



★ About the Venue

Built to offer Puerto Rican athletes ultimate training conditions, the **Albergue Olimpico** is the most complete training center on the island. Facilities include a large air conditioned gymnasium, pool, atrium and more.

Athletes will stay in rooms of 6, 10 or 12 athletes for a real "training camp" feel. Requests for alternative rooms can be made. (*Extra fee per night*). The food service is supervised by special food nutritionists ensuring all the athletes are fueled and fit.

The center was built to accompany sports, athletes and those wanting to enhance and excel in their sport. The PARSO Board of Directors is extremely happy with their partnership with the **Albergue Olimpico** Center and we look forward to encouraging the growth of rope skipping into Puerto Rico.

★ Support

By signing up and participating in the 2009 **PARSO Camp n' Championship** you are not only taking part in an unbelievable experience, but you are also contributing to the growth and awareness of rope skipping in the southern part of the America's.

By travelling to countries where teams are in need of support, you are aiding in their passion and desire to grow the sport in their homeland. You are supporting rope skipping as a worldwide recognized sport. PARSO is excited to offer this unique, beautiful and celebratory package to you - we look forward to seeing you soon!

★ About Puerto Rico

Puerto Rico is a self-governing territory of the USA located in the northeastern Caribbean, east of the Dominican Republic and west of the Virgin Islands. Puerto Rico consists of the main island of Puerto Rico and various smaller islands.

Salinas, host city to the PARSO Camp n' Championship, will prove to be one of the most beautiful, exciting and fun rope skipping trips you'll ever take! White sand beaches, incredible ancient ruins and a vibrant cultural heritage will enhance an already picturesque backdrop for a rope skipping championship.

San Juan airport (SJU) is served by large intercontinental jets by American Airlines, Delta, Air Canada, British airways, Northwest, United and US Airways, among others. You'll have no troubles finding flights to San Juan. When you arrive you'll be picked up from the airport and driven 45 minutes to *Albergue Olimpico* where the tournament is being held.



★ About PARSO

The Pan American Rope Skipping Organization (PARSO) is a recognized non-profit organization. We work in conjunction with rope skipping organizations within North, Central, and South America to promote and expand the sport of rope skipping.

PARSO is also the organization which represents all the Pan American rope skipping organizations at the international level on the FISAC board.

PARSO Rope Skipping

Pan American Rope Skipping Organization

Camp n' Championship July 9-16 2009



PUERTO RICO



www.trotamundospr.org

WWW.PAN-AMS.ORG

★ Camp July 10-12

At the *PARSO Camp n' Championship* having fun and meeting new people is paramount. That's why we've decided to spice things up a bit. Think of this camp as your chance to **Meet and Compete!** You know the greatest thing about traveling with rope skipping is meeting new people. At this camp we'll facilitate friend-making throughout the camp. Your attendance at this camp is not only benefiting you, but your attendance is aiding in the growth and expansion of our sport in Puerto Rico and neighboring South American countries. More countries = more exposure = recognition!

★ Championship July 13-14

Upon arrival at the camp location you will be surveyed and matched up with 3 or 4 other athletes of similar abilities. You might know them, you might not—either way you will have the time of your life working with your new team and building new relationships. Leading up to the tournament all teams will have designated practice time to work with their new team. Now travelling to camp alone just became, well, not so lonely. Because you'll be competing with new friends, we'll have fewer events to compete in.

TEAMS

1. 3-person Double Dutch Freestyle
2. 4-person Double Dutch Freestyle
3. Single Rope Pairs Freestyle
4. 4 x 45 Double Dutch Speed Relay

(teams attending as complete teams will have the option to compete in ALL the FISAC based team events)

We'll also be holding a Master's competition with an "open" category of events as well as the standard FISAC

MASTERS

1. 20 second speed
2. 2-minute double unders

3. **Big Air** - "Big Air" is a new event to the world, and is similar to the format used in Olympic diving. Athletes will complete one skill where they will attempt to make as high a difficulty score as possible. Five attempts and scores from all 5-events will be added together.

★ Board Members

Rich Cendali - President - USA
 Molly Metz - Treasurer - USA
 Roberto A'costa - Director - PUERTO RICO
 Billy Smale - Director - CANADA
 Janine Carroll - Assistant Director - CANADA

★ International Travelers

Full - July 9-16

- 8 days and 7 nights lodging
- All meals included
- Camp (3 days)
- Championship (2 days),
- Travel days - Arrival/Departure (1 day each)
- Tour (1 day)
- Championship fees
- Transportation to and from airport
- T-Shirt and certificate

★ Day Campers

Camp Only - July 10-12

- 3 days
- All meals included
- Camp (3 full days)
- T-Shirt

Championship Only - July 13-14

- 2 days
- All meals included
- Championship
(July 13 afternoon/evening, July 14 evening)
- Championship fees
- T-Shirt and certificate

**Save by attending both the
Camp and Championship!**

★ Staff

Instructors from across the world will be applying for the "job" of teaching YOU! Applications will be taken and reviewed by the PARSO Board Members. Applicants will be chosen for their ability to inspire, motivate and act as an ambassador of our sport. This camp will have some of the finest and most qualified rope skipping instructors in the world! For more information on becoming or reviewing the PARSO camp instructors please visit:

www.pan-ams.org

★ Package Prices

International Package Full 8 days, 7 nights	\$750
Day Campers Package Full 5 days	\$120
Day Campers Package Camp only 3 days	\$75
Day Campers Package Championship only 2 days	\$60

★ Package Discounts

Early bird discounts are in effect until April 1st, 2009. By registering on or before April 1st, you will receive a **10% discount** for any package you choose.

**If over 150 athletes register
your fees will drop by \$100.
Tell your friends and
everyone saves!**

★ Registration

Register by sending a \$100 deposit check to:

PARSO Camp n' Championship
628 w Oak St.
Lafayette, Co, USA 80026

Please include your 1) name, 2) DOB, 3) gender, 4) home team, 5) contact information, 6) emergency contact information, and 7) your package choice.

The remainder of your package must be paid on or before June 1, 2009.
A more detailed package will be sent after your deposit is received.