

2018 WJR Breakout session descriptions

Instructor Certification

Level 1 Instructor Certification - practical (choose ONE date)

Presenter: Liz Way & Roger Crozier

Apply the theory learned online 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, 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.

Judge Clinician:

Presenter: Monica Foster

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:

Presenter: Monica Foster

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:

Presenter: Jessica Nicholson

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

Motor Learning Principles for Jump Rope Skills

Presenter: Kaylee Couvillion

Participants will learn effective, scientifically grounded strategies for teaching jump rope skills. Using the principles taught in this session, coaches will be able to help their athletes master more difficult skills and perform them consistently and cleanly.

Starting a College Program

Presenter: Tori Boggs

Participants will 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

Presenter: Tori Boggs

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.

Fundraising for the Sport of Jump Rope

Sionna Barton

Fundraising is a key factor for the growth and sustainability of any jump rope program, team, or federation. There are many avenues of fundraising that can potentially bring in the financial resources your organization needs to accomplish its purpose. This seminar will consist of the “art of asking,” effective communication, relationship development, grant & sponsorship writing, and marketing. After our seminar, it will be your job to narrow the list of choices down to the ones that are the most productive and the best fit for your organization.

Anti-Doping Education:

Presenter: Zak Boggs

WJRF is working with Clearidium for doping control at this summer’s championships. A major part of anti-doping is education for athletes, 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.