

Hoppin' Hawks Newsletter

Welcome to the fall jump rope session! We are looking forward to another great jumping season. **When entering please use the side door.** This will be the only newsletter sent out during the session so keep it in a safe place. Hopefully, this newsletter will answer any questions you have; if not e-mail us at hoppin_hawks@yahoo.com. We would like to THANK all of the parents and jumpers for making our first week a huge success.

GROUP TIMES-

Talons: 5:30 – 6:25

Wings: 6:30 – 7:25

Soar & FIT: 7:30 – 8:50

ROPES AND THINGS-

Ropes and other jump rope related items will be on sale tonight and again on the final week.

LABEL YOUR ROPES!

Every season we have a growing lost and found box filled with ropes. Please help us find their owners by labeling your ropes. The best place seems to be on the bead nearest the handle, or write the name with nail polish on the handle.

DRESS LIKE AN ATHLETE

Jumpers must wear sneakers and are highly encouraged to wear shorts and a T-shirt.

JEWELRY POLICY

For the safety of the jumpers, we ask that NO JEWELRY be worn to practice.

DOOR DUTY

We are looking for parent volunteers to watch the doors during the practice sessions. There will be a sign up sheet going around if you would like to volunteer for a practice session. Thanks in advance for your help!

SMOKING POLICY

Since we are on school property, there will be no smoking anywhere on school grounds.

WHERE ARE THE JUMPERS?

The jumpers are in the gym during practice. Please remind your child to use the bathroom before practice and bring a water bottle to keep in the gym. Also, jumping may only take place in the gym. PLEASE DO NOT JUMP IN THE HALLWAY. If you have younger siblings, please keep them on the bleachers and do not allow them to run in the school for their own safety.

CLOSINGS

We follow the guidelines established by Parks and Recreation. This means when schools close at, or before the end of the school day we cannot practice. Please listen to your radio or TV if in doubt.

PRACTICE DATES

Please note that we are only practicing on the dates listed below. Please mark them on your calendar! There might be a night the gym cannot be used because of an unknown school activity. We will attempt to notify you. **If we have NO practice cancellations during the session the last night will be November 10, 2011.**

Week	Thursday
1	September 15th
2	September 22nd
3	October 6th
4	October 13th
5	October 20th
6	October 27th
7	November 10th
8	November 17th (Make up week)
9	December 1st (Make up week)

Have a GREAT jump rope season!

