



Ontario Rope Skipping Organisation Annual Report 2022-2023

Ontario Rope Skipping had a very good 2022-2023 season. ORSO is gradually getting back to “normal” post pandemic with a full competition season that included provincial, national and international competitions. ORSO’s membership numbers are also up from last year, especially our Recreational members as ORSO looks to continue to grow.

2022-2023 Membership:
180 Competitive Athletes
34 Coaches
94 Judges
12 Volunteers
99 Rec Members
419 Total Members

ORSO planned to have a workshop in November. However, due to an unforeseen educational institution strike the workshop was cancelled. ORSO was able to reschedule and host a workshop in January, however it was significantly smaller than originally planned. ORSO’s workshop committee has already begun planning a workshop with extended programming for athlete and coach development, as well as world-athlete specific programming this coming year in November.

ORSO ran two successful in-person competitions this season: the Ontario Open and Provincials. Both competitions also served as IJRU virtual qualifiers. All eight ORSO teams, as well as some independent athletes qualified and traveled to Wolfville, Nova Scotia to compete at Nationals. ORSO also had over 50 athletes qualify and compete at the IJRU World Championships, in Colorado Springs. A great time was had by all, with lots of valuable experience and friendships gained. ORSO is looking forward to supporting our competitive athletes as they look ahead to World’s in 2025.

In the coming season ORSO plans to come out with an updated five-year Strategic Plan focusing on building our organisation, our members, and our leaders. ORSO will also be redrafting our bylaws in accordance with new provincial legislation we are required to act in accordance with by 2024. ORSO’s Athlete Council continues to stay active and is looking forward to the upcoming season. ORSO has also contributed significantly to the creation of the RSC coaching manuals, an effort which is ongoing.

ORSO is looking forward to continuing to grow its Recreational and Pre-competitive programs throughout the province, with the aim to host an additional competition geared towards speed and power for competitive athletes, and pseudo competitive events for our high level recreational and pre-competitive athletes. ORSO is thrilled to announce the creation of a brand new recreational and competitive team in Ontario called KW Jump Rope, based out of the Kitchener-Waterloo area.

ORSO is excited for the upcoming season and is looking forward to hosting and seeing everyone at Nationals next year in Ontario.

Respectfully Submitted

Samuel Faris

ORSO Rep on the RSC Board of Directors