

Rachael Dale

Team UK
Jump Rope UK
Been Jumping for: 14years



Experience/Achievements:

I have coached within the National Team for 9 years. Staffed at Germany camps, European camps, World camps and i get invited to and staff across America. I have been helping to run the coaching courses in the UK for the past 7years now. I have represented the UK in many competitions, including:

British Championships, European Championships,
World Championships (Winning gold in 2002)
Most recently placed as:

1st place team speed European Championships 2011
2nd place team double dutch speed European Championships 2011
1st place pairs single rope speed at World Jump Rope Championships 2011
2nd place 30second speed at World Jump Rope Championships 2011
2nd in the British Championships for the last 3 years
10th place in The World masters Championships 2010
Silver for single rope team 2009 sweden
5th in The world for freestyle 2008
Team ranked 3rd in the World 2008
European Team Single Rope Champions 2007
8th in the World Individually 2006
Team Bronze medallists for Double Dutch at Worlds 2006



TV/Commercial work:

This includes:
Strathmore Water Commercial
James Morrison Music Video "You give me something"
Soccertte on sky one's Soccer AM
Adez-juice drink advert
CD:UK with girls aloud
Generation Fame
Sky Sports
League of Their Own
P for Productions NY Block Party
Easyjet Promo Video
Worked with Madonna
Feel good factor – performed with Mylene Klass
Guinness World records smashed
Blue Peter

