



President's Report 2018

First and foremost I would like to thank all of the athletes, coaches, officials, volunteers, parents and supporters for helping make the 2017-2018 season another successful year for RSANS. Nova Scotia was represented extremely well at the Rope Skipping Canada National Championships, as well as the FISAC-IRSF World Rope Skipping Championships.

We began the season with our first ever "Skipping Day in Canada" in which we hosted a Come-Try-Skipping event and Skip-a-thon to raise funds for a local child's medical needs. The event was held in Porters Lake, with the support of athletes and volunteers from Jump Energy. This event attracted lots of participation and led to increased membership in the Jump Energy and Rockin' the Ropes programs.

We continued the season with workshops in Annapolis Royal, Bedford, and several in Halifax. This year we hosted our first ever "Workshop and Mini-Competition" at Springvale elementary, with a new self-comparison competition format. Participants had a great time and this event helped solidify the new Springvale Elementary skipping club.

We went back to Porters Lake to host our Provincial Championships and Recreational Camp & Competition, where we hosted athletes from Jump Energy, the Annapolis Skippers, Rockin' the Ropes, Springvale Elementary, Portland Estates Elementary, and RK Turner Elementary.

Our competitive athletes then moved on to the Rope Skipping Canada National Championships in Windsor, Ontario, where our athletes brought home several 1st place finishes, including Jump Energy's Electrified team winning a Grand National Championship in Double Dutch Speed Relay.

In the summer I joined Cameron Short and Kristyn Ball in Shanghai for the 2018 FISAC-IRSF World Rope Skipping Championships as both the Head Coach of Team Canada and an athlete in Double Dutch Single Freestyle. This trip also served as an introduction to the upcoming formation of the International Jump Rope Union. We look forward to having an active voice at the table for future changes in our sport both nationally and internationally.

Yours in Rope Skipping,

A handwritten signature in blue ink, appearing to read 'S Ashley'.

Sam Ashley, President