

# Rappin' Ropes Jump Rope Clinic

Wednesday, September 26th

3:50 - 5:00 in Sherwood's Gym

- Learn the basics of jumping rope and improve your jump rope skills!
- 2nd - 6th graders of Sherwood Elementary that are interested in trying out this year are invited to attend  
(NOT intended for current members of the Rappin' Ropes Team.)
- Dress in shorts and t-shirt, good tennis shoes, and bring a water bottle.
- Clinic will be lead by Rappin' Rope coaches and Alumni Rappin' Rope jumpers.
- Jump ropes will be provided for use during clinic; bring your own if you wish.
- Pick up your child at the gym door entrance by picnic tables by 5:00.

\*Complete the bottom portion of this paper as the student's permission slip for attending the clinic. Cut and return the bottom portion of this paper by Friday, September 21st into the green and yellow Rappin Ropes box in the front office.

Thank You! Emily Strausbaugh (Rappin' Ropes Head Coach)  
emilystrausbaugh18@gmail.com

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I give permission for my child to attend the "Sherwood Rappin' Ropes" Jump Rope Clinic on Wednesday, September 26th from 3:50 - 5:00 in the Sherwood gym.

Student Name \_\_\_\_\_ Grade \_\_\_\_\_

Homeroom Teacher \_\_\_\_\_

Parent Name(printed)\_\_\_\_\_

Parent Signature\_\_\_\_\_

Parent Phone Number: \_\_\_\_\_

Emergency Phone Contact:

\_\_\_\_\_or\_\_\_\_\_