



### Rope Skipping Gym Games Final Program 2017

Date	Time	Event	Category /level	Age Group	
<b>02/10/2017 Monday</b>	08:30am	Numbering , individuals Warm up and Judges Meeting / Briefing	Level 1- 4	All ages	
	09:00am				
	09:00am	Individual Speed Events Including Triples for Lev 4	Level 1-4	All ages	
	11:30am				
	11:30am	Tea Break and Judges Meeting			
	11:45am				
	11:45am	Single Rope Freestyle Individual Event	Level 1-2-3	All Ages	
	12:15pm				
	12:15pm	Single Rope Freestyle Individual Event	Level 3-4	All ages	
	13:00pm				
	13:00pm	Lunch : All Judges Coaches and jumpers			
	14:00pm	Numbering , individuals Warm up and Judges Meeting / Briefing Lev 5 - 7			
	14:00pm	All Speed	Lev 5 - 7	All ages	
	15:00pm				
	15:00pm	All Free Styles	Level 5 - 7	All ages	
	16:00pm				
	16:00pm	Medal Ceremony All Events			
	16:30pm				
	17:00pm	Technical Assembly			
	17:00pm				

#### ROPE SKIPPING PROGRAMME MANAGEMENT TEAM

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Date	Time	Event	By?
03/10/2016 Tuesday  1 Day Camp	08:30	Welcome and Purpose of the Camp	Keo Mokolopo
	08:45		
	08:45	<ul style="list-style-type: none"> <li>What a Typical Rope Skipping Class should consist of</li> <li>High Performance Training</li> </ul>	Keo Mokolopo Shirley Tsatsinyane
	09:00		
	09:00	Warm Up	Mbali Nyundu
	09:30		
	09:30	Skills Workshop <ul style="list-style-type: none"> <li>Single Rope</li> <li>Chinese Wheel</li> </ul>	Different Coaches
	11:30	Break	All
	11:45	Skills Workshop <ul style="list-style-type: none"> <li>Double Dutch</li> <li>Long Ropes</li> </ul>	Different Coaches
	13:00	Lunch	All
	14:00	Coaches Workshop whilst Jumpers carry on with the Camp	
	16:00		

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