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KIDS JUMP IN! Double Dutch Program Info



MAY 2022

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About Double Dutch

What is Double Dutch?

Double Dutch is a jump-rope game and sport played with two long jump ropes swung in opposite directions, so that they cross rhythmically in an egg-beater shape.

Dutch settlers of America brought the game to the Hudson River trading town of New Amsterdam. When the English arrived and saw the children playing their two-rope game, they called it Double Dutch, an English slang term that came to mean anything the Dutch were saying or doing that was confusing or unintelligible to the English.

After World War II, the game began to be played on the sidewalks of New York City in front of apartment houses where children could be safely watched.

In 1973, several New York City police officers and physical education teachers designed the present-day sport of Double Dutch. The sport was originally designed for urban youth of low-income communities, where sports programs were limited due to lack of funding. The American Double Dutch League was later formed and the first Double Dutch competition was conducted at the Frederick Douglas Academy (formerly Intermediate 10) in Harlem.

Jumping double dutch can help burn upto 1600 cal./hr. Double Dutch requires coordination and good timing, but with practice, it gets easier. Like other childhood games, double dutch helps children develop coordination, strong motor skills, and promotes good sportsmanship, competition, teamwork, and healthy exercise.





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About LADDC

Who We Are

Los Angeles Double Dutch Club (LADDC) was founded, and is directed by Dionne (Coach D) Jarrett, who personally teaches beginner to advanced double dutch classes via workout sessions, weekly clinics, kids camps, community events and more.

Our mission is to bring double dutch back to increase socialization, better health, and to expand on creativity for all!

We train basic to advanced double dutch to prepare students to perform for pay, join a team and compete in competitions, or just to play in their own neighborhoods and teach others; we prepare students for whatever endeavor they choose.

LADDC offers double dutch instruction to kids (grades 3 - 12), and adults, age 18 and beyond.

[*To learn more about Coach D, checkout 'Our Story' on our website: www.ladoubledutch.com]

We teach (3) double dutch styles; 1.) street, 2.) competitive, and 3.) performance. Understanding all three styles of double dutch helps students find their own rhythm, style and creativity in the ropes.

We train at local parks, schools, recreational centers and fitness/ nutrition centers throughout the City of Los Angeles. Our teaching style is gentle, yet effective. Our students, our Angels, flourish when they feel encouraged, and loved. Our coaching style is neither dispiriting nor rough, allowing our students to feel comfortable in the learning process.





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About LADDC

The Benefits

Students who join LADDC learn the true meaning of of team work. peer-respect, patience and dedication. Double Dutch improves coordination, rhythm, balance, and agility. It helps academically and it helps build performance across all other sports (i.e. dance, boxing, soccer, etc).

Double Dutch significantly improves muscular strength, physical activity, cardiovascular fitness, spatial awareness and jump skills.

Double Dutch helps build self-confidence and peer relationships.

LADDC uses a lot of traditional rope skipping during training and therefore participants also see improvement in flexibility. According to NIH, traditional rope skipping is more effective for flexibility because both the arms and legs are being used at the same time.

Fun Fact: Double dutch defined the earliest incarnation of the hip-hop culture. (But I'll tell you more about that when we chat.)



RHYTHM



BALANCE



AGILITY



CONFIDENCE



Why Choose LADDC?



EXPERIENCE

Students and members of LADDC experience a sense of culture, fitness and fun all in one bundle. We work with beginners and advanced jumpers. So for some, they experience a sense of nostalgia, for others, it provides a feeling of achievement.

OPPORTUNITY

The opportunities are endless. As a sport, there are competitions throughout the country that are open for anyone interested to join. As a professional performer, double dutchers can be cast in television, movies, commercials, and more. *Fun Fact: McDonald's Corp was the first major brand to cast double dutchers in its commercials in 1985 with the world famous, Fantastic 4 Double Dutch Champions.*

Since LADDC started in year 2020, LADDC's students have been cast with Nickelodeon, Adidas, WNMX and many more. Requests for double dutch performers come often, and our students have made as much as \$3000 in one day!

