



## Ontario Rope Skipping Organisation Annual Report 2023-2024

Ontario Rope Skipping had a very good year this year. ORSO completed a full competition season that included Provincial and National competitions, as well as the Ontario Speed and Power Competition as an additional opportunity for our athletes to compete, and judges to practice judging. This was paired with learning opportunities for both athletes and judges. ORSO's membership numbers are very similar to last season, with a slight dip in judge membership.

2023-2024 Membership:

177 Competitive Athletes

35 Coaches

63 Judges

5 Volunteers

101 Rec Members

ORSO was able to run our usual workshop as planned in November for the first time since 2019. The workshop also included in person judge training. It was very well attended and ORSO was also able to bring in some out of province staff including some RSA athletes.

ORSO ran two successful regular in person competitions this year with the Ontario Open and Provincials. All ORSO teams had athletes qualify and compete at Nationals hosted by Ontario in Kitchener/Waterloo at Laurier University. In addition to the regular competitions ORSO ran a speed and power competition in January. This competition also included a workshop with presentations on Nutrition, Mental Wellness and Preparation, and how to improve presentation scores. Overall ORSO feels this was well received and was a success.

ORSO has contacted legal counsel to assist with redrafting our bylaws in accordance with new provincial legislation as required. They have also contacted all provincial organizations and Rope Skipping Canada to discuss the development of policies that span all jump rope in Canada that prioritizes the safety of all jump rope members.

ORSO's athlete council continues to stay active and is looking forward to the upcoming season. ORSO's social media and marketing "committee" has been incredibly instrumental in spreading the word throughout the province, with ORSO's social media efforts leading to our participation in The Good Games, - Canada's biggest festival of sport. ORSO is hoping this is a start to a great partnership with this organization.

ORSO is looking forward to supporting our competitive athletes as they look ahead to World's next year in Japan, including through hosting the qualifier competition in November. ORSO is excited for the upcoming season and is looking forward to seeing everyone at Nationals next year in Saskatchewan.

Respectfully Submitted

Samuel Faris

ORSO Rep on the RSC Board of Directors