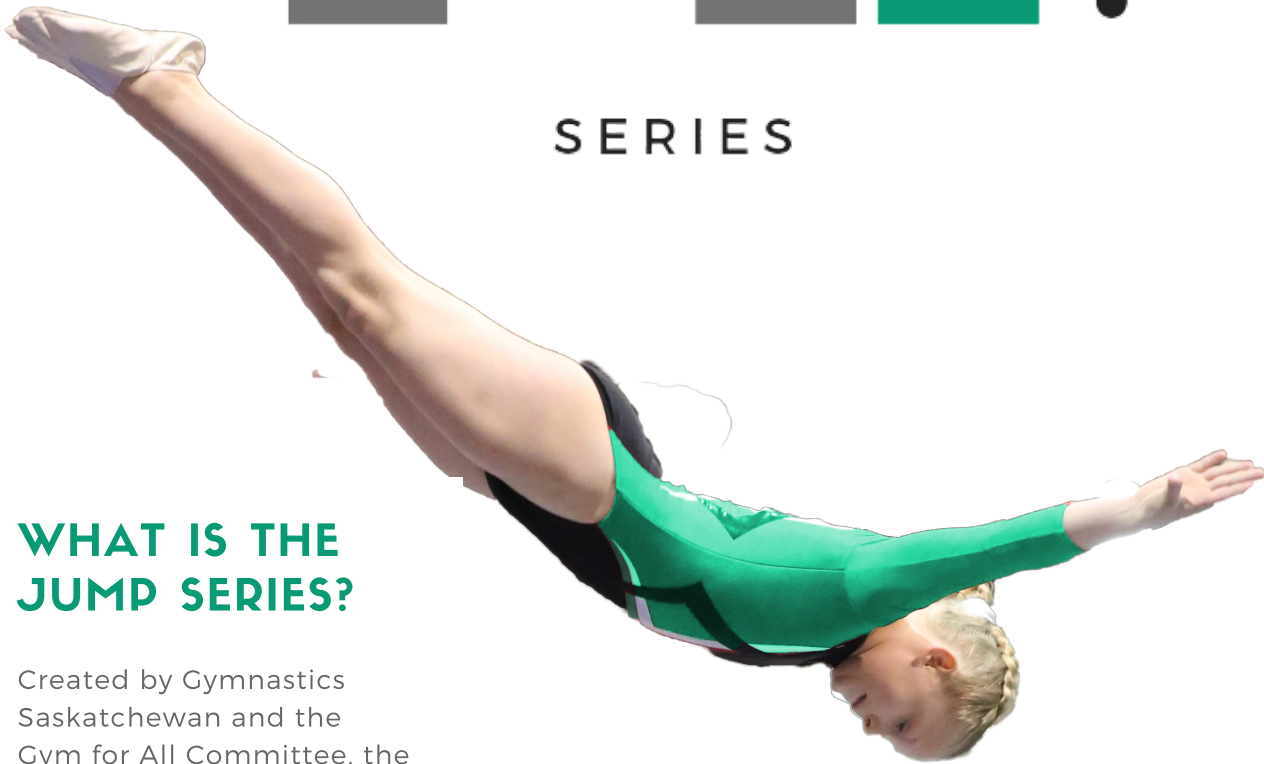


THE

J U M P !

SERIES



## WHAT IS THE JUMP SERIES?

Created by Gymnastics Saskatchewan and the Gym for All Committee, the Jump Series is a resource for clubs to help navigate the impending insurance limitation changes to trampoline use.



## OUR GOALS:

- Provide information about insurance changes.
- Stimulate ideas and solutions for recreational programming without the use of trampolines.





## IMPORTANT UPDATE:

*As of March 19th, 2019 Markel has reconsidered the impending insurance limitations for Gym Sask. The proposal by Markel for Gym Sask's 2019-2020 insurance renewal is as follows:*

✓ **Markel WILL insure trampoline activities associated with registered member clubs for structured Recreational Gymnastics athletes with supervision by certified level 2 instructors at a 500,000 sub-limit/subject to a \$10,000 deductible.**



**Markel will NOT insure trampoline activities associated with registered member clubs for Birthday Parties, Causal or Drop-In participants.**

## REMEMBER – Keeping it **FUN** is important!

As coaches, we are tasked with equipping our participants with body's that are prepared to safely take the additional power created by bouncing surfaces. The following information will delve into the motor qualities and how they relate to developing Spring – without the use of springing devices.

*Thank you to Kara Thorpe for her contributions in this week's issue of the Jump Series*

### ENDURANCE

*(the ability for the muscle fibers to resist fatigue (muscular) and the ability of the heart, vessels and lungs to deliver bold and oxygen to the muscles.)*

**Skipping Rope** – A long time forgotten pastime, skipping can provide a great opportunity to enhance endurance in children. DO you remember and of the old skipping rhymes? Does “Teddy Bear, Teddy Bear, Touch the Ground” ring a bell? What about Double Dutch? Time to look up the “Skip Rope for Heart” website for inspiration!

**Obstacle Courses** – The unlimited possibilities that can be built into an obstacle course is outstanding. Start with a body part, and FMP or possibly even a piece of equipment. Alter the way we traditionally use equipment to go over, under or around! Now try the course sideways and backwards!



## Keeping it **FUN!**

### **STRENGTH**

*(a muscles maximum force in a single contraction)*

**“Elephant Vaulting”** – Going back to old school. Many gyms in Saskatchewan would be found building and training in Elephant Vaulting. The set up: a set of parallel bars set and mid height. A 20 cm mat laid over top so on end is still on the ground to create a hill. The game: Climb the mat to the top and slide off the other end. Variations: build higher (lets be honest the higher the better), race a friend! Great FUN

**Parkour Box jumping** – from standing jump up onto the highest set of folding mats and trapezoids possible. Building to higher heights.

### **POWER**

*(The combination of strength and speed. It is important to take caution when working on power. Preparing the body for the load before adding speed is imperative.)*

**Leap Frog** – In keeping with the theme of playground games, don't over look the power of the classic leap frog. Not only does it get kids moving around the gym, adding a race with a slight competitive edge will add the speed we need to develop power!

**Snake and Frog** – This simple tag game, found in your foundations manual, can add a little fun to any lesson. The best part of all, it takes no equipment and very little space. When in a rut planning, don't forget your certification manuals all full of simple ideas to use in your classes!

### **FLEXIBILITY**

*(the muscles range of motion about a joint. It is split into passive (no muscle work needed) and active (muscles aid in the creation of the movement) ranges).*

**Animal Walks** – the most favorable and variety of activities to increase active flexibility comes in the creativity of coaches and how they use animal walks in their lessons. Rather than sitting in straddle and wrist stretches, next time try a length of bear walk! Take it a step further, can you and Spring into your bear walk? Same muscles... more effective stretches... and way more fun! Make a class challenge to see who can make the basic bear walk harder?