



President's Report
2019

First and foremost I would like to thank all of the athletes, coaches, officials, volunteers, parents and supporters for helping make the 2018-2019 season another successful year for RSANS. Nova Scotia was represented extremely well at the Rope Skipping Canada National Championships, including several 1st place finishes.

We began the season with another excellent "Come Try Skipping" event that drew new members to Jump Energy in Porters Lake. We hosted several workshops across the province and attended TAPHE at Sackville High School. We hosted world-champions Tim Martin and Mathilde Helbo Larsen and did several school demonstrations and workshops both independently and with the Heart and Stroke Foundation.

We went back to Porters Lake to host our Provincial Championships and Recreational Camp & Competition, where we implemented a new format for the provincial recreational competition, similar to our new mini-competition model with a scorecard and standards-based rankings. Athletes enjoyed receiving their scorecards and ribbons and had a great time!

Our competitive athletes then moved on to the Rope Skipping Canada National Championships in Olds, Alberta where our athletes brought home several 1st place finishes, including Jump Energy's Alena Collens, who finished 1st overall in the U10 division.

This season marked the end of an era with the dissolution of FISAC and WJR, and introduced us to the new International Jump Rope Union. Rules and Judging have been completely overhauled and the 2019-2020 competition season will be a big one!

Yours in Rope Skipping,

A handwritten signature in blue ink, appearing to read 'S Ashley', is positioned above the printed name.

Sam Ashley, President