

Rope Skipping Canada

Jump Rope BC Annual PSO Report : 2022/2023

This past season has been one of growth for all teams in BC. Our numbers of recreational jumpers and competitive jumpers have increased substantially. With Covid not being as much of a concern, teams opened their doors to new jumpers. BC had eight active teams this past season, and each one trained hard and continued to promote the sport of jump rope in their area. Our recreational programs and camps started up again, and teams are being sought out to perform at schools, festivals, sporting events etc. It was exciting to be performing in front of live audiences, but we were still taking health precautions when needed.

BC didn't have a provincial Fall Camp in October, 2022, but there are plans to have one for October of this year. Teams took part in the RSC Challenge again, and enjoyed it. Teams did take part in our Records Day, and many teams held their own mock competitions to prepare for events. We held our Provincial competition in April in Victoria and jumpers were excited to compete, and to qualify for Nationals.

We had several athletes qualify and attend the IJRU World competition in July in Colorado Springs. This was

an amazing experience for all of them, and some of our BC jumpers came back with medals from the IOT championship and the World championship.

The BC Allstar team of nine, high level jumpers, was set, and those athletes performed at Peachfest in Penticton, and will be performing and instructing at our Fall Camp . Teams are looking forward to getting back into the gym and start preparing for the upcoming season. We are looking forward to an exciting year, and more growth in our sport.

Submitted by:

Cathy Cunningham

JRBC National Board Representative