

Greenbelt S.I.T.Y. Stars



Jump Rope Program



www.greenbeltsitystars.org

www.jouvayjumpers.com

www.sitystars.com

Welcome

Jump Rope is one of the most exciting and challenging activities available to athletes today. A great way to increase COORDINATION, PHYSICAL FITNESS and to CROSS-TRAIN for other sports. In our instructional program, each jumper will learn the fundamental techniques for jumping and fitness tools that they will be able to use throughout their athletic careers.

In this instructional program, jumpers will learn Single Rope Skills, Partner Challenges, Speed and Power Moves, Choreographed Group Routines, Double Dutch Turning & Jumping, Stretching, Toning, Calisthenics, Tumbling as well as Ballet and Acrobatic Dance. The participant will jump rope in a challenging and goal-oriented environment while learning about teamwork and physical fitness.

Why Jump Rope!!

Obesity threatens the healthy future of one third of all American children. Obesity rates have tripled in the past 30 years. Children and adolescents should do 60 minutes or more of physical activity each day.

10 minutes of jumping rope is equal to 30 minutes of jogging. This activity is exciting and challenging.



Benefits of Jump Rope!!

Jump Rope is an exciting and effective workout. It is a great cross-training activity that:

- optimizes cardiovascular conditioning;
- maximizes athletic skills;
- improves timing, hand/eye/foot coordination, balance, speed, strength, flexibility, endurance and focus;
- burns up to 1000 calories per hour;
- tones muscles in the entire body - developing long, lean muscles in all major muscle groups, both upper and lower;
- encourages creativity and spontaneity, and
- gives flexibility in the workout.

Who Are We!!

A competitive and performance jump rope team that is committed to the promotion of jump rope as a fitness tool for the development of healthy lifestyles. GSS has been performing, competing and instructing for 28 years.

GSS believes that the art of jumping rope not only develops stamina, endurance and coordination but produces discipline, creativity and self-confidence in youth. GSS has been blessed to perform on FOX 5 and ABC News, for the White House, Kennedy Center, Disney Productions, and also the National Cherry Blossom Festival. The team has traveled to wonderful places from the Virgin Islands to Canada to Hong Kong, and across the U.S. to perform and compete in various venues.

Founded by Austin Gibbs in 1991 and coached by Kim Bradshaw, this program not only develops technical jumping skills, but also instills traits such as teamwork, self-confidence and sportsmanship while helping to promote the sport of jump rope. Members of the team train three days per week preparing for demonstrations and competitions, working to perfect speed, endurance, technique, strength and freestyle skills.

Greatest team accomplishments:

- Filming in the Disney movie Jump In; and
- Filming a public service announcement for Nickelodeon with First Lady Michelle Obama for World Wide Day of Play at the White House

What We Do!!

- ❖ **Build Future Leaders**
- ❖ **Dance & Athletic Training**
- ❖ **Sports Conditioning**
- ❖ **Nutritional Counseling**



We Train

- to ***PERFORM*** and ***ENTERTAIN*** people; sharing the jumper's skills and talents across the world
- to ***COMPETE*** and earn awards for the hardwork and efforts of the jumpers

(local, national, international performance & competition opportunities available)

What We Offer Our Members!!

