



National Team and Masters Championships 2017

Coaches Packet



WORLD JUMP ROPE
FEDERATION

Dear Coaches/Teachers,

Welcome to the National Team and Masters Championships 2017!

This competition is being organised by Rachael Rollisson, head coach of Jump Rope UK. This packet is going to give you all the information you need for the weekend. The event will be held on 18th November at Stratford Leisure Centre, Stratford-Upon-Avon for the competition and 19th November at The Abbey Stadium, Redditch for the workshop.

The Registration for this Championship will be available as of 1st August 2017. There will be an online registration system, so no paperwork for the teams.

For the event, the following steps need to be taken to ensure the weekend and organisation can run smoothly:

- All online registration must be completed by 6th October. For any last-minute changes please notify Rachael via email or phone by 30th October.
- All payments must be completed by 20th October.
- Cancellation: 100% refund if cancelled before 1st September, 50% refund if cancelled before 1st October 2016 and 25% refund if cancelled before 1st November 2016, and no refund after 1st November 2016.
- Please make your own arrangements for transportation to and from the venue/accommodation on all days.
- Once registered, we will invoice the team and payments can be made via bank transfer.
- For every 6 competitors, the team must provide 1 judge for both speed and freestyle. If the team fails to provide these officials they will have to pay a charge of £60 per missing judge so that another one from a different team can be sent to the competition to judge for their team.
- Competition fees and packages are as follows:

Novice competitor: £25 per person

National competitor: £40 per person

Spectator: £5 per person

All competitors have free entry to the workshop

Those only wanting to enter the workshop is £10 per person

- There will be a workshop on the Sunday, 10:30am-1:30pm. This will be held at a different venue, the Abbey Stadium, Redditch.

Competition Registration

Registration for the competition will be open from 7:30-8:00 on the Saturday morning. Please ensure you register on time for the day to start smoothly and run on time.

Preliminary Weekend Schedule

Friday Night

Teams check into hotels

Saturday

7:15-7:45 - registration in the main hall

8:00-10:15 - novice and junior speeds

10:15-10:30 - freestyle set up

10:30-13:00 - Individual freestyle novice and junior

13:00-13:45 - lunch

13:45-14:30 - Pairs, 3dd and 4 single rope freestyle novice and junior

14:30-14:45 - speed set up for senior

14:45-16:15 - senior speeds

16:15-16:30 - freestyle set up

16:30-17:45 - senior freestyle

17:45-18:00 - awards set up

18:00-18:30 - awards

Sunday

10:30-13:30 - Workshop

** This schedule will change depending on the number of participants, if it goes past 18:30 we will add in an hour break for food in the evening**

The Speed Team and Masters Disciplines

Novice competitor: this is for anyone that has never won a medal in a British Championships before or for those that are entering for the first time.

Novice age groups

9 and under
10-11 years
12-14 years
15 and over

Novice events

1 x 30 seconds speed
2 x 30 seconds pairs double under relay
3 minutes speed
Individual freestyle
Pairs freestyle
All around individual (1 x 30 speed, 3 minute speed, individual freestyle)

National Age Groups

9 and under
10-11 years
12-14 years
15-19 years
20-29 years
30+ years

National Events

1 x 30 seconds speed
2 x 30 seconds pairs relay double unders
3 minutes speed
4 x 30 seconds team relay speed
3 x 40 seconds double dutch relay speed
Individual Freestyle
Pairs Freestyle
4 Single Rope
3 Double Dutch
All around individual (1 x 30 speed, 3 minute speed, individual freestyle)

The Shop

Jump Rope UK will have a stall in the sports hall selling merchandise. We will send a list of items sold on the day nearer to the time. Please relay back to your students/team members that there will be merchandise to buy on the day.

