

# Jump 4 Life Program Overview



The goal of the **Jump 4 Life Program**, developed by the Consortium for Infant and Child Health (CINCH), is to train professionals who regularly work with school-age youth (5 – 18 years old) to become expert jump rope trainers. After attending this train-the-trainer session, you will be able to teach the skills of jumping rope; therefore, we expect **everyone to conduct at least one (1) jumping rope session with their respective youth groups/youth programs by May 2013.**

We strongly encourage you to offer the complete **Jump 4 Life Program**, which includes two (2) program levels – Basic and Advanced – that you can choose from. **Please read the guidelines of the program below then complete and turn in the attached commitment form.**

## Basic Level:

- **Conduct at least 3 jumping rope activity sessions with youth participants at your facility/ program by May 31, 2013.**
- You will receive jump ropes for program participants (while supplies last).

## Advanced Level:

- **Conduct 6 or more jumping rope activity sessions with youth participants at your facility/ program by May 31, 2013.**
- You will receive jump ropes for program participants (while supplies last) AND qualify for consideration to receive a jump rope center kit containing competition style individual and group double-dutch jump ropes. *You must complete at least 6 sessions to qualify for the kit. Supplies are limited and not all sites will receive a center kit.*

## Program Guidelines:

1. Schedule and conduct jumping rope sessions by May 31, 2013. If you have a summer program and need to start the **Jump 4 Life** sessions later than this date, please indicate the anticipated start date on the commitment form.
2. Schedule a site visit with CINCH program staff during one of the jump rope sessions.
3. Complete an activity report which will include summary information collected from brief questionnaires for youth participants, parents and program participant numbers. These reports may be provided in an electronic or hard copy format.
4. Obtain consent to photograph and/or videotape youth participating in the **Jump 4 Life** program at your facility (if feasible). Alternatively, you can provide pictures to CINCH staff of youth participating in the program with consent to use and disseminate pictures provided in any electronic and/or print format created by CINCH.

## How to Receive Your Jump Ropes:

Once you have scheduled your jumping rope sessions, you must send an email to [CINCH@evms.edu](mailto:CINCH@evms.edu) indicating the dates & times for your sessions; approximate number of youth participating; and the location. CINCH staff will contact you to make arrangements to provide the jump ropes.

## Contact Information:

If you have questions or need more information about this program, email [CINCH@evms.edu](mailto:CINCH@evms.edu) or call Laurie McManama at 757-668-6426.

*NOTE: To receive the jump ropes, you must agree to conduct the Jump 4 Life program at the Basic or Advanced levels. Jump ropes will not be provided to those who only complete 1 - 2 jump rope session(s) with their youth participants.*



## Jump 4 Life Program Commitment Form

<b>Please complete this form and turn in at the registration table. Please print.</b>	
<p><b>Please select the level you will be participating in as a Trainer:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Minimum:</b> conduct one jump rope session with youth participants</li> <li><input type="checkbox"/> <b>Basic:</b> conduct at least 3 jumping rope activity sessions with youth participants at my facility/program. You will receive jump ropes for participants (while supplies last).</li> <li><input type="checkbox"/> <b>Advanced:</b> conduct 6 or more jumping rope activity sessions with youth participants at my facility/program. You will receive jump ropes for program participants (while supplies last) <u>AND</u> qualify to receive a jump rope kit containing competition style individual and double-dutch jump ropes. <i>You must complete at least 6 sessions to qualify for the kit.</i></li> </ul>	
<b>What is the anticipated start date for your Jump 4 Life sessions?</b> <span style="float: right;">(mm/yyyy)</span>	
<b>Name:</b>	
<b>Job Title/Position:</b>	
<b>Organization:</b>	
<b>Address:</b>	
<b>City, State, Zip</b>	
<b>Main Phone:</b>	
<b>Email Address:</b>	
<b>Program Guidelines:</b>	
<ol style="list-style-type: none"> <li>1. Schedule and conduct jumping rope sessions by May 31, 2013. If you have a summer program and need to start the <b>Jump 4 Life</b> sessions later than this date, please indicate the anticipated start date on the commitment form.</li> <li>2. Schedule a site visit with CINCH program staff during one of the jump rope sessions.</li> <li>3. Complete an activity report which will include summary information collected from brief questionnaires for youth participants, parents and program participant numbers. These reports maybe provided in an electronic or hard copy format.</li> <li>4. Obtain consent to photograph and/or videotape youth participating in the <b>Jump 4 Life</b> program at your facility (if feasible). Alternatively, you can provide pictures to CINCH staff of youth participating in the program with consent to use and disseminate pictures provided in any electronic and/or print format created by CINCH.</li> </ol>	
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\_\_\_\_\_  
Your Signature Here

\_\_\_\_\_  
Date

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