



**Rope Skipping Canada**

**Saut à la Corde Canada**

**2019 ANNUAL REPORT**



# Rope Skipping Canada

## Saut à la Corde Canada

### 2019 Chair's Report

First and foremost, I would like to acknowledge the hard work and dedication of our 2018-2019 Board of Directors and the RSC General Manager:

**Vice Chair** – Sam Ashley

**Treasurer/Director (Alberta)** – Amy Cornett

**Director** – Sarah Miles

**Director** – Sarah Dobrowolski

**Director (Ontario)** – Mary Kish

**Director (British Columbia)** – Emily Whitman

**Director (Nova Scotia)** – Cameron Short

**General Manager** – Bonnie Popov

Rope Skipping Canada (RSC) introduced many new initiatives throughout the 2018-2019 season, which began with the implementation of the RSC Minimum Coaching Requirements, which came into effect September 1, 2018. With change always comes administrative challenges, but clubs worked with the RSC registrar to ensure a smooth transition. As we continue to strive for coaching excellence all clubs and coaches are encouraged to familiarize themselves with the 2019 Minimum Coaching Requirements, which again will be a positive step for the growth of our sport. The 2019 Minimum Coaching requirements can be viewed on the RSC website.

Throughout the 2018-2019 season, the RSC Board of Directors continued to work to achieve the objectives outlined in the 2018-2022 RSC Strategic Plan. A key component outlined in the RSC Strategic Plan was increased communication with clubs and the general membership. To this end, the RSC Newsletter began distribution with the first edition in the fall of 2018 and will continue on a quarterly basis moving forward. The newsletter will allow RSC to reach larger portions of the general membership as our sport grows.

In February 2019, RSC was officially granted Provisional Membership status with the International Jump Rope Union (IJRU). As the IJRU continues to develop the rulebook and judging resources, the RSC IJRU Task Group has been working tirelessly to provide important feedback to the RSC Board of Directors to be presented to the IJRU to ensure Canada continues to play a key role in the development and success of jump rope across the world. To this end, throughout this season, the RSC Board of Directors has engaged in conversations with Sport Canada to begin the process of becoming a recognized sport within the Sport Canada framework. This process will take time and requires a large growth of our sport across the country, but together with our PSO's and clubs RSC is excited about the future of our sport within Canada and the global sporting community.

Yours in rope skipping,

Erin Gillespie

Chair, Rope Skipping Canada



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### 2018-2019 Membership Report Memberships received as of April 1, 2019

The following memberships to Rope Skipping Canada were received for the 2018-2019 season:

Province	Full – Athlete	Full – Judge/Volunteer	Full – Coach	Recreational – Athlete	Temporary – Athlete	Associate – Judge	Associate		Total
							– Volunteer	– Coach	
Alberta	139	12	34	139	0	50	61	0	435
British Columbia	140	1	14	61	0	64	54	2	336
Nova Scotia	24	1	3	41	0	17	6	0	92
Ontario	190	4	34	180	0	115	10	2	535
Quebec	10	0	1	0	0	0	0	0	11
Saskatchewan	1	0	0	0	0	0	0	0	1
<b>Total RSC Memberships</b>	<b>504</b>	<b>18</b>	<b>86</b>	<b>421</b>	<b>0</b>	<b>246</b>	<b>131</b>	<b>4</b>	<b>1410</b>

*Note: Individuals registered in multiple membership classes (ex. athlete/coach) are reported as their main role.*



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**2018 – 2019 Club Memberships**

<b>Provincial Sport Organization (Recognized)</b>	<b>Number of Registered Clubs</b>
Jump Rope BC	6
Rope Skipping Alberta	10
Ontario Rope Skipping Organization	11
Rope Skipping Association of Nova Scotia	2
<b>Provincial Sport Organization (Not Recognized)</b>	<b>Number of Registered Clubs</b>
Quebec	1
<b>Total RSC Clubs</b>	<b>30</b>



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**Comparison of 2017-2018 and 2018-2019 Membership Data**

Province	2017-2018	2018-2019	Difference (% Change)
Jump Rope BC	459	435	-5.5%
Rope Skipping Alberta	357	336	-6.25%
Rope Skipping Association of Nova Scotia	95	92	-3.3%
Ontario Rope Skipping Organization*	463	535	+13.5%
Quebec	5	11	+54.5%
Saskatchewan	1	1	0
<b>Total RSC Memberships</b>	<b>1380</b>	<b>1410</b>	<b>+2.1%</b>

\*Note: Limited registration of recreational athletes during the 2017-2018 season.



