

34th ANNUAL
NORTH CAROLINA
ROPE SKIPPING WORKSHOP
REGISTRATION FORM

Name: _____ Age: _____

Phone: (____) _____

Email: _____

Address: _____

City/State/Zip: _____

School/Team: _____

Coach: _____

Participant Registration: \$ _____

By October 21st: \$100.00

After October 21st: \$110.00

Additional Optional items:

Raffle tickets (\$1 each or 6 tickets for \$5):
_____ Tickets = \$ _____

Commemorative 34th Anniversary Workshop program:
(perfect for autographs!) # _____ x \$ 10.00 = \$ _____

Workshop T-shirt(s)# _____ x \$15.00 = \$ _____

Please circle size(s): YS, YM, YL, AS, AM, AL, AXL

BBQ with the Bulldogs dinner ticket(s):
Adults # _____ x \$15.00 = \$ _____
Children 11 & over # _____ x \$15.00 = \$ _____
Children 5 - 10 # _____ x \$10.00 = \$ _____
Children 4 & under # _____ FREE (# for food planning)

International Jump Rope Spectacular:
All Tickets # _____ x \$15.00 = \$ _____

Total Enclosed: \$ _____
CHECKS PAYABLE TO BOUNCING BULLDOGS

Please Join Us!

Following a full day of jumping, you are cordially invited to join us at the traditional **BBQ with the Bulldogs** dinner held at 5:00pm at East Chapel Hill High School.

After dinner, walk back to the gym at East Chapel Hill High School and be prepared to be amazed as the 34th NC Rope Skipping Workshop staff from France, Germany, Hong Kong, South Korea, Tanzania & the USA wow you with their talent during the 7:00pm **International Jump Rope Spectacular!**

Tickets are required for all jumpers, family and friends who would like to join us at both the BBQ with the Bulldogs and the International Jump Rope Spectacular.

Please purchase all of your **dinner tickets and show tickets** for jumpers, family and friends **on this form** as you register for the workshop. Because of food planning, **tickets for dinner will not be available at the door.** Space permitting, show tickets may be available at the door, but it's best to plan ahead and order early!

The Bouncing Bulldogs
Attn: 34th Annual NC Rope Skipping Workshop
P.O. Box 2026
Chapel Hill, NC 27515-2026

34th ANNUAL
NORTH CAROLINA
ROPE SKIPPING WORKSHOP

BE A PART OF THE WORLD'S PREMIER

JUMP ROPE WORKSHOP

SATURDAY NOVEMBER 11, 2023

EAST CHAPEL HILL HIGH SCHOOL
500 WEAVER DAIRY ROAD
CHAPEL HILL, NC 27514

Hosted by the 7-time
USAJR Grand National Champions
and 9-time
WJR World Champions

Bouncing Bulldogs



Email: workshop@bouncingbulldogs.org
www.bouncingbulldogs.org

Coach Ray N. Fredrick, Jr.
919 493-7992

Bouncing Bulldogs is a 501©3 not for profit organization

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SCHEDULE OF EVENTS

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Please join us for an exciting Saturday, as the Bouncing Bulldogs host the North Carolina Rope Skipping Workshop, "the world's premier jump rope workshop" on Saturday November 11, 2023 at East Chapel Hill High School's gym in Chapel Hill, North Carolina.

The goal of the workshop is to bring together local, national, and international jumpers, coaches and jump rope enthusiasts to participate in an exciting, challenging, fun filled day of sharing jump rope skills and techniques.

This year's workshop will include 4 skill sessions featuring the latest techniques for single rope, double dutch, long rope, chinese wheel and traveler. In the evening, there will be a spectacular performance featuring world champion jumpers from France, Germany, Hong Kong, South Korea, and the United States.

You don't have to be a member of a jump rope team to participate in the workshop. It is open to everyone. Whether you are interested in honing your skills or simply having fun and improving your fitness level, you will want to join us!

Workshop Fees 2023
Standard Participant: \$100
(\$10 off if postmarked by Oct 21st)

Coaches: \$40 with 10 jumper registrations
Coaches: free with 20 jumper registrations
(Coaches must submit all applications together to qualify)

Saturday November 11, 2023

9:00am.....Registration
10:00am.....Skill Session I
11:15pm.....Skill Session II
12:00pm.....Lunch
1:00pm.....Skill Session III
2:00pm.....Skill Session IV
3:00pm.....Closing Show,
5:00pm.....BBQ with the Bulldogs,
7:00pm.....International Jump Rope Spectacular

Closing Show – Workshop participants will demonstrate what they have learned during the day. All participants will jump in this free show at 3:00pm.

Raffle – Tickets (\$1 each or 6 tickets for \$5) may be preordered or purchased during the workshop. Winners will be announced during intermission of the Closing Show at East Chapel Hill High School.

BBQ with the Bulldogs – Join us at 5:00pm for a traditional NC BBQ dinner with all the fixin's! Tickets are \$15 per person, \$10 for children 10 & under. (*children 4 & under are free*) **Tickets will not be available at the door.**

International Jump Rope Spectacular – After dinner, our amazing staff from France, Germany, Hong Kong, South Korea, Tanzania & the USA will wow you with their talent. Show begins at 7:00pm. Space permitting, show tickets may be available at the door, but it's best to plan ahead and use this form to order early!

**PARTICIPANT RELEASE AND INDEMNITY
AGREEMENT**

(Must be signed by participant or parent/guardian if the participant is under 21 years of age).

I (we) hereby request that you accept the application for registration in the North Carolina Rope Skipping Workshop for:

Name: _____

In consideration of your acceptance of the application, I (we) hereby release all persons associated with the Bouncing Bulldogs organization, and the 2023 North Carolina Rope Skipping Workshop, of and from all claims or cause of action arising from injury to the participant in the 2023 North Carolina Rope Skipping Workshop regardless of cause. If participant requires medical attention for injury or illness, I (we) give permission for the Workshop staff to seek appropriate medical care and will assume all financial responsibility for such.

I (we) give permission for the Bouncing Bulldogs organization to use any films, videos, and/or photographs of participant for public access TV, website, advertising, or such purposes.

PARTICIPANT SIGNATURE
Parent or Legal Guardian

Date