

# Jump4Life!

A CINCH Jump Rope Program for Kids in Healthy Hampton Roads

## Jump Rope Request Form

Please complete this form to request individual freestyle jump ropes for your Jump4Life program. The CINCH Jump4Life Program is only able to provide *individual freestyle jump ropes in sizes 7-9 ft- see guidelines form for detailed sizing information.* **Supplies are limited.**

Trainer Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Organization: \_\_\_\_\_

Program Site Location(s)/address(es): \_\_\_\_\_

Dates of Program \_\_\_\_\_

Total # of child participants: \_\_\_\_\_ Total adult participants: \_\_\_\_\_

Age of participants (check all that apply):

Under age 5  5-10  11-13  14-18  Adults

Will you be giving these ropes to the children to keep or retain these ropes at your site?

Kids for their own use  Maintain at our facility for ongoing use  Other \_\_\_\_\_

Do you have partner ropes at your facility? Check the appropriate box(es) below:

Double Dutch  Chinese Wheel (smaller partner trick ropes)  No, we have neither

Individual Freestyle Jump Rope Length	Estimated Grades	Estimated Height	Requested # of Jump Ropes for children at your site
7 ft	Grades K-2	4'4" to 4'9"	
8 ft	Grades 3-6	4'10" to 5'2"	
9 ft	Grades 6-12	5'3" to 5'8" *Sometimes up to 6'2", depending on jumper	
10 ft	Grades 9-12 for tall kids/adults	5'9" to 6'2"	We do not have 10 ft ropes. Please request 9 ft for kids over 5'9"

*\*Please see Jump Rope Sizing Guidelines Handout for detailed sizing and adjustment instructions.*

Email this form to us at [CINCH@evms.edu](mailto:CINCH@evms.edu) or fax to 757-668-6425 (Attention: CINCH). Call 757-668-6426 if you need more information or have questions. *Please note – you are expected to submit program evaluation/feedback by May 31, 2013 as part of your participation in this program.*

Brought to you by the Consortium for Infant and Child Health at Eastern Virginia Medical School, funded by the Virginia Department of Health and delivered by our friends and community partners

Visit us at [www.cinchcoalition.org](http://www.cinchcoalition.org) for more information on Jump4Life and our other programs.