

Rope Skipping Canada

Jump Rope BC Annual PSO Report : 2023/2024

This past season has seen continued growth for all jump rope teams in BC. Our numbers of recreational jumpers and competitive jumpers have increased substantially. 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 flourished, and teams are being sought out to perform at schools, festivals, sporting events etc.

BC had a Fall Camp in October 2023 in Victoria, and jumpers were happy to be back in the gym learning from our BC Allstars and other experienced jump rope instructors. Teams also took part in our Records Day in February, and many teams held their own mock competitions to prepare for this event. We held our Provincial competition in April in Oliver BC, which was a new venue for us, and jumpers were excited to compete, and to qualify for Nationals in Kitchener Waterloo. We had a great contingency of jumpers attend our National Championship in May 2024 in Kitchener, and it was great to see renewed friendships between jumpers from across the country.

We continued to promote our BC Allstar program within our province this season. Our Allstar team consists of a group of ten high level jumpers from different teams across BC. These athletes play a role in hosting Provincials, perform at Peachfest in Penticton, and will be performing and instructing at our Fall Camp . The Allstar Team is also available to new and existing teams to help them further their skills through camps, and instruction days.

Teams are looking forward to getting back into the gym and start preparing for the upcoming season. We have some BC jumpers preparing for the IJRU Qualifier in November hoping to qualify for the World competition in Japan in 2025. We are looking forward to an exciting year, with continued growth in our sport.

Submitted by:

Cathy Cunningham

JRBC National Board Representative