Our SHAPE America Southern District Convention was February 10 – 13th. I enjoyed representing Oklahoma at this event. I was able to attend three workshops pertaining to jump rope. Two of these workshops were hands-on learning with the Apex Skip-It Jump Rope team and coach, Tommy Hager of North Carolina. They had an hour of single and partner tricks and an hour presentation on long and double dutch jump roping. I learned two simple tips that have helped my students entering and exiting the double dutch ropes. First, turner watches the rope closest to the jumper and says “Ready, Set, Go” as the closest rope comes and hits the ground. Then to exit, the jumper watches the arm of the spinner on the side he wishes to exit and when the arm goes up, he then exits.

I also attended Jump Rope For Heart Success Stories and Ideas conducted by the leading JRFH coordinator in the Southeast, Robin Kish. She shared several ways she raised money for the American Heart Association. She also had a running tally board of the top online fundraiser weekly.

For her event she would get a local college to send athletes and jump with the kids. She also invited public figures to attend the event. During the event she had students come to the microphone and share “I am jumping for . . .”

She felt this added to the importance of the event and meaning to the students. She also talked about encouraging students to make videos to send out letting people know they are fundraising for Jump Rope For Heart. She shared some cute ones the students had made at home with their families. She then encouraged students to make thank you videos as well after the event.

Would you like to win a $100 Gift Card? Please send 4-6 photos of your Jump Rope For Heart Event and share your favorite event or unit idea. You could also add a quote from a child.

You are then entered! We would like to gather all the wonderful ideas of JRFH coordinators to share at our State Convention luncheon. The drawing will be May 1, 2016 and you will be notified by email.

Please send the above information to susanlalman@morrisonps.com to enter.

-Susan Lalman