

# 2025 Spring Break & Summer Camp Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_ Date of Birth \_\_\_\_\_

Parent/Guardian(s) \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email \_\_\_\_\_

Allergies/Extra Notes \_\_\_\_\_

\_\_\_\_\_

*I am enrolling for the following camp session(s) (please circle the corresponding dates):*

### **Spring Break:**

- March 31, April 1, 2, 3, 4

### **July Sessions:**

- 7, 8, 9, 10, 11
- 14, 15, 16, 17, 18

### **June Sessions:**

- 9, 10, 11 (M-W)
- 16, 17, 18, 19, 20
- 23, 24, 25, 26, 27
- 30, July 1, 2, 3, 4

### **August Sessions:**

- 4, 5, 6, 7, 8
- 11, 12, 13, 14, 15
- 18, 19, 20, 21, 22



## MISSION STATEMENT

The goal of the Bouncing Bulldogs program is to promote jump rope for fun and fitness, and to help all children grow physically, emotionally, socially, and academically. Education, good sportsmanship, leadership, and teamwork are emphasized among all team members.



*“The sky is NOT the limit!”*

[www.bouncingbulldogs.org](http://www.bouncingbulldogs.org)



# Bouncing Bulldogs Jump Rope Camps 2025



*Learn from the National and World Champion  
Bouncing Bulldogs Jump Rope Team!*



*Voted “Best Summer Camp” by Chapel Hill  
Magazine in 2024!*

**Spring Break & Summer  
Weekdays: 8am—12pm**

**FUN + FOCUS + FRIENDS**

(919) 493-7992

Email: [coach@bouncingbulldogs.org](mailto:coach@bouncingbulldogs.org)

PO Box 2026, Chapel Hill, NC 27515

[www.bouncingbulldogs.org](http://www.bouncingbulldogs.org)

## COACH FREDRICK Founder and Director



**Ray N. Fredrick, Jr.** is a retired Health and Physical Education Teacher. He retired from teaching in the Chapel Hill-Carrboro City Schools System in 2007, after teaching P.E. for 30 years in the State of North Carolina.

As an internationally recognized teacher, Coach Fredrick has presented innovative jump rope techniques at camps, workshops, in-service meetings, and conventions worldwide. He has coached the Bouncing Bulldogs for 36 years.



## QUICK FACTS Bouncing Bulldogs Jump Rope Camps 2025

### FOR:

Children ages 5-18 years

### WHEN:

Monday—Friday  
8am—12pm

### WHERE:

Bouncing Bulldogs Community Center:  
101 South White Oak Drive  
Chapel Hill, Durham County, NC 27707

### COST:

5-Day Camp Session: \$400  
\$80 per day  
\*30% off Spring Break Camp if register by February 28th  
\*30% off ALL Summer Camps if register by May 9th

### CANCELLATIONS:

If a child is accepted to camp and cannot attend for any reason, including injury, a certain portion of the fee will be refunded.  
\*\$50 of the tuition will be non-refundable.

Checks should be payable to:  
Bouncing Bulldogs

Online registration is also available at  
[www.bouncingbulldogs.org](http://www.bouncingbulldogs.org)

## HIGHLIGHTS

- Qualified staff members
- Low student-teacher ratio
- Confidence-building experience
- Up to six different styles of jump rope taught
- Promotes physical, social, and emotional growth
- Goal setting and high expectations
- Teamwork and life values taught

### WHAT TO BRING:

- Jump rope  
*Jump ropes will be available to borrow and for purchase*
- Tennis shoes (with socks) and athletic attire
- Water bottle
- Two nutritious snacks
- A great attitude and desire to learn!



## Participant Release and Indemnity Agreement

We (or I) request that you accept the registration application of (applicant's name) \_\_\_\_\_ for Bouncing Bulldogs Jump Rope Camps. In consideration of acceptance, we (or I) hereby release the Bouncing Bulldogs, all its agents, and all persons associated with the Bouncing Bulldogs Jump Rope Camps of and from all claims or causes of action arising from damage or injury to the person or property of the applicant resulting from participation in Bouncing Bulldogs Jump Rope Camps, whether such damage or injury is the result of negligence or some other cause. I hereby agree to indemnify and hold harmless the Bouncing Bulldogs and its agents from any and all liabilities, claims, actions, or proceedings of every kind and character which may be presented or initiated by any other persons or organizations and which arise directly or indirectly from my participation in the Bouncing Bulldogs Jump Rope Camps. If medical attention is required for injury or illness while at a class, I give my permission for such medical care. Any such care can be given by the Bouncing Bulldogs or its agents in their sole discretion. All expenses for such treatment will be accepted by me, and I will hold the Bouncing Bulldogs and its agents harmless from the actions of those giving such treatment. We (or I) give permission for the Bouncing Bulldogs to use any films, videos or photographs of the applicant for publicity, advertising, or other commercial purposes.

Parent/Legal Guardian Signature (if under 18 years old) \_\_\_\_\_

Date \_\_\_\_\_

*“It’s the kids that count!”*