



ONTARIO ROPE SKIPPING ORGANIZATION

2017 Becky L'Homme Memorial Award

The Becky L'Homme Memorial Award is awarded each year at the provincial championships. It is presented to **a coach** who exemplifies the leadership and dedication to the sport and their community. The award is named after the late Becky L'Homme former athlete, and more recently dedicated coach. Becky was diagnosed with Cystic Fibrosis as a young child, and fought the disease for 25 years. Although she was battling CF Becky was dedicated to the sport of skipping. She attended practices and always pushed the skippers to their best potential. Becky's heart made her the coach she was, it was most important to her that the kids enjoy & have fun first & foremost, even at competition.

This award is given out to a coach who is nominated by anyone in skipping (ie: fellow coach, athlete, parent, or judge).

The award will be given to the coach who best exemplifies their dedication to progressing the skills of the athlete(s) they coach.

NOMINEE

Name: _____

Team: _____

Number of years involved in the sport: _____

Number of years coaching: _____

E-mail Address: _____

NOMINATOR

Name: _____

Position/Title: _____

Team: _____

Phone #: _____

E-mail Address: _____

JUMP ROPE AND COMMUNITY INVOLVEMENT

Please provide a typewritten summary (500-600 words maximum) outlining the nominee's Jump Rope history (including coaching/teaching experience) and community involvement as well as why this coach deserves this honour.

Submit to: Anita Casella by email: orsoawards@gmail.com

All nominations must be received by Feb 20th, 2017 to be considered.