

## YOUTH SPORTS, Virginia Training Center's

Jump Rope Camp Program gives kids of all gymnastics, jump rope and dance backgrounds a chance to develop new skills, make new friends and above all have loads of fun! Jump Rope Camp is open to kids ages 5 - 16. Campers will participate in gymnastic tumbling and jump rope. All campers will need to bring 2 snacks and a bag lunch each day. Names should be clearly labeled on all personal belongings. You may bring your own rope or one will be provided on loan.

**JUMP ROPE CAMP** provides instruction from the beginner level through advanced masters level skills. Jump Rope camp is a all day camp Monday-Friday with instruction from 8:30 AM-4:00PM. This camp will feature guest jump rope instructors from Flight Crew as seen on America's Got Talent who are nationally/internationally recognized. Warm-ups begin promptly at 8:30 AM Daily.

Tumbling will be instructed by our Youth Sports, USA Gymnastics Professional Member Staff.

Tennis shoes, T-shirt and shorts should be worn each day. Please bring lunch 2 snacks and a water bottle to camp each day.

### PAYMENT

Monday-Friday 8:30-4:00 pm **\$245.00**

Please complete a Summer Camp registration form available online at [www.youthsportsva.com](http://www.youthsportsva.com)

# Jump Rope Camp

## Boys & Girls Ages 5-16

### \* Beginner - Elite Levels

\* Jump Rope Fundamentals

\* Skills, Skills, Skills

\* Performance ~ Presentation

\* Difficulty \* Density

\* Creativity \* Innovation

\* Speed \* Power

\* Single Rope \* Wheel

\* Traveler \* Long Rope

\* Double Dutch \* Group Events

\* Tumbling ~ Gymnastics

\* Handstands \* Round-offs

\* Handsprings (front & back)

\* Aerials (front / side)

\* Salto's - Tucks (front / back)

\* Conditioning & Flexibility

# YOUTH SPORTS

## GYMNASTICS

### JUMP ROPE / DANCE

## Jump Rope Camp

### Gymnastics / Tumbling

In Partnership with  
Flight Crew Jump Rope



FEATURING  
World Champion

Lee Reisig



# JUNE 17-21, 2024

## Mon - Friday 8:30-4:00

14023 NOBLEWOOD PLAZA  
WOODBRIDGE VA 22193

703-590-8400

[WWW.YOUTHSPORTSVA.COM](http://WWW.YOUTHSPORTSVA.COM)

LIMITED  
SPACE REGISTER  
EARLY!



# YOUTH SPORTS SUMMER CAMP INDEMNITY

I fully understand that Youth Sports Staff members are not Physicians or Medical Practitioners of any kind. With the above in mind, I hereby release the Youth Sports Staff to render first aid to my child or children in the event of any injury or illness, and if deemed necessary by the Youth Sports Staff to call our doctor and to seek medical help, including transportation by a Youth Sports Staff Member or its representatives, whether paid or volunteer, to seek any health care facility or hospital, or the calling of an ambulance for said child should the Youth Sports Staff deem this to be necessary.

We, the staff of Youth Sports recognize our obligation to make our students and their parents aware of the risks and hazards associated with the sports of gymnastics, jump rope, trampoline, tumbling, cheerleading, and dance. Students may suffer injuries, possibly minor, serious or catastrophic in nature. Gymnastics, jump rope, trampoline, tumbling, cheerleading and dance, can be dangerous and lead to injury.

Parents should make their children aware of the possibility of injury and encourage their children to follow all safety rules and the coaches' instructions. The Youth Sports, its coaches and other staff members, will not accept responsibility for injuries sustained by any student participating in the Youth Sports Summer Camp Program. With the above in mind, and being fully aware of the risks and possibility of injury involved, I consent to have my child or children participate in the programs offered by Youth Sports. I, my executors, or representatives, waive and release all rights and claims for damages that I or my child may have against Youth Sports or its representatives whether paid or volunteer. I also affirm that I now have and will continue to provide proper hospitalizations, health and accident insurance coverage which I consider adequate for both by child's protection and my own protection. I also understand that it is the parents' responsibility to warn the child about the dangers of gymnastics and injury. The parent should warn the child according to what the parent feels is appropriate. Youth Sports will only warn the child through "Safety Messages" and our teaching styles and progressions.

I/We also give Youth Sports permission to use any videos or photographs of the participant for publicity or promotional purposes.

Parent/guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Please sign & date here!**

## SPECIALTY CAMPS

**JUMP ROPE CAMP 8:30-4:00** provides instruction for the beginner level through advanced masters level skills to students ages 5-17. Jump Rope camp is an all day camp, Monday-Friday, with instruction from 9:00AM-4:00PM. Register early! Athletic shoes, T-shirt and shorts should be worn each day. Please bring lunch, 2 snacks and a water bottle to camp each day. Jump Rope Camp performance Friday 4:00 PM

**PAYMENT INFO.      Week 2 Monday-Friday 8:30-4:00 pm \$245.00 /WEEK 2  
ALL DAY CAMP**

# YOUTH SPORTS

## Summer Camp Registration Form

### PARTICIPANT INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

Participant Age: \_\_\_\_\_ (must be 5 years old)

Date of Birth: \_\_\_\_\_

Health / Medications / Allergies \_\_\_\_\_

### Please check week (s) of Camp registering For:

\_\_\_\_ Jump Rope Camp \$245.00

### PARENT/GUARDIAN INFORMATION

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

E-mail : \_\_\_\_\_

Emergency Phone # \_\_\_\_\_

Additional Phone # \_\_\_\_\_

### INSURANCE / PHYSICIAN INFORMATION

Physician Name \_\_\_\_\_

Phone # \_\_\_\_\_

Insurance Co. \_\_\_\_\_

ID # \_\_\_\_\_

### DEPOSIT / PAYMENT INFORMATION

Deposit: Cash \_\_\_\_ Check # \_\_\_\_ CC \_\_\_\_ Date \_\_\_\_

Amount of Deposit Paid \$ \_\_\_\_\_