



Jumping Is Cool!

Dear Parents and Students,

Our next Intramural activity will be Jump Rope Club. During Jump Rope Club we will be learning fun new challenging ways of jumping and learning all the benefits that come with jumping rope. We will also learn different ways to jump, jump rope tricks and even jump rope routines put to music. This club is designed for beginners as well as students who are advanced jumpers. **There is one requirement; we will be doing Jump Rope For Heart. All students participating in Jump Rope Club will be required to participate and help us raise money for the American Heart Association. All the money raised goes to our local American Heart Association to help fight Heart Disease the #1 killer; stroke the #3 killer and leading cause of serious disability. It will also help the fight we sadly are seeing of overweight and diabetes among our nation's youth.**

We will meet weekly by grade level from the week of December 15th and going until the week of February 9th. Jump Rope Club will be in the mornings from 8:00am-8:55am. Tuesday mornings will be 1st and 2nd grades only and Thursday will be 3rd-5th grades only. The front door of the school is locked, so you must come in through the front West side door that leads directly into the gym. I will be standing there allowing Jumpers in. **YOU MUST BE ON TIME! If you arrive after 8:05am, the door will be shut and locked! You will then have to wait outside until school starts.** The only time there will be an exception to the door rule is when there is a snowstorm. If school is cancelled or delayed due to weather, there will be **NO** Jump Rope Club.

This program is open to students in 1st, 2nd, 3rd, 4th, or 5th grade. **Jump Rope Club is limited to 65 students per day.** This will be on a first come first serve basis. In order to be placed on the list, the student will need to bring back the permission slip **filled out completely** and signed by a parent/guardian. **Please turn in the slip directly to Miss Shockey.**

Intramurals promotes teamwork and good sportsmanship as well as our Ponderosa Pride Code of Conduct: Be Safe, Be Responsible, and Be Respectful. If you student is having a problem following these expectations, then they may be asked to leave the program.

Hope to see you there!
~Miss Shockey (720) 747-2800

_____ Please cut and return bottom portion _____

Parent Signature:

_____ **Sign to** say that your child has permission to participate in the Jump Rope Club Intramural Program and that you understand and agree to everything in this letter.

Student Name/Signature:

_____ **Sign to** say that I am willing to participate in the Jump Rope Club Intramural Program and that I understand and agree to everything in this letter.

Grade _____ **Classroom Teacher** _____

My daytime phone number is _____

This is the best number to reach me in the mornings in case of emergencies.

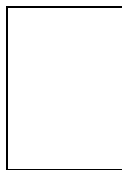
Jump Rope Club Dates:

1st-2nd grades only (Tuesdays):

- December 16
- January 6, 13, 20, 27
- February 3, 10(Last Day)

3rd-5th grades only (Thursdays):

- December 18
- January 8, 15, 22, 29
- February 5, 12(Last Day)



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