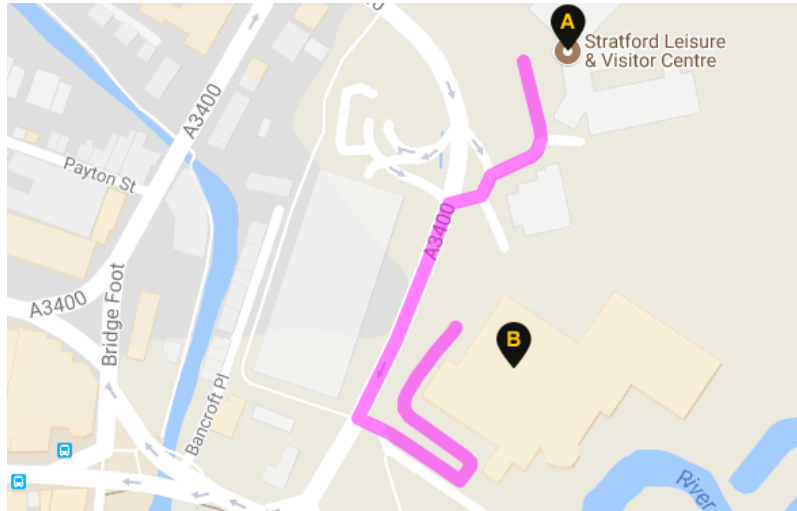
Parking

Stratford Leisure Centre parking is owned by the council; therefore, parking is via a parking metre. The best way is to walk from your hotel to the leisure centre. See hotel section for the closest hotels.

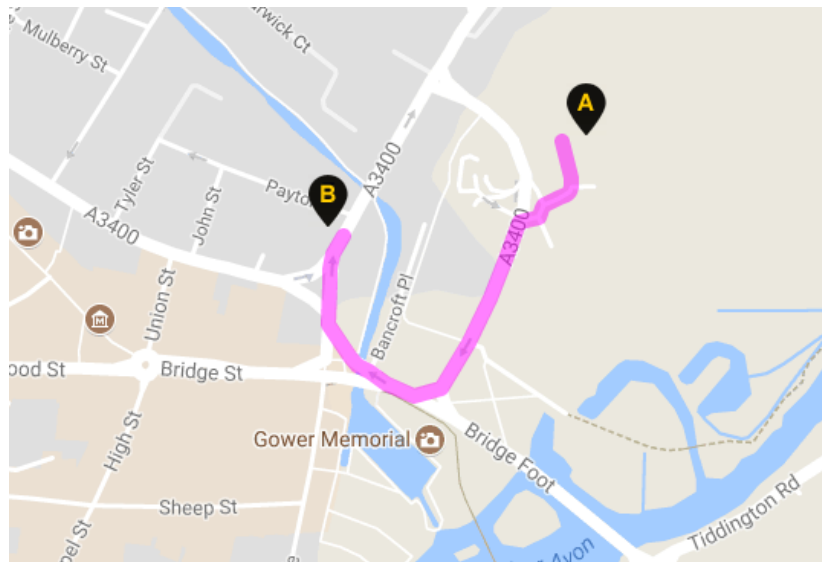
The abbey stadium has their own parking so no payment is needed for this.

Hotels

The Crowne Plaza (0.3 miles from stratford leisure centre)
Bridgefoot
Stratford-Upon-Avon
CV37 6YR



Premier Inn Stratford-Upon-Avon Central (0.3 miles from stratford leisure centre)
Payton Street
Stratford-Upon-Avon
CV37 6UQ



The Venues

Saturday 18th November - Competition

Stratford leisure and visitor Centre
Bridgefoot
Stratford-Upon-Avon
CV37 6YY

In the heart of Stratford-Upon-Avon you will find Stratford Leisure Centre. The leisure centre offers a great range of activities to both local people and visitors to the Warwickshire area with a gym, swimming pools, sports hall, all weather pitches, group exercise programme, café, meeting room, sauna, nursery and crèche.



Sunday 19th November – Workshop

The Abbey Stadium
Birmingham Road
Redditch
B97 6EJ



If you have any questions please contact me on [07415784182](tel:07415784182) or email rachael@jumpruk.com