

Returning All-Star Team Try-Out information

In order to re-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 **25,26,27 Fall Camp in Penticton**

Travel expenses are at the expense of the athlete if re-applying to be an all-star

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 in Penticton 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, and coaches letter to BCYRSA All Star Committee.

Oct 25,26,27 Fall Camp for Jump Rope BC in Penticton

Returning All Star Team Application

1. Please submit a short essay to answer the following:

How I have contributed to the All-Star team and skipping community during the past year?

Why do I want to continue as an All Star in the coming year.

2. Please ask your coach to write you a reference outlining your skill and leadership ability while an All Star, and reasons to

recommend you for All Star status in the next year.

3. Copy and paste the application form questions into an email and fill it on or email it with your essay or download it, fill it in and mail it with your essay.

Required Documents for Returning Allstar

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

1. Essay as outlined above

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

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

4. 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