



## Ontario Rope Skipping Organization 2017 Bonnie Popov Spirit Award

The Bonnie Popov Spirit award is awarded each year at the provincial championships. It is presented to an individual who exemplifies the "Spirit of Jump Rope". The award is named after Bonnie Popov, a past president of ORSO, for her great dedication and enthusiasm for Jump Rope. The recipient must show enthusiasm for the sport through coaching, judging, or other activities. **This award is limited to NON COMPETITIVE athletes, coaches, assistant coaches, parents, managers and volunteers.**

### NOMINEE:

Name:

Team:

Number of years involved: \_\_\_\_\_

E-mail Address:

### NOMINATOR:

Name:

Position/Title:

Team:

Phone #:

E-mail Address:

### Jump Rope History:

Please provide a typewritten, brief jump rope history of the nominee outlining the reasons why this person deserves this honour. Limit of 200 words.

Submit to: Anita Casella by email: [orsoawards@gmail.com](mailto:orsoawards@gmail.com)

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