

2018 Sherwood Rappin' Ropes Tryouts

Wednesday, October 3rd

What is Rappin' Ropes?: Rappin' Ropes is a jump rope team, established in 1994, that performs at half-time shows during Varsity basketball games at local high schools and universities. Rappin' Ropes also prepares a longer show for Sherwood Elementary and for the families of the team members. The Cincinnati Red's Opening Day Parade is an event our team has done in the past (hopefully again this year). The team performs tricks using various equipment including hula hoops, pogo balls and pogo sticks. They perform group tricks involving numerous ropes and much cooperation.

How do you become a Rappin' Roper? We would like everyone to have a chance to be on the team, however limitations restrict the number of participants. For this reason, we hold tryouts each fall. Students must turn in the "tryout form" to their homeroom teacher prior to tryouts, as behavior, effort, and attitude will be a factor in making the team.

Tryout Date: Wednesday, October 3rd in Sherwood's gym.

Please dress appropriately: gym shoes, shorts, t-shirt. Jump ropes provided.

<u>Grade</u>	<u>Time</u>
2nd/3rd	3:50 - 4:45
4th/5 th /6th	4:45 - 5:30

Times are approximate...hopefully we'll stay on schedule. If you have any questions, please send an e-mail to emilystrausbaugh18@gmail.com

What do you have to do at tryouts? Students are selected based on the highest **TOTAL** points from the following areas:

1. 60 second Speed jump
2. Side Swings in a row
3. Leg Overs in a row
4. Criss Crosses in a row
5. Double Unders in a row
6. Teacher recommendation score



Who makes the team? The students with the top scores from each grade level will be chosen for the team. How many are chosen from each grade will be determined by the amount of students trying out.

What is your commitment? Practices will be every Wednesday, after school, from 4:00-5:30 from October 17 - March. Depending on performances, there may be a few announced special practices. Rappin' Ropes team members **MUST** be dedicated to improving personal and team skill levels. Therefore they are expected to be at all practices and scheduled events. They are also expected to be positive role models and follow all school academic and behavior requirements. The last performance of the season will be at Sherwood for students and staff prior to spring break. Reds Parade is TBD.

Is there a fee? The cost is approximately \$35 for the purchase of a team uniform. Other spirit wear is optional. Other costs involve entrances into basketball games to watch performances. Jumpers and coaches are free, spectators pay. Costs vary among universities; high schools are \$6/ adult. Special outfits for final performances vary among grade level costumes (\$5-\$10).

It is recommended that parents talk to their student in regards to the following before trying out.

1. Team commitment. **All practices and scheduled events are important.** Team members need to be present and on time unless they missed school due to illness. Parents should communicate with coaches prior to a known absence, or immediately following an unexpected absence.
2. The tryout process can be rewarding for those who make the team, however, for those that don't score high enough to make the team, it can become a very difficult time emotionally.
3. Students that were on the team in the past will go through the same tryout process. They must earn their place on the team by their tryout scores. Practice will make the difference in preparing for tryouts.

What do you do if you want to try out?

Please fill out and sign the "Parent Permission" portion of the attached tryout sheet. Return this form to your homeroom teacher no later than Monday, October 1st.
Attend the tryouts on October 3rd at the specified time for your grade level.

Good Luck to ALL!!!

And remember, just by doing your best, you are already a winner!



Rappin' Ropes Tryout Form - 2018

Student Name: _____

Homeroom Teacher _____ Grade: _____

Parent Permission

I, _____ (Parent Name), give permission for my child to try out for the Sherwood Rappin' Ropes. There are no known health reasons that would limit participation. We agree to follow all school and team requirements and release coaches/volunteers from liability in any accidents.

Parent/Guardian signature (phone #)

Student signature

Students: Please sign and give this form to your homeroom teacher

NO LATER than Monday, October 1st

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Teacher Recommendation (parents and students do NOT complete this section.)

Attention Sherwood Teacher:

Once the parent and student have signed the above permission portion of this form, please complete the following recommendation for the student named above. The students should be rated on a scale from 1-5 points per area with 5 being the highest. These scores are held confidentially.

Teachers, please return this form to the Rappin' Ropes Mailbox by Tuesday, October 2nd. (Tryouts are Oct. 3rd)

_____ Effort and Attitude in class

_____ Ability to listen and follow directions

_____ Ability to work well with peers

_____ Attendance

_____ Academic performance (effort and responsibility)

_____ TOTAL POINTS X 4 = _____

Teacher signature

Date

Thank you for your help in selecting students for a grand tradition!