## **Rope Skipping Canada 2019 Results Report**

Rope Skipping Canada (RSC) developed and implemented a new results program that is better suited to track style entries at competitions. The program was used in the 2017-2018 season at the Rope Skipping Alberta and Ontario Rope Skipping Organization provincial championships and was also used at the 2018 RSC National Championships. The new RSC results program continues to be used in the 2018-2019 season in both Alberta and Ontario. RSC has shared the new program with the Rope Skipping Association of Nova Scotia and Jump Rope BC. The results team has troubleshooted minor issues within the program and is confident with the functionality of the program.

Jump Rope BC has used the new results program for the 2019 Jump Rope BC Provincial Championships and RSC eagerly anticipates the organizations feedback on the program.

Mary Kish  
National Results Co-ordinator



## **Rope Skipping Alberta 2018-2019 Provincial Report**

Alberta and Canada are both celebrating 30 years in Jump Rope this 2019! Provincial and National competitions in Alberta are bound to be exciting with the celebration of this milestone. Congratulations and let's continue to flourish for another 30 years!

Rope Skipping Alberta continues to grow as an organization within Canada. Our 2018 Business Plan was carried forward from the previous year and continues to check off boxes thanks to the RSA chair who continues to drive these initiatives. An aggressive Strategic Plan was also drafted for the years moving forward 2019-2023.

Fun Team Alberta is a non-profit organization designed to guide volunteers in an organized sport in their communities. Some Alberta clubs took advantage of the free programs and were awarded up to \$1,000 each in grant money to go towards team expenses.

With all the volunteer hours that are dedicated to ensuring the success of the sport, a volunteer tracking program was set up for each Board member to track their hours. These hours will be compiled and will be used in future to apply for various Government grants.

Alberta hosted some exciting events this year. The two-day RSA Summit weekend, centrally located in the Province for all to attend, was a success with 105 registered athletes and invited coaches from both Canada and the US. Both the Masters and Team competitions each had approximately 100 athletes and there were personal bests, provincial and national records set. Congratulations to everyone who participated!

Individual teams were asked to do various demos at large sporting events and major attractions. It was important to showcase our sport in capacity, so all Alberta teams were invited to take part.

As we continue on with "Come Try Skipping" community demos and recreational programs, Alberta continues to create interest and draw newcomers into our sport. Great job, everyone!

Amy Cornett  
RSC Alberta Representative



## **Jump Rope British Columbia 2018-2019 Provincial Report**

The 2018/2019 year has been a productive one on the Jump Rope British Columbia (JRBC) Board and for teams in BC.

Many of our teams have seen senior jumpers take a leadership role in clubs and on the JRBC Board while more senior coaches have stepped back into a mentorship role. This bodes well for the future of the sport in BC. We are excited to have an increase in membership with a large contingent of young athletes in both our recreational and competitive streams.

Our year got off to a great start with regional fall camps, where athletes, coaches and parents enjoyed honing their skills and preparing for the season to come. In the Lower Mainland, Fall Camp was paired with the Annual Fraser Valley Classic Speed and Power Tournament. In addition, some of our RopeWorks athletes attended the Jump with the Stars Camp in Ohio in November. The new year saw BC's Records Day, which is another speed and power competition, held in each team's own gym with the results merged digitally. All of our teams kept busy with training, workshops, performances, and school assemblies. As usual, some clubs drove South to compete with our friends in Washington State. April saw our Provincial competition and the last push to Nationals. While Provincials was taking place, The Abbotsford Skipping Sensations was honoured to be inducted as a club into the Abbotsford Sports Hall of Fame.

