

Jump Rope Fundraiser Day - 27th September 2013
(Last day Term 3)
Approximate Timetable

Syndicate	Arrive at Courts for Intro	Skipping
Senior	8:55	9:00 - 10:00
Intermediate	9:55	10:00 - 11:00
Junior	11:30	11:35 - 12:05
Middle	12:05	12:10 - 12:45

Station Rotations

Juniors - 5 mins each

Individual Skills
 Rest
 Individual Skills
 Rest
 Olympic Event TBC

Seniors - 8 minutes each

Individual Skills
 Rest
 Pair Skills
 Long Rope Skills
 Rest
 Olympic event TBC

Middle - 5 mins each

Individual Skills
 Rest
 Individual Skills
 Rest
 Skipping Sequences
 Olympic Event TBC

Intermediate - 8 minutes each

Individual Skills
 Rest
 Pair Skills
 Long Rope Skills
 Rest
 Double Rope Skills
 Olympic Event TBC