

WJR Breakout session descriptions

Growing our sport:

1) The role of the national organization 2) How does a national organization work? 3) How to set up a national organization 4) The importance of being a member of the International Federation.

Instructor Certification

Overview;

WJR Level 1 Instructor Certification-

Launching globally in Orlando at WJR 2017, the newly developed Level 1 Instructor Certification provides a consistent, international foundation for all future higher level WJR Certifications. Based upon the internationally implemented Jump2BFit program created by the Canadian curriculum team atJumprope.com, the certification and accompanying curriculum will provide all certified Level 1 instructors with the skills needed to implement safe, effective recreation, school and new team programming. This certification is being offered at WJR in two parts, with the successful completion of both required to obtain the credential.

WJR level 1 Instructor Certification - part 1 (single rope)

Learn how to effectively teach single rope freestyle skills including fundamentals (such as how to size a rope and critical progressions), freestyle skills for individuals and partners as well as basic group routines. Safety considerations, equipment types and the application to sports training will also be included.

WJR level 1 Instructor Certification - part 2 (long rope)

This session will equip attendees with the ability to breakdown long rope skills including fundamental skills for one and two ropes (turning, entering, exiting), fun long rope activities (eggbeater, rainbow, etc) and double dutch freestyle. Other key concepts such as music, role of a coach / instructor, lesson planning and activity centers will be discussed.

Judging

Judge Clinician:-

In this course, participants will be provided with the tools and knowledge to teach others the WJRF judging system and more fully understand the rules that govern our competitions. Participants may choose to certify as a WJRF Judge Clinician and provide future trainings, or they can choose to attend the class to learn how to provide trainings, but not certify at the present time.

Level 1 Judge training-

Participants will gain the knowledge to judge speed and become a Technical Presentation Judge. Participants will be tested on the materials presented to receive certification as a WJRF Level 1 judge.

Level 2 Judge training-

Participants will gain the knowledge to judge speed and become a Content/Head Judge. Participants will be tested on the materials presented to receive certification as a WJRF Level 2 judge.

How to motivate your athletes-

Participants will learn scientifically sound strategies for motivating athletes to achieve excellence. Principles from achievement goal framework and self determination theory will be applied specifically to jump rope athletes. Topics including goal setting, rewards, leadership styles, teamwork, communication, etc. will be discussed.

University Jump Rope-

Join Tori Boggs (USA), Illyes Debbah (France), and international guests to learn about how to create university teams and discuss the involvement and collaboration between universities that will promote and encourage participation globally in the sport of jump rope.

WJRF Ambassadors-

The WJRF Ambassador Program connects athletes from around the world that are strong and effective leaders, passionate teachers, and role models in our sport to help unify the world of jump rope through international WJRF events and One World One Rope missions. Come learn about how to get involved in the program and start spreading our sport together.

How to develop athlete leadership within your team-

This session will discuss how to organize and conduct efficient and productive practices for your athletes to grow in the sport. We will also discuss the importance of leadership and how to develop athletes as leaders for their team."

WJRF Registration/Competition Management Training:

Technology is transforming every area of life. WJRF is building new ways to improve the experience of our athletes, coaches, officials and fans. In this session, we will share some of the progress in the last few years on registration and scoring, and show some exciting new technology we are releasing now through the next season: advanced video, easier registration with less paper, rich social media integration, better livestreams, real-time data, historical statistics and more.. The session will also cover how we are expanding these systems for use in member countries to help grow the sport everywhere.

Anti-Doping Education:

WJRF has partnered with the United States Anti-Doping Agency (USADA) for doping control at this summer's championships. A major part of anti-doping is education for athlete's, coaches, parents, and all other stakeholders.

Education helps athletes and support personnel understand the goal of providing fair and honest competition, their rights and responsibilities in regards to drug testing, what to expect from the drug testing process, and the role they play in protecting clean sport. Topics include prohibited substances, sample collection process, details, including what to expect during a urine or blood test, how and if it is necessary to apply for permission to take a prohibited substance for medical treatment (therapeutic use exemption),

dietary supplement information, whereabouts information (out-of-competition testing programs), and the results notification process.

USADA's educational instruction team will be on-site at the 2017 WJRF Championships using a variety of deliverables including an information session to promote anti-doping and competitive integrity in our sport.