



Tim Haft | Punk Rope, Inc. | 330 1st Avenue, 8E | New York, NY 10009 | 646-263-9128 | tim@punkrope.com

Thank you for your interest in hosting a **Double Unders Workshop**. Should you have any questions, don't hesitate to contact Tim Haft at **646-263-9128** or **tim@punkrope.com**.

About The Presenters

Tim Haft is the creator of Punk Rope and is an ACE-certified personal trainer and USA Track & Field coach. Tim has been jumping rope since 1976. *Shana Brady* holds a BS in Exercise Science along with certifications from ACSM, NASM, and ACE. Since 2005, Tim and Shana have conducted rope-jumping workshops for thousands of fitness instructors, educators, coaches, and athletes including double unders workshops at more than 100 boxes.

Workshop Basics

- The Double Unders workshop is approximately two and a half hours long.
- The workshop is usually held on a Saturday or Sunday, but we are flexible.
- The workshop maximum is 20.
- The workshop minimum is typically 6, but depends on travel time and cost.
- The registration fee is \$60 per person.
- For workshops in or around New York City we can offer a 20% revenue share.
- For workshops that require extensive travel please call to discuss arrangements.
- Registration is handled securely through punkrope.com.
- We will provide you with an electronic flyer and jpeg to help promote the workshop.
- We will create a Facebook event page to help promote the workshop.

Registrants Get:

- Custom-sized jump rope
- Custom-sized wrist trainer
- Video analysis of their rope jumping technique

Host Responsibilities:

- To promote the workshop
- To provide a **workout** space of at least 1500 sq ft (**if smaller, call us**)

Next Steps

Complete the form on the next page and email it to **tim@punkrope.com**.

Facility name	
Facility address	
Usable square footage of facility (If less than 1500 sq ft call or email us)	
Is your facility accessible by public transportation?	
Contact person	
Phone	
Email	