On a Board level, JRBC worked on cleaning house, getting paperwork and finances in order and revising by-laws and policies. New ideas for how to move forward with our All-Stars program are being solicited. Additionally, JRBC has changed its logo and Team BC uniform, which athletes will be proud to wear for the first time at this year's Nationals. The Board is also preparing for being the host of the 2020 National Championships.

Team BC is excited to compete alongside all of Canada's athletes in Olds, Alberta. We would like to thank the Alberta clubs for hosting what we know will be a great three days.

Deirdre DeGagne  
JRBC President





## **Ontario Rope Skipping Organization 2018-2019 Provincial Report**

### **Ontario's first competition for the 2019 season was the beginning of February.**

A 2-day event which 175 athletes attended. Both team and masters events were run. It was a great weekend and members were able to reconnect and meet new people. We introduced a Novice division at the Ontario Open (any jumpers with 3 years or less competitive jumping experience could be entered into the Novice division for events in 3 age divisions, 11-12, 13-14 and 15-17).

### **Workshop with Hong Kong Rope Skipping Academy**

As part of their Chinese New Year Celebrations, the Hong Kong Economic and Trade Office (Toronto) funded a team from the Hong Kong Rope Skipping Academy to come and perform in Canada. As part of their trip, a workshop and skill exchange sessions were arranged with these amazing athletes. The workshop took place on Sunday, February 10<sup>th</sup>, 2019 which 70 Ontario jumpers attended. Two skill exchange sessions were arranged in Southern Ontario on the following February 11 and 2, 2019 before the Hong Kong jumpers left for British Columbia.

### **Ontario Provincials was held March 30<sup>th</sup> & 31<sup>st</sup>, 2019.**

200 athletes attended.

Ontario clubs promote the benefits of rope skipping and being active to students of local schools through demonstrations, workshops and recreational programs. Some clubs work with their local School Boards to run programs.

Clubs perform at half-time University games and visit schools to conduct workshops and work with Heart and Stroke to provide Jump Rope for Heart demonstrations. Some Ontario coaches work with School Demonstration Teams to teach skills and provide choreography for their performances.

Last season an Ontario team of dancers/jumpers entered their modified SRTF routine into a "Hidden Talent" category at a dance competition. The judges were blown away and had never seen anything like it. The entry placed in the top 5. Online voting was done, and we are awaiting the results.

Ontario will have at least 30 athletes attending WJR in Norway in July 2019.

Mary Kish

RSC Ontario Provincial Representative



## **Rope Skipping Association of Nova Scotia Report 2018-2019 Provincial Report**

The RSANS Board Consists of:  
Sam Ashley, President  
Sarah Dobrowolski, Vice President  
Carolyn Fox, Treasurer  
Jackie Ball, Secretary  
Dwight Lucas, Director  
Cameron Short, Director  
Kristyn Ball, Director  
Sarah Miles, Judging Coordinator

The 2018-2019 season has been filled with new events and activities across the province. Our athletes participated in several workshops, demonstrations and competitions. The Jump Energy Rope Skipping Club helped host our annual Skipping Day in Canada event in Porters Lake, where we welcomed new members to our sport.

We hosted our Provincial Championships and Recreational Camp & Competition with two competitive clubs and six recreational and school clubs. This year we introduced our new Single Rope Partner Speed to our recreational competition, an event that we piloted last year at one of our mini-competitions.

We look forward to continuing to grow and develop capacity at both the recreational and competitive levels. We continue to partner with Sport Nova Scotia and the Nova Scotia Department of Communities, Culture and Heritage to help bring rope skipping to the forefront of mainstream sport for all.

### **We would like to congratulate our 2019 RSANS Provincial Masters Champions:**

U10 – Alena Collens  
11-12 – Hailey Fredericks  
13-14 – Bailey Poirier  
13-14 Male – Jacob Nussey  
15-17 – Karly Turner  
18-29 – Cameron Short