

You can be one of Us

THUNDERBIRD JUMP ROPE TEAM

Is Jump Rope a Sport?

Yes it is! The sport of jump rope is not only fun, but requires discipline, endurance, strength and persistence.

Jumpers learn how to master their ropes and challenge their bodies by learning different rope tricks that go beyond traditional playground jump roping.

Our jumpers also learn to be important members of a team as they work together to compete or put on demonstrations.

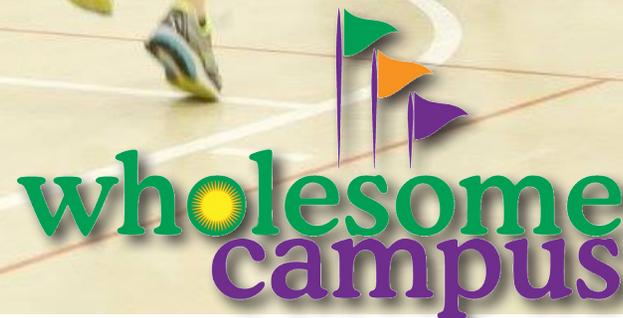
Our jumpers progress through the different levels at their own pace as they learn to master certain skill sets in individual rope, long rope and double dutch. The five levels of the team are:

- Bluejays
- Owls
- Falcons
- Hawks
- Eagles

We build confidence and teach the benefit of a fit and healthy lifestyle.

Stop by, take a look and see for yourself!

Check us out online or at our facility.



14101 Sullyfield Circle, Suite 100
Chantilly, VA 20151

www.WholesomeCampus.com
info@wholesomecampus.com
703.657.2718

A Little Something for Everyone

OUR MISSION

PROMOTE FITNESS AND ATHLETICISM IN A FUN AND CHALLENGING WAY FOR ALL AGES.

ENCOURAGE THE LOVE OF A LIFETIME SPORT FOR HEALTH AND FITNESS.

ENCOURAGE A SHARING AND CARING ATTITUDE, PROMOTE THE LEARNING OF PATIENCE, KINDNESS, DILIGENCE, COOPERATION, SPORTSMANSHIP AND TEAMWORK.

SUPPORT AND PROMOTE THE GROWTH AND DEVELOPMENT OF THE SPORT OF JUMP ROPE.

APPRECIATE AND ENJOY EACH OTHER, AS WELL AS THE FUN AND EDUCATIONAL OPPORTUNITIES THAT THE SPORT OF JUMP ROPE HAS TO OFFER!

Join in on The Fun

WHEN DO WE PRACTICE?

.....
Tuesday | Wednesday | Thursday

5:30 - 7:30 pm

We compete in the AAU and USA Jump Rope Competition.
.....



ABOUT OUR COACHES

.....
Our coaches have over 15 years combined experience in the sport of jump rope. Liza helped found a performing jump rope team at a local Fairfax County Elementary school and coached the team for 6 years. In 2012 She helped launch the Thunderbird's and has been the head coach for 4 years. Brandon Harrison has been jumping rope since the age of 6 years and has competed at the national and international levels, earning multiple awards including "fastest speed jumper in the US".

