

# Asbury Elementary Jump Rope Club (3rd-5th)

Hello all, beginning **Thursday, February 6th- Thursday April 23rd**, I will be leading a Jump Rope Club taking place before school from 7:45am-8:25am Thursdays in the gym.

Did you know that jump rope skills:

- improve cardiovascular endurance
- improve rhythmic skills
- allow students to work with others towards a goal
- helps students gain confidence to join a jump rope team!

This club is only open for 3rd-5th grade students that display B.E.S.T. traits and fill out and bring in their signed application at no cost.

Keep in mind, practices are MANDATORY and students that ride the bus to school are required to attend practice once the bus arrives.

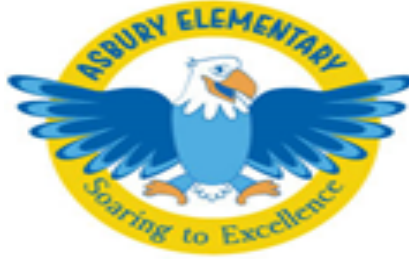
Any student that misses more than (2) practices will not be allowed to compete in the Jump Rope City Championships, which will be held **Saturday, April 18th**.

Jump ropes will be provided for students during the practices, as well as for the April 18th competition. If students are interested in competing, cost will be \$15/student (\$10/sibling).

**APPLICATIONS ARE DUE FRIDAY, FEBRUARY 1ST TO BE CONSIDERED.**

If you have any questions, please reach me at 720.424.9773 or [addie\\_howardiii@dpsk12.org](mailto:addie_howardiii@dpsk12.org)

Mr. Howard



## Jump Rope Club Application

Jump Rope Club will be taking place once/week beginning **Thursday, February 6th-Thursday April 23rd**, before school from 7:45am-8:25am in the gym.

There is **NO COST** for the club, yet practices are MANDATORY and students that ride the bus to school are required to attend practice once the bus arrives.

Any student that misses more than (2) practices will not be allowed to compete in the Jump Rope City Championships, which will be held **Saturday, April 18th**.

Jump ropes will be provided for students during the practices, as well as for the April 18th competition. If students are interested in competing, cost will be \$15/student (\$10/sibling).

*Applicants must exhibit his/her BEST character traits to all Asbury Elementary staff and students:*

- *B- Be Kind and Caring*
- *E- Excel in Learning*
- *S- Show Respect*
- *T- Take Responsibility*

**Name** \_\_\_\_\_ **Teacher:** \_\_\_\_\_

**\*Bring this completed application to Mr. Howard in the gym. Thank you for your interest in joining the Jump Rope Club.** We discussed this and I approve of our child's participation.

\_\_\_\_\_ (parent signature)