



Rope Skipping Gym Games Provisional Program 2017

Date	Time	Event	Category /level	Age Group	
02/10/2017 Monday	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	All Ages	
	12:15pm				
	12:15pm	Single Rope Freestyle Individual Event	Level 2	All ages	
	13:00pm				
	13:00pm	Lunch : All Judges Coaches and jumpers All Level 1 -4			
	13:45pm				
	14:00pm	Single Rope Freestyle Individual Event	Level 3	All ages	
	14:45pm				
	14:45pm	Single Rope Freestyle Individual Event	Level 4	All ages	
	15:30pm				
	16:00pm	Medal Ceremony All Events			
	16:30pm				
	17:00pm	Technical Assembly			
	17:00pm				

ROPE SKIPPING PROGRAMME MANAGEMENT TEAM

Development: Sibusiso Mabele 📞 Cell: 0790473314 📧 Email: sbutheskippa@hotmail.com

Technical : Shirlev Tsatsinvane 📞 : 0736450269 📧 Email : shirlevt@live.co.za

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Date	Time	Event	Category /level	Age Group	
03/10/2017 Tuesday	08:30am	Numbering , individuals Warm up and Judges Meeting / Briefing	Level 5-6	All ages	
	08:45am				
	08:45am	Individual Speed Events	Level 5-6	All ages	
	09:45am				
	09:45am	Tea Break and Judges Meeting			
	10:00am	Tea Break and Judges Meeting			
	10:00am	Single Rope Freestyle Individual Event	Level 5-6	All Ages	
	11:00am				
	11:30am	Numbering , individuals Warm up and Judges Meeting / Briefing	Level 7 and Teams	All ages	
	12:00pm				
	12:00pm	Individual Speed Events	Level 7	All ages	
	12:45pm				
	12:45pm	Judges Meeting and Lunch			
	13:30pm	Judges Meeting and Lunch			
	13:30pm	Single Rope Freestyle Individual Event	Level 7	All ages	
	14:15pm				
	14:30pm	Team Events			
	15:30pm	Team Events			
	15:30pm	Demo Events			
	16:00pm	Demo Events			
	16:15pm	Medal Ceremony			
	17:00pm	All Events			

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Date	Time	Event	By?
04/10/2016 Wednesday 1 Day Camp	08:30	Welcome and Purpose of the Camp	Keo Mokolopo
	08:45		
	08:45	<ul style="list-style-type: none"> What a Typical Rope Skipping Class should consist of High Performance Training 	Keo Mokolopo Shirley Tsatsinyane
	09:00		
	09:00	Warm Up	Mbali Nyundu
	09:30		
	09:30	Skills Workshop <ul style="list-style-type: none"> Single Rope Chinese Wheel 	Different Coaches
	11:30	Break	All
	11:45	Skills Workshop <ul style="list-style-type: none"> Double Dutch Long Ropes 	Different Coaches
	13:00	Lunch	All
	14:00	Coaches Workshop whilst Jumpers carry on with the Camp	
	16:00		

Important to note: The times will be highly influenced by the number of entries received.

Any Changes will be communicated

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