



Skipping Clinic

To improve quality of tricks, skills and techniques.

When: February 25th, 2017 - 9:00 am to 12:00 pm

Where: L.C.V.I.

Cost: \$20 at the door

For Who: **skippers** from grade 3 and up, who want to learn the techniques needed to excel in all the TLDSB Skipping Competitive Events. 1-on-1 coaching will be available for all of the skills below.

Main Focus:	Speed	PLUS: Short rope tricks
	Power	Long rope tricks
	Endurance	Double Dutch tricks
	Freestyle	Figure 8

- *Coaches are welcome to come and observe.*
- *Comfortable clothes, dry indoor shoes, a personal rope if you have one, extra water bottles and a snack if needed.*

To assure attendance please **send skipper's name and school to:**

Lexie Van Kooten

Jack Callaghan PS

l.vankooten@tldsbo.on.ca