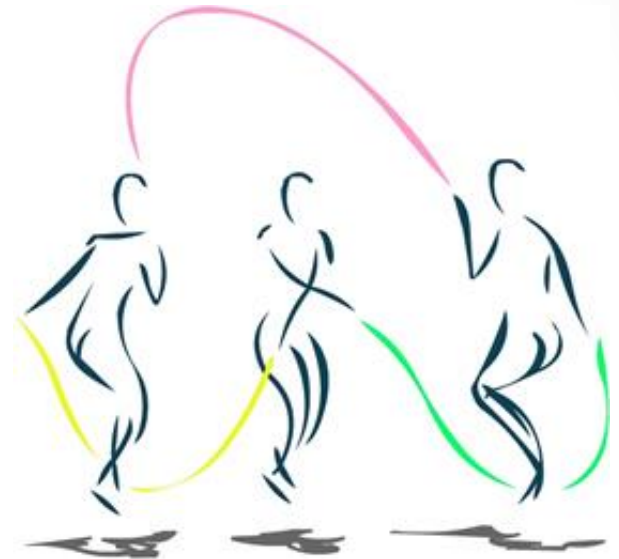


- Personal Fitness & Strength Training
- Jump Rope Training
- Ballet & Acrobatics Dance Training
- Tumbling Training
- Nutritional & Etiquette Training
- Self-Esteem & Confidence Building
- National & International Exposure
- Leadership Training
- Promotion of the Learning of Diligence, Cooperation, Sportsmanship and Teamwork
- Competition & Performance Opportunities

Training

Training involves aerobic & anaerobic endurance workouts which include:

- Single Rope Jumping;
- Double Dutch Turning & Jumping;
- Stretching;
- Toning / Strength Training;
- Jogging;
- Calisthenics;
- Tumbling;
- Ballet;
- and Acro Dance



The participant will jump rope in a challenging and goal-oriented environment while learning about teamwork and physical fitness. In addition, each child will develop leadership skills and learn the importance of discipline and dedication.

Jumpers train to perfect routines, increase speed & endurance, technique, strength, and freestyle skills to prepare for shows, demonstrations, competitions and just to be fit. Please review the enclosed information.

Developmental Training

Early Stars

Introduction to Basic Jump Rope Skills will introduce the beginning development of basic skills and concepts of Single Rope and Double Dutch jumping including coordination, spatial awareness, turning and a specific focus on single rope footwork and crossing skills; along with double dutch turning and entering and exiting. Jumpers will explore coordination, single time jumps, short combinations, rope handling and introductory jump rope vocabulary. The goal of this class is to impart the fundamentals of jumping. Students will be introduced to single rope, long rope, double dutch, ballet and pre-acro dance. This is a slower-paced class that breaks down basic steps in order to help jumpers build a solid foundation of technique.

Pre-Academy Stars

Introduction to Jump Rope & Performance Fundamentals will introduce the beginning development of basic skills and concepts of jumping and performing including coordination, spatial awareness, turning and a specific focus on single rope footwork and crossing skills; along with double dutch turning and entering and exiting. Jumpers will explore coordination, single time jumps, short combinations, rope handling and introductory movement vocabulary. Students will be introduced to single rope, long rope, Chinese wheel, double dutch, ballet and pre-acro dance. The goal of this class is to impart the fundamentals of jumping, along with an introduction to the core fundamentals of performing. Class focuses on basic jumping technique, proper body alignment, terminology and musicality. Required for new jumpers to the team ages 9 & up.

Developmental Academy

Early Stars

White Shirts

5 to 8 years old

(beginners: non-competitive / non-performance)

Developmental Academy

Pre-Academy Stars

White Shirts

9 years old & up

(beginners: non-competitive / non-performance)

Competitive Academy

Academy Stars

Yellow Shirts & up

(all ages)

(Competitive Training)

1. Freshman
2. Sophomore
3. Junior
4. Senior

Recreational Academy

Academy Stars

(all ages)

(non-competitive / non-performance)

Performance Team

JouVay Jumpers

(all ages – audition required)

Ensemble Kids! (5 – 8 year olds – Yellow Stars)

1. Junior Performance Ensemble (JPE)
(9 year olds & above – Yellow & Green Stars)
2. Senior Performance Ensemble (SPE)
(9 year olds & above – Blue & Red Stars)

Team Structure

Academy's

Developmental

- **Early Stars** (White Stars)
(beginners -- 5 to 8 year olds)
- **Pre-Academy Stars** (White Stars)
(beginners -- 9 & up)

