



2024 RSANS Annual Report

The 2023-2024 skipping season was another good year for RSANS, filled with new challenges and opportunities. We hosted a masters' competition and Provincial Championships for competitive members. Our recreational members had a successful camp & competition. For the first time in many years we had multiple teams at our competitive provincial championships including 2 from HRM and 1 from Annapolis Royal.

In the fall we hosted a week-long series of workshops and demonstrations with guest instructors Jennifer Kirkland and Stephanie Weeks. We visited several elementary schools across the province, teaching rope skipping to phys ed classes. We hosted two community workshops in HRM and the Annapolis Valley, as well as practices with our competitive clubs.

Our school and community recreational programs are rebuilding post-covid and we saw an increase in recreational membership this year. We are working toward building up our recreational programs across the province, which will naturally grow our competitive membership as time goes on.

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 - Cameron Short
Volunteer of the Year - Kristyn Ball
Official of the Year - Susan Cole
Association of the Year - Annapolis Skippers

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.

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Cameron Short
RSANS Representative
Rope Skipping Canada