

# WJRCC Tentative Schedule

## Championship Schedule

The Championship schedule is tentative until final registration is completed. Adjustments will be made to allow the Championship and Camp to run smoothly and give our competitors and camp attendees the best experience possible. Heat sheets and a Final Championship schedule will be provided in the Coaches Welcome Packet at the time of Check-in. Competitors are to line up a minimum of three heats prior to their event.

<b>Tentative Schedule</b>	<b>Date</b>	<b>Times</b>	<b>Location</b>	<b>Event Details</b>
<b>Judges Refresher Course</b>	July 3	16:00-18:00	Oslofjord Convention Center Ørnen Room	All Judges are required to attend the Judges Refresher Course.
<b>Mandatory Coaches Meeting</b>	July 3	19:00- 21:00	Oslofjord Convention Center Ørnen Room	Coach of Record is required to attend the Coaches Meeting. Please be on time.
<b>Championship</b>	July 4	TBD	Oslofjord Convention Center	Opening Ceremonies Single Rope Speed 1x30 Single Rope Speed Pairs Double Unders Single Rope Speed Relay Novice and Junior Single Rope Freestyle Junior Single Rope Pairs Freestyle Junior Single Rope Team Freestyle
<b>Championship</b>	July 5	TBD	Oslofjord Convention Center	Double Dutch Speed Relay Double Dutch Pairs Speed 3-minute speed Junior Single Rope Pairs Wheel Freestyle Junior Double Dutch Single Freestyle Junior Double Dutch Pairs Freestyle Triple Unders
<b>Championship</b>	July 6	TBD	Oslofjord Convention Center	Senior Single Rope Freestyle Senior Single Rope Pairs Freestyle Senior Single Rope Pairs Wheel Freestyle Senior Single Rope Team Freestyle Group Team Show
<b>Championship</b>	July 7	TBD	Oslofjord Convention Center	Senior Double Dutch Single Freestyle Senior Double Dutch Pairs Freestyle Senior Double Dutch Triad Freestyle DDC 1x30 Speed DDC Freestyle
<b>Grand Championship</b>	July 8	TBD	Oslofjord Convention Center	Single Rope Speed Events Double Dutch Speed Events 3-minute speed Single Rope Single Freestyle Single Rope Pairs Freestyle Events Single Rope Team Freestyle Double Dutch Freestyle Events Triple Unders DDC 1x30 Speed DDC Freestyle
<b>WJRCC Gala Event</b>	July 8	20:00-23:00	The Beach or convention center in case of bad weather	THE signature social event of WJRCC! You will NOT want to miss this enchanting evening packed with food, dancing and the spectacular arrival of some surprise Nordic guests.

## Camp Schedule

The Camp schedule is tentative. Adjustments will be made as needed. An updated camp schedule will be available in the Coaches Welcome Packet during WJRCC Check-in.

Campers are encouraged to:

- Arrive at least 30 minutes prior to the start of camp to allow campers to prepare for jumping throughout the day
- Use the restroom facilities prior to the start of camp and during breaks only
- Try all sessions to the best of their ability
- Drink plenty of fluids throughout camp to remain hydrated
- Eat healthy during camp to keep energy levels up and decrease chances of becoming ill or injured. Limit sugar, caffeine, and fried foods during camp

All jumpers will be placed in groups based on skill levels as noted during the skill evaluation the first day. Only coaches should approach the Camp Director about any skill level concerns.

Tentative Schedule	Dates	Times	Location	Event Details
WJRC Camp	July 10 & 11	9:00 - 9:30	Education Gym	Warm-up, Stretch, and Leveling
		9:30 - 10:15		Session 1
		10:15 - 10:30		Break
		10:30 - 11:15		Session 2
		11:15 - 12:00		Session 3
		12:00 - 13:00		Lunch
		13:00 - 13:20		Warm up
		13:20 - 14:05		Session 4
		14:05 - 14:20		Break
		14:20 - 15:05		Session 5
		15:05 - 15:20		Break
		15:20 - 16:05		Session 6
		16:05 - 16:30		Closing remarks and campers dismissed!
		17:00 - 19:00		Dinner
19:00 - 20:00	Optional jumping in the gym			

## WJR Level 1 Instructor Certification

Learn how to effectively implement safe and progressive jump rope skill building techniques for single, pairs, and long rope in a recreation, school, or new program environment. The training includes two parts. Part one must be completed prior to camp!

**Part One** is online (via smartphone, tablet or computer) includes four modules

- Single Rope Freestyle - Fundamentals, Individual Skills, Pairs, Safety, etc.
- Long Rope - Fundamentals, Long Rope Activities, Double Dutch, Longer Rope Activities
- Performing and Group Activities Choreography, Group Activities for both Single and Long Rope
- Jump Rope Applications - Jump Rope Instruction Program, Activity Centers, Playground Activities, Sports Applications, and Links to PE Curriculums.

Each topic in each module has a short assessment. Part 1 will take between 6 to 8 hours to complete and does not have to be done all at once. **Successfully completing Part One is required for participation in Part Two.**

**Part Two** is a hands on (live course) practical portion that will include opportunities for to practice teaching and instructional assessments in single rope and long rope modalities. The live course will be active, so dress appropriately. Course fee includes access to the online curriculum and resources post certification. Access to Part One will be available three months before WJR 2019.

If you have any questions please feel free to contact [Nick Woodard](#) or [Liz Way](#).

### Coaches Sessions

Coaches sessions will be offered during camp. A variety of coach's sessions will give coaches and/or parents training on jump rope skills, freestyle routine creation, and practice for their team. A detailed description of the coach's session will be available in the Welcome Packet at check-in. Here are a few that will available:

### IJRU Congress (By invitation only)

This session will take place onsite at the Oslofjord Convention Center in Norway. The International Jump Rope Union will convene its inaugural Ordinary General Congress AGM, following the closure of the WJRF Championships. The Congress is the highest authority of IJRU and has the power to decide upon the matters arising in IJRU. Full and Provisional Member Federations in good standing, will convene for the order of business. Each Full, and Provisional recognized member Federation is entitled to one (1) vote regardless of the number of its delegates. Country Federations with Observational Status, may send one (1) delegate to the AGM in an observational status only. The IJRU Constitution will serve as the rules and all business will be conducted in English. Location TBD. Look for signage on sight.

### IJRU Informational Briefing (Open to the public)

This session will be held onsite at the Oslofjord Convention Center in Norway. Following the IJRU Congress, an important briefing regarding information pertaining to matters of the International Jump Rope Union will be conducted. This session is open to the public and will take place in English. Location TBD but will most likely occur in the same location following the AGM. Look for signage on sight.

### Wednesday, July 10th -Afternoon Business Schedule

Time	Session	Presenter
14:00-17:00	<b>IJRU AGM</b> Two (2) duly appointed delegates from recognized Full and Provisional IJRU Member Federations	<b>IJRU General Congress</b>
18:30-20:00	<b>IJRU Informational Briefing Open Session</b>	<b>IJRU BOD</b>

### Wednesday, July 10th - Afternoon Educational Schedule

Time	Session	Presenter
14:00 –17:00	<b>Level 1 Instructor Certification</b>	<b>Roger Crozier Liz Way</b>
14:00 – 17:00	<b>IJRU Judge Clinician Training</b>	<b>IJRU Clinician</b>