

All-Star Team Try-Outs Application Information

In order to apply to be an All-Star

1. Must be a current BCYRSA and CRSF member
2. Must be at least 16 years of age (on Dec. 31, 2014)
3. Must have attended at least two National competitions (one outside of BC)
4. Minimum of 3 years experience in competition.
5. Must have minimum of level 4 skills in single rope and double dutch
6. Must be willing to travel
7. Have demonstrated an ability to balance work, school and rope skipping
8. Attend the Fall Camp in Penticton, October 25 - 27 (All expenses incurred are the responsibility of the jumper. Accommodation will be arranged on first come first served basis. Please indicate on your application if you will need accommodation.
9. Must be able to demonstrate:
 - Leadership
 - Coaching Skills
 - Teamwork
 - Ability to learn new routines quickly

Please Note:

You can still apply to be an All-Star without being on a team; however you as the athlete must make an obligation to keep

up your fitness level and have level 4 skills in double dutch and single rope. As a skipper, you have the ability to gain Alumni status. This means you are welcome to bring your knowledge and experience to the BCYRSA workshops and other events if called upon.

You must note that Alumni members ***MUST*** be present at the BCY Fall Camp unless they have applied in writing and submitted an application by the due date with an explanation of the special circumstance preventing them from attending. All Alumni information will be kept in an Alumni pool and called upon when needed. There are varying forms of Alumni status, please contribute to the best of your ability. A separate application form for this type of membership is found in the Alumni Application package.

Important dates and deadlines:

August 15, 2013 – Due date for postmark or email send date on application, essay, character reference and coaches review to BCYRSA All Star Committee.

October 25-27- Fall Camp for Jump Rope BC

All Star Team Application

Required Documents for Allstar Applicants:(please include an email address where we can notify you of pertinent information)

1. Essay as outlined below:
 - a. Why should I be selected as an All Star?
 - b. How would I contribute to the All Star team?
 - c. How have I contributed to my skipping club and community?

2. Applicants must submit the Coach's Review emailed or mailed directly to Teresa by the coach

3. Please submit a completed BCYRSA All-Star Application Form and medical form found below you may copy/paste it into an email if emailing application.

4. Applicants must submit one letter of character reference. The character reference letter should focus on teamwork, leadership skills, flexibility and commitment. . If being sent by mail, the character reference should be in a sealed envelope with the signature of the coach written across the seal. The referee may also email the form directly to Teresa Segstro.

5. All documents must be **emailed or mailed** and postmarked or email dated by Aug. 15, 2013 or It is the responsibility of the candidate to submit all required documents to the All-Star Team Committee Chair:

Please email or mail your information to:

BCYRSA Allstar Committee c/o Teresa Segstro

tsegstro@hotmail.com or 2105 Falls Street Nelson, BC

V1L 1K5 Any questions please feel free to email Brenda at :
breid@netidea.com

Due Date is August 15th, 2013

See Application form below.....

All-Star Team Application Form (you may copy/paste this into an email or print the information and mail it)

Name of Jumper : _____ **Years**

All Star Experience _____ **Address:**

City: _____

Province _____ **Postal Code** _____

Phone #: _____

Email _____

Age (in current competition year) _____

Birthdate _____

Current Member with _____ **BCYRSA** _____ **CRSF**

Club Affiliation

Billeting Request

Fall Camp – Penticton _____ (yes/no)

Important info for Billeting - (allergies, other concerns)

Medical Form Jumper

Birthday_____

Home Phone _____

Parent's Name_____

Emerg. Contact_____

Phone # _____

Care Card No. _____

Allergies _____

Medical Problems (sleep, braces, asthma, cold headaches, growing pains etc.) Please also include the treatment you would like us to follow.

Medication (this includes permission to administer a Tylenol for a headache) Please give all medication to the coach of your team when on a trip. Be sure and have the directions clearly labeled.

I hereby authorize the coaches and/or manager of the Allstars to seek medical help for my child during trips or practices if they should consider it necessary.

Parents Signature Witnessed by

All-Star Team Tryouts (attached is the Allstar Evaluation Form which will be used by the Allstar Selection Committee to score the individual candidates) Successful candidates will be notified by October 31st 2013

All-Star candidates will be judged on the following criteria at the BCYRSA Training workshop in September in Abbotsford and the BCY Fall Camp in Nelson in October.

Leadership:

The successful candidate must have the ability to influence, motivate, and enable others to contribute toward the effectiveness and success of the sport of Jump Rope. Candidates must be able to enable an individual or team to move successfully towards a common goal.

Coaching Skills:

The successful candidate must be able to express positive expectations to others and be able to work to resolve conflicts by actively listening/promoting mutual understanding

and respect. Candidates must have the ability to motivate those he/she is teaching while demonstrating proper technique of jump rope skills. ***Ability to learn new routines quickly:***

The successful candidate must be able to demonstrate that they have the ability to learn new routines quickly and at a moments notice, while demonstrating their jumping ability

with professionalism and a positive attitude.

Teamwork:

The successful candidate must demonstrate that they have the ability to cooperate by participating willingly; “is a good team player” and does his/her share of the work. Candidates need to express positive expectations of others and speak of all team members in positive terms. They must promote cooperation while encouraging and

empowering others. They must also help to build team spirit while making others feel strong and an important part of the sport. ***Attendance :***

The attendance of the successful candidates will be observed at camp. The comments on attendance at regular club practices will be reviewed. ***Preparedness :*** The successful candidate will come in specified uniform hair

done in cheats or braids, bangs pinned back on time prepared to skip. Please no gum chewing when acting as an Allstar. **BEST OF LUCK**