



28th Annual North Carolina Rope Skipping Workshop Hosted by Durham-Chapel Hill Bouncing Bulldogs

Most hear the words, “jump rope” and think of street games or elementary school gym class. However, this past Saturday, November 4, the Bouncing Bulldogs Jump Rope Team continued their legacy to promote awareness for jump rope as an exciting sport of creativity, rhythm, acrobatics and as a vehicle for community outreach at their 28th Annual North Carolina Rope Skipping Workshop.

The workshop welcomed both first-time and master-level jumpers from the local community and all across the United States to learn from a staff of the best jump ropers in the world at East Chapel Hill High School. The international staff comprised 30 jumpers from Japan, France, Germany, Tanzania and six states within the US.

In addition to the Saturday workshop, the staff performed at numerous local schools throughout the weekend and put on a Spectacular Show on Saturday night, showcasing their best skills and routines for a crowd of 900. Overall, the Bulldogs’ workshop event touched approximately 4,000 kids.

Anna Furlong, senior co-captain for the Bulldogs, commented on the unique opportunity to build relationships that jump rope provides. “From our workshop, I’ve witnessed how jump rope truly has the power to transcend any possible language barrier or cultural difference and how it can unite people across communities.”

Over the years, the North Carolina Workshop has grown from a more local base to become an internationally recognized event in the jump rope world. This year, the Bulldog program deepened their focus on community outreach by setting a goal to sponsor 100 underserved children in the surrounding area to come to the workshop.

Thanks to the support of 100 families and friends of the program, the Bulldogs surpassed their goal. 119 children from numerous local schools showed up with smiles to experience a jump rope workshop for the first time, free of charge. Each child received a breakfast generously provided by Mama Dips, a jump rope, and an inspiring opportunity to learn from, and connect with, the diverse staff.

“The scholarship program allowed us to share jump rope with others for an entire day in a positive, diverse and welcoming environment,” said Furlong. “We are thrilled to have surpassed our initial goal of 100 jumpers, and we look forward to sharing jump rope with even more children around our local community both throughout the coming months and at our next workshop.”