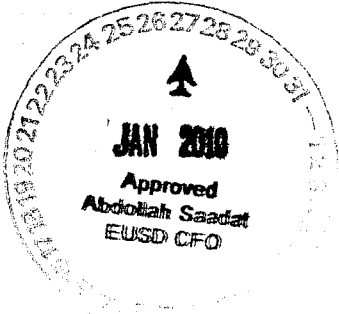




# USA JUMP STARS<sup>®</sup>



## Jump Rope Camp

Encinitas School District  
Ocean Knoll elementary School  
March 29<sup>th</sup> - April 2<sup>nd</sup>

Or  
April 5<sup>th</sup> - April 9<sup>th</sup>  
9:00am - 12:00pm  
**1 WEEK - \$99**

USA Jump Stars promotes jump rope as a means of creating a healthy body and mind while developing personal values, team spirit and sportsmanship through competition and live performance. Did you like the movie "Jump In"? Learning competitive jump rope tricks is challenging, fun and great exercise! This class will teach single rope, Chinese wheel, two person one rope, traveler, double dutch, and long rope.

**Jump ropes provided for class and available for purchase to take home**

**Grades: 1 - 6**

**Beginner to Advanced**

**Bring a smile and we will teach you to jump rope!**

**Wear work out clothing and good jumping shoes**

Please detach and mail to:

USA Jump Stars

P.O. Box 1135

Imperial Beach, Ca. 91932

Please make checks payable to USA Jump Stars

Ocean Knoll Spring Break 2009-2010

Participant's name \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

Address \_\_\_\_\_

Guardian \_\_\_\_\_ - Hm Phone \_\_\_\_\_

Wk Phone \_\_\_\_\_ - Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Emergency contact \_\_\_\_\_ Phone # \_\_\_\_\_

Circle One March 29<sup>th</sup> - April 2<sup>nd</sup> or April 5<sup>th</sup> - April 9<sup>th</sup>

I give my child \_\_\_\_\_ permission to participate in the USA Jump Stars program. I have arranged transportation for my child to and from the school. I release USA Jump Stars from all claims and responsibility arising from any injury to my child resulting from participation during this USA Jump Stars program.

Please call or e-mail Melinda Everett for questions. 619-851-6880. [Melindae123@yahoo.com](mailto:Melindae123@yahoo.com)

USA Jump Stars \$99

Parent's signature \_\_\_\_\_

This Program is offered through the Encinitas School District's Extracurricular Activities Program.  
Questions or concerns should be addressed to USA Jump Stars at 619-851-6880 or Ron Quini at 760-944-4300x1144