



# NEWSLETTER April 09

## **NEWSLETTER – MARCH/APRIL 2009**

With just a simple jump rope you can begin a whole new healthier lifestyle. Proven benefits of skipping include:

- Improved cardio vascular fitness
- Better endurance
- Greater flexibility
- Stronger bones
- Improved balance
- ✦ Increased muscular strength
- ✦ Excellent body conditioning
- ✦ Improved coordination
- ✦ Better timing and rhythm
- ✦ Increased agility

Anyone can enjoy this great sport from school yard activities to competitive rope skipping. Look at the links page on the Skipping Australia website for a skipping club near you.

### UPCOMING EVENTS

Clubs Australia wide are preparing their teams for the upcoming events held in their respective states & interstate.

#### **QUEENSLAND OPEN - 2 - 10 Milne St, Beenleigh,**

May 9-10 is not only Mothers Day but the weekend of the QLD Open.

Beenleigh Arena is the location for 2009; it is an Indoor Sports Centre with a modern multi-purpose facility and has hosted activities such as: Indoor soccer, Basketball, Badminton, Netball, Skating, inline hockey & Taekwon-do and now Skipping!

The Beenleigh Skipping Banditz will be running a BBQ breakfast from early until 10.30am both days of the Qld Open. Available will be Bacon and Egg rolls and sausage sizzle. A variety of muffins will also be available at this stage.

The Arena will have a full kiosk available all day both days, including energy drinks and juices, and a variety of foods for lunch and snacks. They have been alerted to the fact that there will be at least 400 people there!!



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## **NEW SOUTH WALES OPEN**

July 11 & 12 sees the NSW Open competition held at Tenterfield. This competition is open to any skipper/team in NSW. Organizers have set the competition to cater for all levels of skipping from beginners to advanced skippers. After the competition on Sunday the competitors will be invited to stay for a free workshop where they will learn valuable skills

## **NATIONAL CHAMPIONSHIPS**

August 28-30 will be the National Championships at Tallebudgera, Information about the competition, accommodation packages & the venue are available on the Skipping Australia website

Antony will have a form to fill out about accommodation & when payment is due. This will be sometime in April, as it will not be done until after the Queensland open entries are completed.

As each team per club is to supply two (2) judges, creativity and speed, for the Nationals, a Judges course has been created. You must attend these courses to learn the new scoring system and to be eligible to be a presentation/variation judge. If you have judges creativity before you still need to attend this course due to the changes. It is also important that you learn this new system as you do not want to unfairly penalize a skipper due to your failure of knowledge. Remember this is the qualifying year for Worlds & it will be a highly competitive competition in those age divisions. Failure to supply judges at the competition will result in the team having to pay the \$300 penalty fee.

The first judge's course was held on the 21<sup>st</sup> of March for local Queensland clubs. The course was attended by over 20 people. The course is a very valuable tool to learn the new Skipping Australia rules that have been adapted, condensed & modified from the FISAC rules. Thank you to Antony for organizing & hosting this course.

Another course will be held in Queensland again (possibly the weekend before Qld Open) as some clubs were unable to attend and it will be offered to interstate clubs on the Thursday night before the Nationals.

All clubs should have now submitted their Skipping Australia membership details as it was due by the 31<sup>st</sup> of March. For those who have not yet done so please be aware that there is no insurance coverage from skipping Australia to do displays, public fundraising etc



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### HOTSHOTS ON AUSTRALIA'S GOT TALENT

Late last year, I was contact by Australia's Got Talent to see if we were interested in auditioning for the show as they have had skippers (CAM) on the show last year and they wanted to showcase more skipping. I had a one week to put together a 90sec routine with a small group of kids. We auditioned in Brisbane on the 6th of December.

A week later, I got a phone call saying we were successful and had reached the TV heats of the television program. A small group of skippers and myself travelled down to Melbourne to film the show. It was a great experience. We met Grant Denyer and the other judges.

Our performance went well. We did make one mistake however the judges seemed to enjoy the routine. Danni did say that she would prefer some more modern music. We were successful in reaching the semi finals.



We put in many hours of extra training for the semi finals. We had a few hiccups along the way with a team member falling ill. We found a better song, brighter costumes and overall we were hoping we would impress the judges. Amber Guilk, Brianna Tracy, Keely Thompson, Logan Sponseller, Sam Willmott and myself once again flew to Melbourne to film the semi finals.

It was a totally different experience to the first TV heat. It was at a bigger studio, more people around- we even got to have our hair and makeup done my professionals. The kids were so excited. The rehearsals did not go to plan at all. Mistakes everywhere, ropes tangling and tears flowing. However we managed to pull it all together and do a flawless performance on the night. Although the Red gave us a cross, the other judges said we did a great job. This was a once in a lifetime opportunity and I am very proud of the kids on doing such a great job and for representing the Hot Shots and Skipping Australia.

Taryn Hodgson, coach.





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## A NEW DAWN - BEENLEIGH SKIPPING BANDITZ BEGIN



After the promotion of club and competition skipping within the Jumping Beens Jump Rope for Heart Demonstration team at Beenleigh State School in 2008, a committed group of Beenleigh parents and coaches decided to form their own club in the Beenleigh area. Why not conduct skipping classes to encourage as many children as possible to participate in one of the fastest

growing sports in Australia?

The Beenleigh Skipping Banditz were formed early in 2009, and are currently conducting sign-on and “have a go” days for classes. We hope to start in term 2 with boys and girls aged 5 and above, in beginner and intermediate level programs.

17 interested competition skippers from 2008 have already started training at the Beenleigh Arena, the site for the Qld Open in May.

We hope to compete at Nationals also this year, and again take a place in the coveted group routine event.

*With 5 coaches on board, including Nikki Turner (previous Hot Shots and Jumping Beens coach) and Kathryn Marshall, (previous Jumping Beens coach), Aleece Thorn and Aaron Anderson (previous Hot Shots team members), the club members are sure to gain the skills they need, as well as have some fun and make new friends! By Nikki Turner – Head Coach*



At the recent sign on day: Hailey is demonstrating skills as Tori checks rope length for a skipper.