



hosted by **FoothillFORCE**



ALL STAR JUMP ROPE WORKSHOP

When: Saturday, February 20, 2010

Where: West Hollywood Park Auditorium,
647 N. San Vicente Blvd, West Hollywood, CA 90069

Time: 10:00am-4:00pm Workshop & Judges Training
5:00pm - 6:00pm Spectacular All Star Show

Jumper Workshop – All boys and girls in 2nd through 12th grade & adults of any age: Regional, National, and World Champion members of the USA Jump Rope All Star Team will be here to teach **basic** through **advanced** jump rope skills including single rope, double dutch, long rope, and Chinese wheel in a dynamic day of jumping!

Cost

\$25 Jumper Workshop fee

\$10 T-shirt (optional)

\$ 6 Lunch (optional – includes *Subway* sandwich, cookie, fruit & drink)

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership must be obtained before the workshop begins.
- Go to www.aausports.org and purchase AAU Membership as a youth or adult athlete

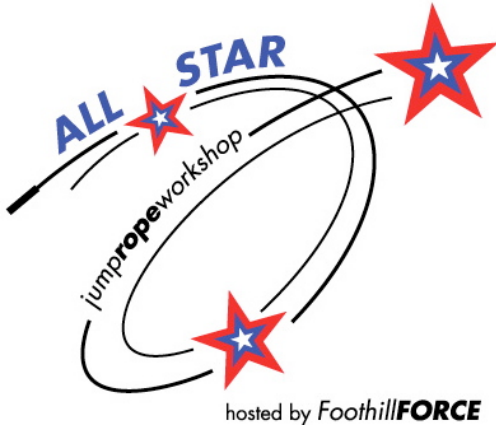
REGISTRATION DEADLINE: FEBRUARY 5, 2010

The number of participants at this event is limited, so please send in your registration ASAP

To download registration forms or for more information please visit our website at www.foothillforce.org or contact Kathy at kweninger@earthlink.net or 818-790-8442

Registration Form

(Fill out one form per participant)



Name: _____

AAU Membership Number¹ _____

Grade: _____ Age: _____

Team/School: _____

Home phone: _____/Cell: _____

Please check skill level of **Workshop Participant**:

Basic Elementary Intermediate Advanced

Emergency Contact (please provide info for a person who can be called during the hours of the Workshop):

Name _____ phone# _____

Address: _____
Street City State Zip

Medical release and Indemnity Agreement

I hereby request that you accept the application for registration in the Foothill Force All Star Jump Rope Workshop (participant's name) _____ and in consideration of your acceptance of the application, I hereby release Foothill Force Jump Rope Team, Amateur Athletic Union of the USA, USA Jump Rope, the City of West Hollywood, and all of its facilities and employees, and all persons associated with the Foothill Force All Star Jump Rope Workshop, of and from all claims or causes of injury to the participant arising from participation in the event, whether such injury is a result of negligence or some other cause. If medical attention is required for injury or illness while at the workshop, I give permission for such medical care and will be financially responsible.

Signature: _____ Date: _____

(Please provide signature of parent/guardian if registration is for a person under age 18)

Registration Payment Summary

Workshop Participant

T-Shirt(optional): Circle one size YM—YL—AS—AM—AL—AXL

Lunch (optional – includes 6" Subway sandwich, cookie, fruit & drink):

Check off Items

\$25.00

\$10.00

\$ 6.00

Total \$ _____

Make checks payable to: "Foothill Force Jump Rope Team"

Due by February 5, 2010

Mail Registration forms to:

**Foothill Force Jump Rope Team
P.O. Box 1483
La Canada Flintridge, CA 91012**

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