



2023 RSANS Annual Report

The 2022-2023 skipping year has been a busy one for our athletes, filled with challenges and new opportunities. We were very happy to be able to run multiple in-person competitions in Nova Scotia. We hosted a very successful recreational camp & competition, despite school teams still having difficulty getting started again after covid.

Our school and recreational programs were hit much harder than our competitive program during covid, but the recreational clubs have begun growing again this year, with hopes that we will continue to come back even stronger in the coming years.

The RSC Challenge was another great opportunity for our athletes early in the season to participate with athletes from across Canada. We enjoyed watching the finalists from all across the country. Hopefully we can continue to see the creativity of Canada's athletes with this event going forward.

We had 4 Nova Scotians athletes qualify for the 2023 IJRU World Championships. They had an amazing experience with a number of great performances. There was so much to learn and take away from this event.

We would like to congratulate the recipients of the Support4Sport Awards from Sport Nova Scotia:

Junior Female Athlete of the Year - Leighton Miles
Junior Male Athlete of the Year - Nicholas Dewar
Senior Female Athlete of the Year - Makenzie Adams
Senior Male Athletes of the Year- Jacob Nussey
Team - Jump Energy 19+ (Hanna Janes, Delia Miles, Jacob Nussey, Makenzie Adams)
Coach of the Year - Tina Guest
Volunteer of the Year - Brooke Neily
Official of the Year - Suzanne West

I would like to thank our athletes, coaches, judges and volunteers for all of the time and effort they put forth throughout another busy year. I look forward to seeing what the future holds for rope skipping in Nova Scotia, Canada, and around the world.

--

Cameron Short
RSANS Representative
Rope Skipping Canada