



Rope Skipping Canada Report
2019

The 2018-2019 season was a big step for Rope Skipping Canada as it marked the final year of about 8 years without major rules and judging changes. We began transitioning to the new IJRU competition rules and format for implementation at the 2020 provincial and national championships.

With four Nova Scotians on the RSC board of directors, RSANS continues to have a strong voice at the table to ensure LTAD principles are preserved and our competition structure remains age and stage appropriate.

Erin Gillespie of Alberta has continued as Chair, and Sam Ashley continued his role as Vice-Chair. Sarah Miles and Sarah Dobrowolski remained as a directors-at-large, and I remained as the RSC representative.

Cameron Short, RSC Representative