Competitive or Recreational

- **Academy Stars** (Yellow Stars & up)
(competitive training)
 - Freshman
 - Sophomore
 - Junior
 - Senior
- **Recreational Stars** (Purple)
(competitive training)

Performance

- **Ensemble Stars** (JouVay Jumpers)
 - Ensemble Kids! (5 – 8 year olds – Yellow Stars)
 - Junior Performance Ensemble
(9 year olds & up – Yellow & Green Stars)
 - Senior Performance Ensemble
(9 year olds & up – Blue, Red, Black Stars)

Skill Levels

1. White Stars
2. Yellow Stars
 - Purple Stars
3. Green Stars
4. Blue Stars
5. Red Stars
6. Black Stars

Class Information

Training Offered

- Introduction to Jump Rope & Performing
- Skill Development
- Routine Development (Creative Movement & Dance)
- Performance Production & Choreography
- Adult Circuit Workouts

Training Hours Offered -- Days & Times

- Monday Evenings: 6:00 pm – 8:30 pm (SHL)
- Wednesday Evenings: 6:00 pm – 8:30 pm
- Saturday Afternoons: 9 am to 12 pm
- Sunday Afternoons: 4 pm to 7 pm

Location

- Springhill Lake Recreation Center (SHL)
6101 Cherrywood Lane, Greenbelt, MD
301-397-2212
- Greenbelt Youth Center (GYC)
99 Centerway, Greenbelt, MD
(behind Greenbelt Library – 11 Crescent Road)
301-397-2200

Contact Information

- Kim Bradshaw, Head Coach
Cell Phone: 301-503-6962



What Do The Jumper's Need??

Required Items

1. **Ballet Leotard, Tights & Slippers**
2. **Cross Training Tennis Shoes** (black light weight running shoe)
3. **Speed Shoes**
4. **Black Sports Bra**
(Danskin recommended for good support – found at Walmart)
5. **Leggings** (3/4 length & full length - black)
6. **Bike (Spandex) Shorts** (Black)
7. **Socks** - White & Black No Shoe Socks
8. **Hair Ties** (Hair must be pulled back away from the face at all times)
9. **Ropes** (all – speed & freestyle -- at all times)
10. **Training Notebook** (at all times)
11. **Jogging Attire**
(Cold Weather - Sweat Shirt, Sweat Pants, Hat & Gloves)
12. **Toiletry Pack**
(In their bag - Deodorant, Body/Baby Wipes, Lotion, Feminine Products)
13. **Extra Practice Shirt & Practice Shorts**
14. **Water or Gatorade** (every practice)
15. **Hand Towel**

