

A Brief Guide to Starting a University Program as Determined by Lots of Trials and Errors Followed by Many Successes

ONE Research your university's Student Organization and/or Sport Club rules and requirements. Each university is different!

TWO Bring your rope EVERYWHERE you go on campus! Jump rope in public places. Practice on campus facilities.

THREE Start recruiting friends to practice with you, participate in fun, laid-back jump rope events, or just put their name on the roster to build membership.

FOUR Start building relationships with campus faculty. This is especially important if your university requires a faculty or staff Advisor.

FIVE Find a group of people to work with you. Groups will not only help share the load of work, but they will hold you accountable to following through with what you set out to do.

SIX Advertise for your Program!

- Ask professors to jump for a lecture before it starts and leave your practice times/contact information on the board to be seen.
- Post up flyers, chalk on campus sidewalks, ask friends to bring friends to practices, etc.
- If you have some funding, provide giveaways to coerce students to come jump. (Free food always works here)
- Involvement fairs

SEVEN Aim to bring in a cohort of members all at once. Learning to jump rope is very challenging. People are more likely to stick with it when they can struggle with others learning how to jump rope with them.

EIGHT Look for events in which to participate on campus

- Dance marathons
- Community outreach
- Collaborations with other student organizations or clubs
- Fitness workouts
- Kids/Family weekends
- Sporting events

NINE Keep a lookout for student organization specific activities

- Training sessions for president, advisor, treasurer, etc.
- Application deadlines for Involvement Fairs or Funding
- Student organization mixers or collaboration fairs
- Deadlines to book space on campus

TEN Establish a culture on your campus. This can be different from university to university. For example, single rope is a very easy thing to start teaching on your team, but double dutch is a great way to pull in students when you are jumping publicly on campus. A DDC style of jumping is a different culture on campus than a precision single rope team - find what works best.

ELEVEN The rules of jump rope as we know it, change. Coaches are no longer in charge of you. Invest in your program and own your creation, however share it with the group of people you form. College students want to learn new, unique things and they want to practice their independence in doing so. You're not there to tell students what they can or cannot do, you are there for a lot of reasons, but most likely because you want to get more people jumping rope. Do not be a dictator. Allow team, group decisions. These are teams by the students, for the students, and it is awesome.

TWELVE Do not stop working to grow. You will be doing a lot of teaching. You may invest time in members that do not continue in the program - that does happen and it's okay! You may hit barriers with unavailable space or need to invest a little bit of your own money even - that does happen.

THIRTEEN Use the National Collegiate Jump Rope Association as a resource. We have all been through exactly what you are doing and have encountered pretty much every situation possible: from the pros/cons of having outside non-students trying to be involved, to removing officers for a variety of reasons, to not having any space to practice on campus. We have been there. Never hesitate to ask questions or seek advice. We are here for you!

Happy jumping,

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