



Dear European Rope Skippers,

When you take a look at the new ERSO website www.erso.info under the topic "Past events", you will notice that over the past few years ERSO has primarily concentrated its efforts on organising European competitions. **There is however more to Rope Skipping than just the competitive side.**

Up until the year 2005 the European team competitions were always accompanied by a European camp as a platform for skippers from different countries to communicate and learn new skills. During the first few years these camps were run by Richard Cendali (the "father" of the world of Rope Skipping), until ERSO organised an Elite Workshop to educate a number of the best skippers in Europe to be Staff at the 1996 Eu-Rope-Skip camp.

12 years later, ERSO has decided that it is now time to provide a new set of talented skippers with the chance to enhance their sportive skills with additional knowledge to assist in promoting Rope Skipping in Europe. **We are looking for active, idealistic skippers who are willing to perform as "Ambassadors" in the European Rope Skipping scene** and propagate their knowledge to strengthen the presence of our sport in existing "Rope Skipping Countries" and introduce our sport to new countries.

Consequently, we have decided to hold an **"Ambassadors Seminar" directly after the 2008 European Masters in Nagykanizsa, Hungary from Sunday 26th until Wednesday 29th October**, in the newly opened Szan-Dia Wellness and Fitness Center.

Here you see pictures of the main Gym and one of the weight lifting areas.



To provide EM participants with some time to recover from the competition the day before, the Seminar will not start until after Lunch on the Sunday and last until the Tuesday evening. To ensure a constructive and personal atmosphere, the number of participants is **limited to a total of 40 people** spread among all active European Rope Skipping countries.

In a variety of practical and theoretical sessions, the seminar will cover a wide range of topics such as:

- Teaching methodology
- Organisation principles
- Presentation skills
- Injury prevention
- Gymnastic elements
- Conditioning and fitness
- Communication techniques
- Impact of the new competition rules

Teachers will be **Ankur Bahl from USA, Pieter Himpe from Belgium, Kata Sasvári from Hungary and Mia Moenster from Denmark** in addition to some local Hungarian experts.

The comprehensive modern facilities offered by the **Szan-Dia Wellness and Fitness Center** also include:

- A gymnastics "soft landing pit"
- Spinning equipment
- Cross trainers and Treadmills
- 2nd Gym and Dance studio

and will allow us to work effectively, either together or in smaller individual groups.



In addition, the wellness area, which includes:

- A swimming pool and Jacuzzi
- Sauna and Infra-red cabins
- Steam Grotto
- Relaxation & Communication areas,

provides us with ideal facilities to relax and communicate with each other after a full day of tuition.

In accordance with Article 1 of the ERSO Bylaws, the ERSO Board has decided to cover some of the costs in organising this event, in order to keep **the price for the "Number 1 Skippers in Europe" to the magical sum of 111 Euros per person**. This fee includes all tuition and tuition facilities and full board hotel accommodation in shared rooms from Sunday afternoon until Wednesday morning.

If you are interested in taking advantage of this unique opportunity, **please apply directly to ERSO** by completing and sending the attached application form as file by Email to secretariat.erso@yahoo.com as soon as possible **before 15th August 2008**. ERSO will choose the Seminar participants on the basis of the application data received, the date of application and according to the spread among countries .

With Best Skipping Wishes

Kata Sasvári
(ERSO Secretary General)