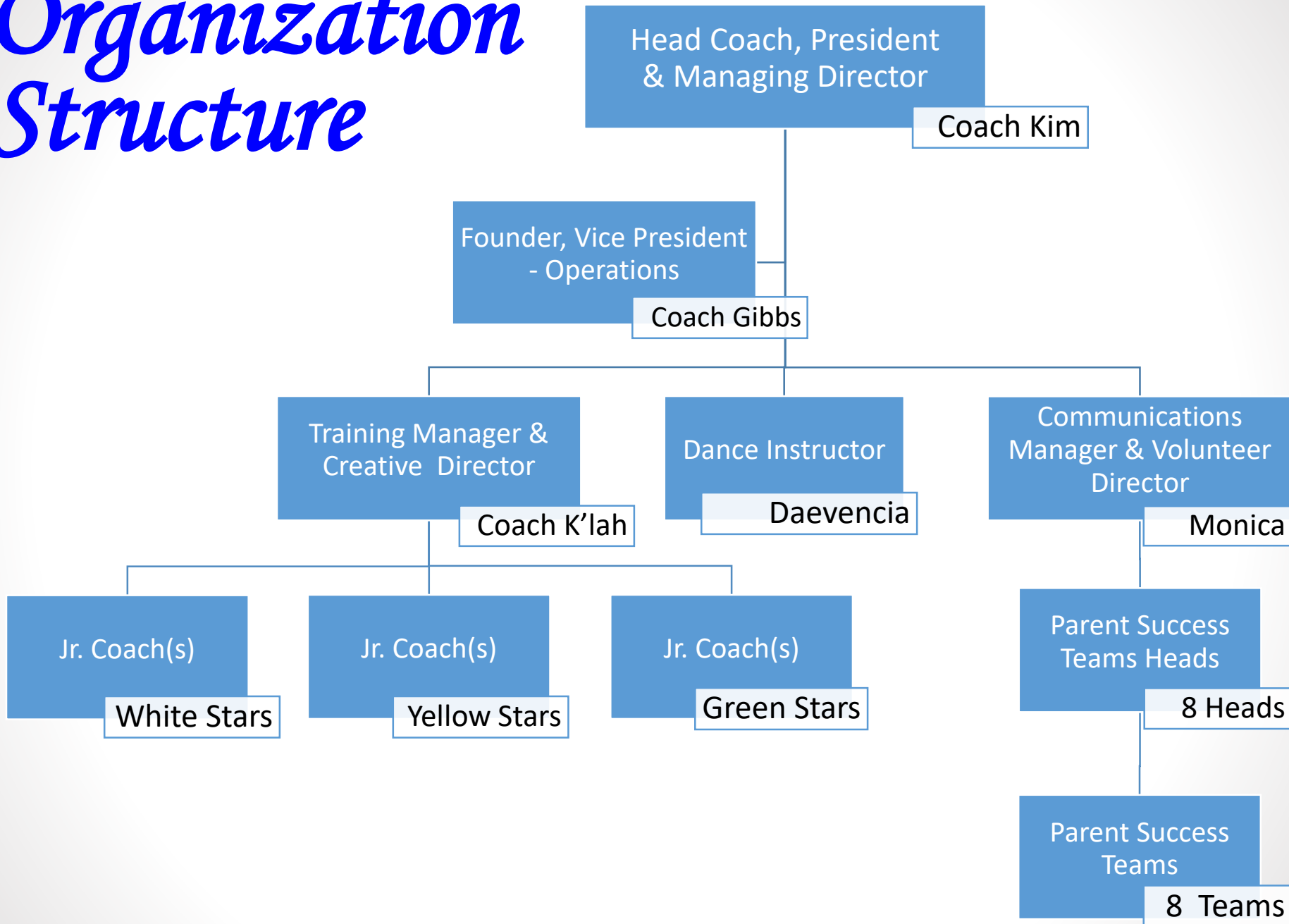


Cross Trainers



Speed Shoes

Organization Structure



Greenbelt S.I.T.Y. STAR Performers



The Greenbelt S.I.T.Y. Stars:

Sensational . Inspirational . Talented . Youth
are an energetic jump rope team that has been performing for 27 years at corporate, community, charity and family events. In the past, they have provided entertainment for these clients and many more:

- Cherry Blossom Parade
- Rollerderby Halftimes
- Disney Inc. - Jump In Movie
- The White House Easter Egg Hunt
- The Wizards Basketball Halftime
- The Kennedy Center Street Festival
- National Children's Museum
- Target Block Party
- Mystics Basketball Half-time
- The French Embassy Street Festival
- Toyota, Inc. - NBA All-Star Jam Session
- McDonalds Restaurants – McSoccerfest
- FOX 5 news
- Channel 8 News
- Dr. Ian's 50 Million Pound Challenge
- American Heart Association
- City of Greenbelt Labor Day Parade
- City of Bowie Memorial Day Parade
- Fannie Mae Help The Homeless Walkathon
- British Virgin Islands Recreation Dept.
- MNCPPC Summer Playground Camps
- Nickelodeon Public Service Announcement with First Lady Michelle Obama – World Wide Day of Play

For Booking Information, please visit
www.greenbeltsitystars.org

Parades ★ Carnivals ★ Birthday Parties ★ Conferences ★ Health Fairs ★ School Events