

AHA Demo Jump Rope Team Try Outs

As a team member you will be responsible for:

- Completing class work missed due to a performance (5-10 trips)
- Memorizing and performing 2-3 routines and partner trick
- Setting an example of good citizenship and self responsibility (especially in PE: set up and clean up equipment)
- Helping with equipment to and from shows
- **Participating in Jump Rope For Heart**
- Participating in practice twice a week
- Practicing at home 10 minutes a day
- Perform in front of 300-500 people (sometimes the audience is disrespectful)

Parents of AHA Demo Team jumpers will agree to:

- Help provide snacks for the team when needed
- Pay for uniforms and transportation (\$150 or more)
- Chaperone the team for at least one show

For tryouts come ready to jump with the following routine:

3rd grade

8 Side swing, 8 single jump, 8 skier, 8 bell, 8 straddle, 8 scissors, 8 heel to heel, 8 toe to toe, 8 heel-toe, 8 single jump, and 10 double unders.

4th grade

8 Side swing, 8 single jump, 8 skier, 8 bell, 8 straddle, 8 scissors, 8 heel to heel, 8 toe to toe, 8 heel-toe, 8 crisscross, 8 single jump, and 10 double unders.

5th grade

8 Side swing, 8 single jump, 360, 8 jumps, 8 Can-Can, 8 heel to heel, 8 toe to toe 8 heel toe, 8 Can Can and 10 double unders

Perform Under the Leg and Wounded Duck not in the routine

The Demo Team size is limited, but jumpers with outstanding skills will be added at the coach's discretion.

Thank you,

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