHOTOGRAPHY AND RECORDING**

When your jumper participates in an event or competition photography, audio, and video recording may take place. By participating in these events, you consent to interview(s), photography, audio recording, video recording and its/their release, publication, exhibition, or reproduction to be used for news, web casts, promotional purposes, telecasts, advertising, inclusion on websites, social media, or any other purpose. Images, photos and/or videos may be used to promote similar jump rope events in the future, highlight the event or sport. You release each and all persons involved from any liability connected with the taking, recording, digitizing, or publication and use of interviews, photographs, computer images, video and/or or sound recordings. Each Tsunami Skippers jumper or parent/guardian waives all rights to any claims for payment or royalties in connection with any use, exhibition, streaming, web casting, televising, or other publication of these materials, regardless of the purpose or sponsoring of such use, exhibiting, broadcasting, web casting, or other publication irrespective of whether a fee for admission or sponsorship is charged. You also waive any right to inspect or approve any photo, video, or audio recording taken by event sponsors or their designees. You have been fully informed of your consent, waiver of liability, and release.

### **LEAVING THE TEAM**

If a jumper quits the team, any funds raised or credited toward that jumper's expense account will be held for six (6) months and then will be transferred to the team and will be put into the general account. Refunds of the jumper's fees may be made at the discretion of the coach, depending upon the circumstances of the jumper's inability to remain on the team. Jumpers in the same family may apply one sibling's earnings to another sibling's jump rope-related expenses.

### **CONCLUSION:**

Thank you for considering our team as a sport for your child! When I started this team back in 2005 I had no idea that we would go the places we've gone or accomplish the things we have managed to accomplish. I started this team as a way to pay it forward and hopefully create some lasting memories like I had on my jump rope team as a young kid in the 1980's. Jump rope is a truly special sport and I am so happy that I have been able to share it with all the kids that have participated over the years.

We love jump rope and thank you for sharing our sport!

*Stacey D. Dundas*

Coach

Tsunami Skippers Jump Rope Team

I acknowledge that I have read and understand the criteria of being a member of the Tsunami Skippers Jump Rope Team. I additionally acknowledge if I do not

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Jumper

Date

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Parent

Date