

## Participant Release and Indemnity Agreement

(Must be signed by participant or parent/guardian, if the participant is under 21 years of age).

I (We) herby give permission for \_\_\_\_\_  
\_\_\_\_\_ (participant's name) to participate in the Forbes Flyers Workshop/Clinic on Saturday, November 21, 2009 and hereby release and forever discharge all persons associated with the Forbes Flyers, W.C.R.S., Jump Sports Industries, USA Jump Rope All Stars and other USAJR instructors from all claims, cause of action or liability arising from injury to the participant, resulting from participation in the Forbes Flyers November 21 Workshop, whether such injury be the result of negligence or of some other cause. If medical attention is required for injury or illness while at the workshop, I (we) give permission for such medical care and I (we) will be financially responsible.

I (We) also give permission for the Forbes Flyers organization to use any films, videos, and/or photographs of participants for public access TV, website or advertising.

Parent Name \_\_\_\_\_

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

Coach's Signature \_\_\_\_\_

Date \_\_\_\_\_

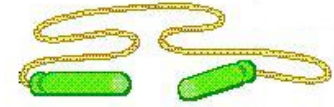
FOR ADDITIONAL INFORMATION CONTACT:

Coach Harrington 860-286-0870

E-mail: [jan1tony2@comcast.net](mailto:jan1tony2@comcast.net)



FORBES FLYERS JUMP ROPE TEAM  
500 Migeon Avenue  
Torrington, CT 06790



# Learnin' The Ropes

Saturday,  
November 21, 2009  
The Forman School  
12 Norfolk Road  
Litchfield, CT 06759  
9am – 4:00 pm



*Hosted by the Forbes  
Flyers Jump Rope Team*

Special Guest Instructors:

W.C.R.S. – World Class Rope  
Skipping Team

JSI – Jump Sports Industries

USA Jump Rope All Stars and other  
USAJR Teams

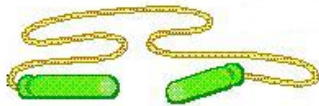
## Learnin' The Ropes

On Saturday, November 21, 2009 The Forbes Flyers will host a single rope and Double Dutch Workshop for jump rope enthusiasts. The workshop is open to jumpers age five and above. There will also be a Level one and Level two USAJR Judges Certification clinic to certify new and returning judges for the 2009-2010 jump rope competition season. This is a Worlds year so there will also be training to be a FISAC World Judge. The workshop will be held at the Forman School in Litchfield, CT.

The workshop sessions are designed to teach jumpers, coaches and teachers basic to advanced skills in short rope and Double Dutch. The instructors for these sessions are experienced jumpers from the Forbes Flyers guided by the expertise of W.C.R.S., World Class Rope Skipping Team, Jump Sports Industries (JSI) and selected members of the USA Jump Rope All Star Team as well as other visiting teams from MD, NH, MA, OH, LA, NC, IN, WV, TX and ID.

CONTACT Coach Janice Harrington at: [jan1tony2@comcast.net](mailto:jan1tony2@comcast.net) if you have additional questions or call Forbes School at 860-489-2500 x 117/119.

**Please Come Dressed To Participate**



**Flyers at Nationals 2009**

### Sessions:

Registration	9-9:30 am
Skill Sessions	9:40-12:00
Lunch	12:00-12:45
Skill Sessions	12:45-2:30
Closing Show	3:00-4:00

### (\$2 show fee for non-participants)

**You do not have to be on a team to attend the workshop**

### Registration Information

**Jumpers/Coaches \$45**

(Coaches Discount: Register 10 jumpers – coach is admitted free)

- Includes all jump rope workshop sessions, closing show and a jump rope

**Lunch Included**

- Grinder, snack and drink

**USAJR or FISAC Judges training \$25 per participant**

- Includes lunch and closing show

**Sessions will cover the following skills:**

- Single rope
- Double Dutch
- Chinese Wheel (Swimmer)
- Traveler and Long Rope

## Learnin' The Ropes

### Registration Form

Name \_\_\_\_\_ Age \_\_\_\_\_

Phone (home/emergency) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

School/Team \_\_\_\_\_

Coach \_\_\_\_\_

### WORKSHOP FEES:

By November 6<sup>th</sup>: \$45 \_\_\_\_\_

After November 6<sup>th</sup>: \$50 \_\_\_\_\_

Closing Show: \$2 \_\_\_\_\_

USAJR/FISAC Training: \$25 \_\_\_\_\_

FISAC only: \$25 \_\_\_\_\_

Extra lunch orders \$5 \_\_\_\_\_

Total Enclosed\$ \_\_\_\_\_

**Souvenir Table** will be selling ropes, shorts, T-shirts and other jump rope items.

**Registration** must be **postmarked** by **November 6<sup>th</sup>** for the \$45 fee to apply.

**All fees are non-refundable after November 6<sup>th</sup>**

**MAKE CHECK PAYABLE TO:**

**FORBES FLYERS JUMP ROPE TEAM**

500 Migeon Avenue  
Torrington, CT 06790  
Phone: 860-489-2500 x 117  
Fax: 860-489-2555

Email: [jan1tony2@comcast.net](mailto:jan1tony2@comcast.net)

