

## **HAVE FUN, STAY FIT**

The Kangaroo Kids provide wholesome family entertainment for all ages. Our shows include group routines, individual freestyle, long rope tricks, stunts and double dutch jump rope.

We've performed at schools, festivals, business and educational conferences, major sporting events, including the Washington Wizards, Washington Mystics and University of Maryland halftime shows, and even at the White House.



Kangaroo Kids is an independent, non-profit organization. It is under the leadership of a parent volunteer board of directors. Our prime source of income consists of donations and yearly fund-raising. We always provide an exciting show and we'd be happy to perform for you or your organization.

If you are interested in joining The Kangaroo Kids

Precision Jump Rope Team or would like to schedule a performance, please contact us at 301-490-4995 or visit us on the web at:

[www.kangarookids.org](http://www.kangarookids.org)



## **WHY JUMP ROPE?**

**Increased strength**

**Improved balance and coordination**

**Improved cardiovascular endurance**

**Encourages discipline and confidence**

**Enhances self-esteem**

**Develops teamwork skills**

**Develops friendships**

**And it's the most fun you can have on two feet!**



**it's not just for the playground . . .**

**. . . anymore**



**PRECISION  
JUMP ROPE TEAM**

**it is a  
Sport**



Kangaroo Kids  
P.O. Box 321 - Simpsonville, Maryland 21150  
301-490-4995 - [www.kangarookids.org](http://www.kangarookids.org)

Kangaroo Kids Inc. is an independent, non-profit organization affiliated with the U.S.A. Jump Rope Federation and the Amateur Athletic Union.

# Welcome



Kangaroo Kids is a precision jump rope team from Howard County, Maryland. Our rope jumping is choreographed to contemporary and traditional music, where every foot jumps in unison and every rope hits the floor simultaneously. This unique combination of exercise and dance is enjoyable to perform and exciting to watch.

The mission of Kangaroo Kids is to promote physical fitness and goodwill by example and by demonstration of our jump rope skills. As fitness ambassadors, Kangaroo Kids performs numerous Jump Rope fitness shows and conducts demonstrations, workshops and competitions each year to spread the benefits of this form of physical fitness around the world.

Jumping rope is possibly the single most comprehensive and beneficial form of exercise a person can do! It can be done just about anywhere - alone or in a group - and can easily be incorporated into anyone's lifestyle.

This sport quickly improves fitness levels, builds self-esteem, and - most importantly - demonstrates that exercise can be fun and enjoyable! Jumping rope is effective, easy to learn, inexpensive, portable, great for any age, and the most fun you can have on two feet!

## ABOUT US

The Kangaroo Kids Precision Jump Rope Team was formed in 1978 by Don Disney at Atholton Elementary School in Howard County, Maryland. From our beginning days as a small jump rope physical fitness club, the Kangaroo Kids today is an organization consisting of more than 200 athletes from all areas of Howard County. Our athletes range in age from first grade through college and are assigned to specific teams according to age and skill level.

Girls and boys compete, perform, and have fun jumping rope in what has become a very competitive sport. Our athletes travel all around the world to compete against the best jumpers in judged competitions. Some teams only jump to help the American Heart Association or to perform in front of audiences, while others are created just to compete. The common denominator is the same - introducing this great sport to people locally and around the world. Jump rope - it's not just for playgrounds anymore!

## Jim McCleary

The Kangaroo Kids Head Coach is Jim McCleary, a nationally recognized physical educator who also serves as the AAU Jump Rope Chairman. His efforts over the last twenty years have contributed to the development of Jump Rope as a popular sport.

The Kangaroo Kids compete each summer at the US Amateur Jump Rope Federation National Championships

and at the Amateur Athletic Union Junior Olympics. We also have competed multiple times at the biannual FISAC World Championship.

## Classes/ Teams

The Kangaroo Kids are organized into classes and teams by age and skill level. Beginners are taught the basic rope jumping skills, then progress into routines ranging from simple twists and turns to more intricate tricks. Our developmental program helps even the youngest jumpers evolve into performance team athletes. The program develops technique, coordination and physical conditioning. Our jumpers learn to perform for audiences, develop teamwork skills as well as individual social skills. Our program encourages discipline, confidence and enhances self-esteem and can have a positive effect in all other aspects of young jumpers lives.

Although the emphasis of our organization is on aerobic conditioning and demonstration rather than competition, some members choose to participate in regional and international competitions. The Kangaroo Kids Competition Team has won numerous awards at both the U.S. National Jump Rope Championships and the AAU Junior Olympic games. We have also appeared on ESPN television.

