

Coach Megan

Years Jumping – 18

Favorite Jump Rope Skill- Awesome Annie & Swishy Leg

Favorite Jump Rope Event- Anything with double dutch

Highest Jump Rope Accomplishments- AAU Athlete of the Year

Favorite Jump Rope Moment – Jumping on Set of Indiana Jones Epic Stunt Spectacular

Why I love Jump Rope – Making friends from other teams with the common goal of promoting the sport. I love teaching the skills to new jumpers.

Asst. Coach Sheri

Years coaching- 5

Loves to coach because it's great to see the kids improve their skills & self confidence

Highest accomplishment- Watching team members earn ribbons at competition

Favorite thing- inspiring kids to want to try new things and creating a passion for jump rope

Alyssa

Years Jumping - 6

Favorite Jump Rope Skill - TJ

Why I love Jump Rope - because I love competing and learning and teaching new skills

Highest Jump Rope Accomplishment - earning 2nd place at AAU competition

Favorite Jump Rope Show: John Archer

Other sports played: Field Hockey

Angie

Years jumping- 7

Favorite jump rope skill- Matador front cross/ terminator

Why you love jump rope- It's one of the most active and unique sports. Not everyone can say, "I live my life jumping rope" because it is much more than that.

Highest jump rope accomplishment- Making the team and learning tricks everywhere I go from new people.

Favorite thing you have done in jump rope or favorite show- I personally liked jump roping at the mall which was an odd yet fun experience. I also love doing half-time shows for sports.

Cassidy

Years jumping- 6

Favorite jump rope skill- Triple unders and butt jumps

Why you love jump rope- It's so much fun and I love being able to do really cool tricks!

Highest jump rope accomplishment- Performing in competition last year and earning ribbons!

Favorite thing you have done in jump rope or favorite show- My favorite thing I have done in a show is my flip with Sydney!!!! I loved the Navy Show and performing at Ripken World Series!

Other sports: Lacrosse, basketball, soccer

Other interests: Flute, piano

I have also been in several musicals including Music Man, Les Mis, Oklahoma, and Joseph and the Amazing Technicolor Dream Coat.

Favorite subject at school: Writing

Elizabeth

Hi my name is Elizabeth! I have been jumping rope for ten years! I love to jump rope because it is fun to learn new skills and be around people who care a lot about you. My favorite jump rope skill is U-lock, where you put both arms under one knee. My most favorite memory of jump rope was when I was trying out for junior travel team and we had to do as many double unders as we could possibly do. I couldn't find my speed rope so I had to use my beaded rope (which is a lot slower). I ended up doing 180 double unders! I couldn't believe it! I also love doing jump rope shows for kids around Harford County to show them just how much fun jump rope can be! Jump rope helps me with many other sports as well. It helps with balance, rhythm, cardio, and strength. This helps me with dance, soccer, and horseback riding! So come and jump rope with us and have memories and friends you'll have for a lifetime!

Emily

Holland

Hunter

Years Jumping--6years

Favorite Skill--Awesome Annie

Why I love Jump Rope--It's Fun and Challenging!

Other Sports--soccer, basketball and lacrosse

Favorite Subject--Math

Favorite Thing About Jump Rope--is performing shows

Jenna

Years Jumping - 10

Favorite Skill - Quad

Why I love Jump Rope - it's a fun way to exercise and its very different and unique from other sports

Highest Achievement - 1st place Double Dutch at USA Regionals

Favorite Thing Done in Jump Rope - Teaching little kids how to jump rope and performing for the community

Other Sports - Lacrosse and Volleyball

Favorite Subject - Science

Hobby - Playing the viola

Jillian

Kadie

Years jumping- 7

Favorite jump rope skill- Double leg hook

Why you love jump rope- I love jump rope because it is a unique sport and there's always something new to learn

Highest jump rope accomplishment- subway

Favorite thing you have done in jump rope or favorite show- navy performance

Favorite subject- math

Katie**Kayla**

Years jumping-4

Favorite jump rope skill-donkey kicks /butt jumps

Why you love jump rope-It's really fun learning new skills and performing in front of people

Highest jump rope accomplishment-Placing at competition

Favorite thing you have done in jump rope or favorite show-Navy Show/ school shows

Leah

Years jumping- 5 years

Favorite jump rope skill- awesome Annie

Why you love jump rope- it's fun and I have made a lot of great friends.

Megan

Years Jumping – 6

Favorite Jump Rope Skill – Butt Jumps

Why I love Jump Rope – It is fun and new experiences

Highest Jump Rope Accomplishment – 4th Place DD USA Regionals Competition

Favorite Jump Rope Show – School Shows

Favorite Subject – History

Hobbies – Plays the viola, 0supporting breast cancer

Olivia

Years jumping- 7

Favorite jump rope skill- butt jumps

Why you love jump rope- it's a lot of fun and exciting!

Favorite thing you have done in jump rope or favorite show- My favorite show is Navy.

Sara

Years jumping – 4

Favorite jump rope skill – Butt Jump

Why you love jump rope – “It’s fun doing shows and it keeps me active. I like being a part of a team and learning new tricks.”

Biggest jump rope accomplishment - Making the team.

Favorite Show - “School shows because it gets more kids to love the sport!”

Other sports played – Field Hockey

Favorite class in school - ILA because I enjoy reading/writing.

Selena

Sophie

Years jumping- 5

Favorite jump rope skill- Double Matador Split Cross

Why you love jump rope- It is the most fun sport I've ever done

Highest jump rope accomplishment- placing at competition

Favorite thing you have done in jump rope or favorite show- competing

Spencer

Years jumping- 7

Favorite Skill- Kamakazi (double push up)

Loves jump rope because it's fun & a great way to exercise

Highest accomplishment- Getting the subway skill in DD

Favorite thing- performing for a crowd and hearing them cheer

Sydney

Years jumping- 6

Favorite skill- Can Can

Loves jump rope because it's fun & my team is my family

Highest accomplishment- 1st place DD freestyle USA

Favorite thing- performing for a crowd