

Instructors

The staff are trained and certified instructors. They bring their enthusiasm and commitment to help each child progress and have fun.

Coordinator Kailey Richter brings a wealth of experience as a coach, athlete, teacher and instructor of leadership courses.

Jackrabbit Program Fees

Fees include an Arrowhead Park child's day trail pass and a vehicle parking pass for Jackrabbit days.

Bunny Rabbits and Jackrabbits -

Early bird fee (before Nov 15, 2011) **\$115**

After Nov 15, 2011 -**\$130**

If you plan to purchase an Arrowhead Park Season Trail Pass for you child or family your fees will be reduced by \$16.

Jackrabbits may rent ski equipment from Arrowhead Park for a special rate of \$6 per session. Call the park ahead to reserve equipment for your child.

Financial assistance is available for program fees, but you must apply before signing up. Ask for details.

A Parent's Guide to Ski Equipment

The equipment must fit properly and not be too big so the child is comfortable skiing.

SKIS

- ◆ Bunnyrabbits and Jackrabbits Levels 1 and 2 require classic skis. Waxless classic skis (recognized by the "fish scale" pattern on the base) are easiest for Bunnyrabbits and are fine for Level 1 and 2 Jackrabbits. Level 3 Jackrabbits and up should have both classic and skate skis, or less ideally, combi skis and combi boots. Combi skis are designed for both classic and skate skiing.
- ◆ For Bunnyrabbits, skis should be the height of the child. For Jackrabbits, classic skis should have the tip fit just below the skier's wrists when the arm is stretched up above the head.
- ◆ Skate skis are shorter and stiffer and should measure no more than 5 cm above the head.

BINDINGS and BOOTS

- ◆ A Salomon or NNN binding system is recommended. Salomon is more common in this area.
- ◆ Boots should have enough space for warm socks to be worn. A finger should fit behind the heel with the boot untied. The boots must be compatible with the bindings! Classic boots are good for lower levels while combi boots are recommended for Level 3 and above.

POLES

- ◆ **Classic poles** should reach to the shoulders. **Skate poles** should reach to between the chin and mouth.



Jackrabbits

Skills Development Program

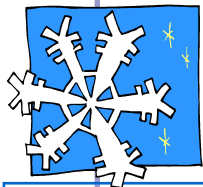
Jackrabbit Coordinator

Kailey Richter

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www.arrowheadnordic.ca



Clothing Considerations

Younger children do not warm themselves as easily as older children. Because of this, Bunnyrabbits and younger Jackrabbits should wear their parkas and snow pants each week. As your child gets older, they may find that a parka is too warm and should dress in layers (for example: long-sleeved shirt, fleece jacket and a wind-proof jacket on top and long underwear, fleece pants and wind-proof pants on bottom). This way they can take off layers if they find themselves too hot.

If your child is younger or gets cold feet easily, 2 pairs of socks will help. The extra layer adds some warmth and there may even be some air trapped between the layers to add even more warmth. Your child's boots should fit 2 pairs of socks as pinched toes get cold easily! Also be sure your child does not get their socks wet when changing into their boots. Wet socks = cold feet!

Synthetic or wool fabrics are better than cotton as they don't hold the moisture of sweat like cotton does. Smart Wool socks are a great choice.

Always have a toque or hat that covers the ears. If you are cold, put on a hat; you lose most of your heat from the top of your head!

Mitts or gloves? Mitts are better for younger children as their hands stay warmer when their fingers are able to share the warmth!

ANSC Jackrabbit Program Skill Development Program

This program has been developed by Cross Country Canada and offers many levels and incentives. The Jackrabbit program is where your child not only learns how to ski, but spends quality time being active in the outdoors and has a ton of fun!

Bunnyrabbits - ages 4-5

Games and easy terrain teach Bunnyrabbits the basic skills of Nordic skiing!

Jackrabbit - ages 6-13

Jackrabbits are working on skills through fun and participation with more emphasis on technique. They progress through 5 levels.

Level 5 is again being offered this year, giving children a chance to practice and refine the skills they have learned from Jackrabbit levels 1-4. Part of the focus will be building up endurance, refining skills and learning to wax properly.

Junior ARC - ages 11 - 15

This program is for older skiers who have progressed through the Jackrabbit program and wish to race competitively. Workouts are intense with some long distance and technique work. **Please note that Junior Arc begins in late November and runs to the end of February** and includes a training camp and dryland activities including the use of roller skis. Junior athletes will be practicing with Senior Arc athletes, but their workouts will be less intense.



Tentative Schedule

Jackrabbits 2012 will begin January 7th and run for 8 weeks.

January 7- Meet your instructor and the rest of the rabbits in your group!

January 14 - Crazy Hat Day

January 21 - Scavenger Hunt

January 28 - Mini Loppet Race Day

February 4 - Beckie Scott Sprint Race

February 11 - Valentine's Day

February 18 - Marshmallow roast

February 25 morning class will be held on **Feb 26 in the afternoon** from 1-3 pm due to the ParaSport Winter Games - Awards and Potluck

February 25 afternoon class only - Awards & Potluck

March 3 - make up day if we miss a day due to bad weather.

Other Club Programs

Elementary School Race Series

- ♦ dates to be announced

ARC - Arrowhead Racing Centre

- ♦ ages 11 to adult year round program for those wanting to race

Ski for Fitness

- ♦ a ski instruction program for adults

Muskoka Loppet

- ♦ January 22, 2012
- ♦ a classic race for all abilities and ages

Club Membership

- ♦ night skiing, moonlight ski socials, and more!