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BOUNCING BULLDOGS EXCEL AT THE APOLLO

Harlem, New York, August 8th, 2014 — On December 7, the Bouncing Bulldogs Jump Rope Team competed in the 23rd Annual Double Dutch Holiday Classic held at Harlem's world-famous Apollo Theater. Based in Chapel Hill and Durham, NC, the team dominated all age divisions, earning a total of 48 awards: 14 gold, 24 silver, and 10 bronze. Competitors from France, Japan, and seven states within the U.S. participated in two Double Dutch Speed events followed by Fusion, a form of Double Dutch combining jump rope, dance, and acrobatics in a routine choreographed to music.

In the 8th grade and over division, the Bulldogs took home the top three titles in the Classic Double Dutch Singles Speed and Compulsory event as well as the Pairs Speed and Compulsory event. Judges for these events count the number of times a competitor's left foot touches the floor as two other teammates turn the ropes in the allotted time.

A clean sweep in both speed events has never before been achieved by a team on the Apollo's legendary stage, creating an exceptional experience for the Bouncing Bulldogs program, said team officials.

"I am so proud of my teammates. We worked hard, pushed each other and were honored to represent the team at the historic Apollo Theater. We are grateful for the support from our coach, families, teammates, and the entire community who all helped us succeed," commented Ilana Fried, this year's senior captain for the Bulldogs.

The Bouncing Bulldogs hope to carry this momentum into 2015 as they continue community outreach programs, and begin to train for upcoming World Jump Rope competitions in Orlando, Florida and Paris, France.

Led by Coach Ray Fredrick for over 25 years, the Bouncing Bulldogs is a Chapel Hill-Durham, North Carolina based non-profit organization dedicated to providing jump rope instruction and experiences to jump rope enthusiasts around the world. They have been featured on the front page of the Wall Street Journal and the CBS Evening News. The team is also featured in Discovery Films documentary DOUBLETIME.