



National Rope Skipping Results 2023

The National Rope Skipping Championships of Australia took place in Penrith from June 10 to 13. Our team of skippers demonstrated remarkable skills, and there was a strong sense of unity and support among everyone involved. I truly appreciate the tremendous effort and dedication displayed by each individual throughout this weekend.

I want to extend my heartfelt appreciation to the alumni who generously supported the team, with special recognition for Jackie Maskito, who stepped in to provide coaching and mentorship to our younger skippers. Here is a note from a staff member who visited the Championships:

*I had the incredible opportunity of travelling out to Penrith Valley Regional Sports Centre on Monday 12th June, to watch our amazing SGCS Skipping team compete at the National Skipping Championship. These student athletes work extremely hard each week, after school, and it was awesome to see their dedication and persistence pay off on the competition floor. A real highlight was getting to see our Junior and Senior teams compete in the Double Dutch event. Each student displayed exceptional skills, fitness and strength, as they competed against some of the best teams in the country. I look forward to hearing how the team go at the upcoming Worlds Skipping Championship in Colorado. **Matthew Cocking Year 10 Adviser/Technologies Teacher***

The team members were:

Year 3 - Jordan Tsiokaras, Jayla Beshara, Arianna Skaros, Ruby Vasquez, Talia Wu
 Year 4 - Emma Donnelly, Milla Pingel, Indy Kuckreja
 Year 5 - Imogen Chen, Martina Dimopoulos, Joanna Huang, Ayden Koh, Kiera Johan-Mosi, Kimberley Wu, Charlotte Zhao
 Year 6- Kaden Donnelly, Zachary Luichareonkit, Demi Tsiokaras
 Year 7 - Ava Skaros, Georgia Tsiokaras

Year 8 - Avalon Rigby
 Year 9 - Ethan Cheng, Jesse Madden, Cherish McDougall, Belinda Norman
 Year 10 - Bella Rigby
 Year 11 - Laura Madden, Serena Maskito,
 Year 12 - Cameron Weber
 Allumni - Christian Maskito, Lyric McDougall, Rebekah Norman, Jacqueline Maskito, Thomas Norman
 Parent - Murray Norman, Todd Rigby

The Australian Team for Colorado Springs that SGCS is a part of.



Results from Nationals:

Speed 30 seconds:

10 Male:
3rd - Ayden Koh

11 Male:
5th - Kaden Donnelly

13-16 Male:
3rd Ethan Cheng
4th - Jesse Madden

17+ Male:
1st - Christian Maskito
4th - Cameron Weber

19+ Male:
4th - Thomas Norman

40+ Male:
4th - Murray Norman
5th - Todd Rigby

8 Female:
4th - Jayla Beshara

10 Female:
4th - Emma Donnelly

16 Female:
4th - Laura Madden

18-19 Female
3rd - Rebekah Norman

Speed 1 minute:

10 Male:
5th - Ayden Koh

8 Female:
5th - Jayla Beshara

Speed 3 Minute:

11 Male:
3rd - Kaden Donnelly

13-16 Male:
3rd - Ethan Cheng
5th - Jesse Madden

17+ Male:

2nd - Cameron Weber

19+ Male:
3rd - Thomas Norman

40+ Male:
2nd - Murray Norman
5th - Todd Rigby

16 - Female
3rd - Laura Madden

18 - 19 Female:
4th - Lyric McDougall

Individual Freestyle:

10 Male:
4th - Ayden Koh

11 Male:
5th - Kaden Donnelly

13-16 Male:
3rd - Jesse Madden
5th - Ethan Cheng

17-18 Male:
2nd - Christian Maskito
3rd - Cameron Weber

19+ Male
4th - Thomas Norman

40+ Male:
2nd - Murray Norman

10 Female:
5th - Indy Kuckreja

17 Female:
4th Serena Maskito

Single Rope Team Speed Relay:

11-12 Mixed:
5th - Kaden Donnelly, Zachary Luichareonkit, Ruby Vasquez and Talia Wu

12-15 Mixed:

5th - Ethan Cheng, Jesse Madden, Cherish McDougall, Belinda Norman

4th - Laura Madden, Serena Maskito, Bella Rigby, Cameron Weber

5th - Christian Maskito, Tom Norman, Lyric McDougall, Rebekah Norman

Single Rope Double Under Relay:

11-12 Male:
3rd - Kaden Donnelly and Zachary Luichareonkit

12-15 Male:
1st - Ethan Cheng, Jesse Madden

19+ Male:
4th - Murray Norman and Todd Rigby

16-18 Mixed:
2nd - Cameron Weber and Teagan Weber

19+ Mixed:
4th Christian Maskito and Rebekah Norman

5th - Bella Rigby and Tom Norman

16-18 Female:
5th - Laura Madden and Serena Maskito

Double Dutch Speed Relay:

16+ Mixed:
2nd - Christian Maskito, Thomas Norman, Lyric McDougall, Rebekah Norman

3rd - Laura Madden, Serena Maskito, Bella Rigby and Alysha Threlfall (QLD)

**Double Dutch Speed
Sprint:**

12-15 Mixed:
5th - Martina Dimopoulos,
Kaden Donnelly, Zachary
Luichareonkit

16+ Mixed:
2nd - Christian Maskito, Lyric
McDougall, Rebekah Norman

3rd - Jesse Madden, Tom
Norman, Bella Rigby

**Single Rope Team
Freestyle:**

11-12 Female:
5th - Imogen Chen, Joanna
Huang, Kimberley Wu and
Charlotte Zhao

16+ Female:
5th - Laura Madden,
Serena Maskito, Bella
Rigby, Alyse Plint (QLD)

16+ Mixed:
3rd - Christian Maskito,
Lyric McDougall, Rebekah
Norman and Tom Norman

**Single Rope Pair
Freestyle:**

16-18 Female:
3rd - Laura Madden and
Serena Maskito

12-15 Male:
1st - Ethan Cheng and Jesse
Madden

16-18 Mixed:
1st - Cameron and Teagan
Weber

19+ Mixed:
3rd - Tom Norman and Jacqui
Hunter
4th - Christian Maskito and
Rebekah Norman

**Double Dutch Single
Freestyle:**

12-15 Mixed:
5th - Jesse Madden, Cherish
McDougall, Belinda Norman

16+ Mixed:
4th - Christian Maskito, Lyric
McDougall, Rebekah Norman

16+ Female:
5th - Laura Madden, Serena
Maskito, Bella Rigby

**Double Dutch Pair
Freestyle:**

16+ Mixed
2nd - Christian Maskito, Lyric
McDougall, Rebekah Norman,
Tom Norman

12-15 Mixed:
2nd - Ethan Cheng, Jesse
Madden, Cherish McDougall,
Belinda Norman

16+ Female:
5th - Laura Madden, Serena
Maskito, Bella Rigby, Avalon
Rigby

Triple Under Speed:

11-14 Male:
2nd - Jesse Madden
4th - Ethan Cheng

Wheel:

16-18 Mixed:
1st - Laura and Jesse
Madden

**Overall Single Rope
Winners:**

10 Male:
Ayden Koh - 4th

11-12 Male:
4th - Kaden Donnelly

12-16 Male:
4th - Ethan Cheng
5th - Jesse Madden

17-18 Male:
2nd - Cameron Weber

19+ Male
4th - Tom Norman

40+ Male:
2nd - Murrery Norman

16 Female:
5th - Laura Madden