OUTCOMES

Our goal is to teach the basics of double dutching. Students are trained to complete our coordination test; similar to that of competitive double dutch competitions. Each student's outcome varies as they move on their own pace. All students are provided the time and attention they need to get them successfully started in their double dutch endeavors. Every student is given the opportunity to succeed.



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Program Outline

LADDCs' program is designed to teach students the basics of double dutch by teaching our Compulsory Routine, or coordination test. We prepare them for friendly street play, national competitions and introduce them to performance jumping. We prepare students for whatever endeavor they choose to take with the sport.

Over the course of our Program, students will become competent in the basics of double dutch jumping and turning. The longer the student remains in the program, the more advanced they become. Students advance at their own pace, and by the end of their program, could be able to:



Understand the importance of teamwork.



Communicate more confidently.



Double Dutch in the double dutch rope.



Turn the double dutch ropes.



Perform up-to (5) double dutch tricks.



Transition between tricks.



Speed jump for 60+ seconds.



Create and perform group double dutch routines.



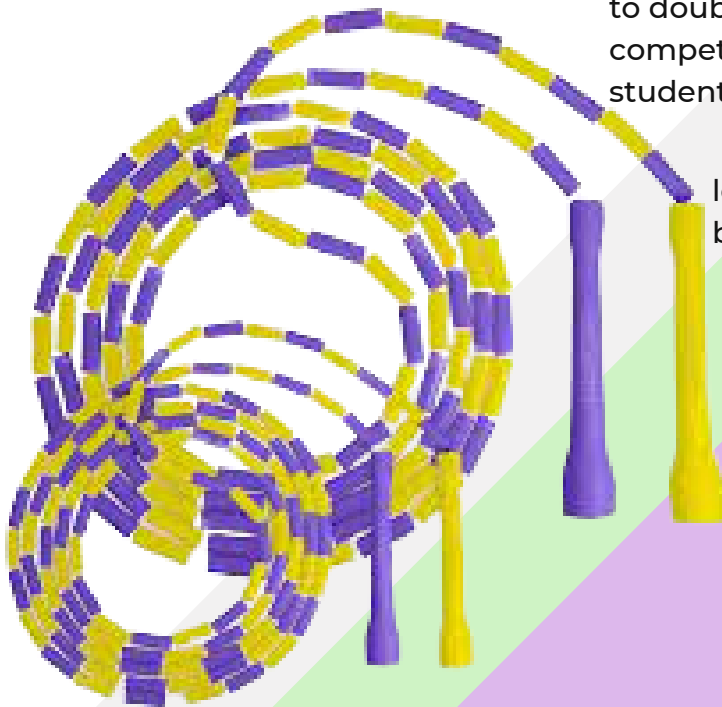


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Program Rates (Youth)

LADDC can either partner with your current programs, or we can provide your students with a full scheduled curriculum (6 days - 10 weeks) focusing on the introduction to double dutch, learning the basics, and advancing into competitive and performance style jumping. For some students, one week is enough to learn the basics.

However, each student will benefit more, the longer they remain in program. Below is a breakdown of our program options, and rates.



AFTER-SCHOOL

Our AFTER-SCHOOL PROGRAM is 6-10 hours of training, runs over the course of 1-10 weeks, and holds a maximum of 12 students at a time. The hourly rate for up-to (12) students is \$150.00 or \$15.50 per student.

\$15.50

/pp/HR

CAMPS & CLINICS

Our CAMP AND CLINIC PROGRAMS include 10-24 hours of double dutch training and typically last one week at a time. There are no more than (12) students in a course at a time. The weekly rate is \$250.00 per person. Limited financial aid is available to those who income qualify.

\$250.00

/pp/WK (Financial aid avail.)



2K!

OUR #1 GOAL IS TO TRAIN
2,000+
STUDENTS/YR IN BASIC DOUBLE
DUTCH THROUGH VARIOUS TYPES
OF DOUBLE DUTCH PROGRAMS;
BYWAY OF SEVERAL TYPES OF
DOUBLE DUTCH STYLES.



THANK YOU FOR CONSIDERING LADDC FOR YOUR DOUBLE DUTCH NEEDS!



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