

* Saturdays 10-12

* Saturdays 1-3

*Sundays 10-12



WELCOME TO THE 2019 SEASON

- ◆ The first weekend of classes is January 5th & 6th. Staff have been working hard to prepare a great program.
- ◆ There will be a short mandatory PARENT MEETING at 10:20, 1:20 and 10:20 respectively on the first day of classes at the Teaching Pavilion . *There are many tasks and special events that we need your help with as this club runs on volunteer power.*
- ◆ If you have any additional requests to match your child up with a friend in the same session and level please email your request ASAP to allison.myers@tldsbc.on.ca

Key Points:

- * There are no classes Family Day Weekend : Feb.16th & 17th
- * On January 27th Sunday classes will be from 2-4 to accommodate the Muskoka Loppet
- * The Season runs for 8 weeks and ends March 2nd & 3rd
- * If needed for inclement weather a make up class will be scheduled for March 9th & 10th
- * Arrowhead Park opened on December 15th, if you want to get out and hit the trails before the season begins. Arrowhead Nordic has lots of great programs and events. Check out : <http://arrowheadnordic.ca>

Dressing for Comfort and Safety

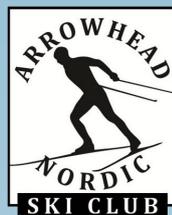
Please ensure your child is adequately dressed to spend most of 2 hours out-of-doors. Particularly for the younger children, ensure good dry mittens (not gloves), and hats that cover all of their ears. Socks should be thick and warm; wool is preferable. Make sure their ski boots fit over their socks without pinching too tightly. Small children should wear snowsuits. Older children, particularly when skate skiing (level 3, 4) will need several layers instead, and may prefer a lighter hat or headband.

Please take your child to the toilet before class **

Parent Volunteer Duties Just as for most other non-profit clubs in Muskoka, the Arrowhead Nordic Ski Club depends on the parents of our athletes to help us keep our program running safely and smoothly. All parents are asked to sign up for one club duty per child per session (e.g. three children = three volunteer commitments). **Note: some duties have been changed this year with the update in facilities.**

- **Hut Helper** - The most important job, and the one that must be filled prior to parents signing up for other duties: Remain in the hut for the duration of classes. Help coaches provide cookies, fruit, and drinks to their athletes. Help prepare the Hot Chocolate in large serving jugs in the Pavilion kitchen. Help wash cups and trays in the kitchen after snack to prepare for the next week. Supervise cold or tired athletes while they rest in the hut, if needed. We need 2 helpers per week per session.
- **Fruit** - Bring 10 clean & prepared pieces of fruit your assigned week. We need 2 each week.
- **Timekeepers** - every year we have the Becky Scott Sprints partway through the program. *We need parents to help time and record the athletes' results for this long-standing tradition.*

***Sign up will happen at the parent meetings on the first day of classes (10:20 or 1:20).**



arrowheadnordic.ca

WEATHER INFORMATION

*Each week the weather forecast is reviewed, and any possible changes to the schedule are **announced by e-mail and on the Arrowhead Nordic Ski Club website**. In general, we will cancel if the forecast is for below -20. Decisions to cancel due to extreme cold (or RAIN and NOT ENOUGH SNOW) are left until 8 am on the day of classes, to ensure the most up to date forecast.*

Jackrabbit Passes

On the first day of Jackrabbits, you will receive a Jackrabbit Ski Pass for your child and a Jackrabbit Vehicle Pass for your car. The cost of these passes is included in your Jackrabbit registration fee. The Jackrabbit Ski Pass allows your child to be on Arrowhead Park trails during his/her Jackrabbit lesson only. It should be kept in your child's coat pocket. The Jackrabbit Vehicle Pass lets you enter Arrowhead Park and park for the duration of your child's Jackrabbit lesson. It must be displayed on your car's dash. *This pass does not allow parents to ski or come into the park at any other time. If you wish to ski in the park while your child is at Jackrabbits, you must purchase an Adult Daily Ski Pass (\$15) for yourself or an Adult Season Ski Pass (\$150) for one adult. Some families ski at the park many times over the winter and purchase a Family Season Ski Pass (\$360). If you purchase a Family Season Ski Pass, then your kids do not need Jackrabbit passes. We will reimburse you the fee (\$24/child) that we pay to the park. for your child's Jackrabbit pass and you will not receive Jackrabbit passes. A board member will be at the parent meeting on the first day of Jackrabbits to give refunds to anyone who has purchased a Family Season Ski Pass. Please have your child's Season Ski Pass with you as proof of purchase.*

Jackrabbits

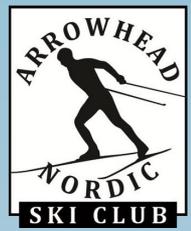
Vehicle Pass vs. Ski Passes If you have purchased a year round or winter provincial park vehicle permit., it DOES NOT allow you to ski on the trails. A vehicle permit allows you to walk, snowshoe, tube and skate in the park and covers everyone in your vehicle for these activities. If you want to ski in the park, you must purchase a ski pass for each individual who wishes to ski. If you already have an Annual Vehicle Permit or a Winter Vehicle Permit, you can upgrade to either an Adult or a Family Season Ski Pass and receive \$70 off your Ski Pass.

Park Fees Skiers Daily Ski Pass - Adult: \$15- Senior: \$10 - Age 6-17: \$7 - Family: \$36.50
Season Ski Pass - Adult: \$150 - Age 6-17: \$60 - Family: \$360
Non-Skiers (per vehicle, for use of the tubing hill, snowshoe trails, and skating rink)
Daily Vehicle Permit: \$17 (weekdays)/ \$20(weekends)
Winter Vehicle Permit: \$85.01

Should you purchase an Adult Park Season Ski Pass for yourself or just pay each time you come? If you only plan to ski on the 8 Jackrabbit days, then it is cheaper to just purchase a daily ski pass each day. (\$15 per day vs. \$150 for the Season Ski Pass) However, there are two reasons why you might want to consider a Season Ski Pass. First is the convenience of not having to stop at the park office each Saturday and stand in line. Secondly, your Season Ski Pass includes a Winter Vehicle Permit which allows you to park your vehicle in the park while you are skiing. IN ADDITION, the Winter Vehicle Permit also allows you to bring a carload of people into the park to use the tubing hill, snowshoe trails, and skating rinks (all activities except skiing). It also allows you to use the facilities in Algonquin Park for the winter.

December 2018

JACK RABBITS NEWLETTER



arrowheadnordic.ca



Necessary Equipment Most Jackrabbit athletes ski on basic, classic skis that are “wax free”. Waxless skis have an irregular series of scales underneath the central zone. Waxless skis do benefit from some minimal glide-waxing. Most modern skis are - in general - set to the weight of the skier rather than to their height. Boots should be appropriate to the ski bindings and ski type (skate versus classic) and allow a small amount of wiggle-room at the toes. Poles should be long enough to sit just above the armpit (classic) or just below the eyes (skate).

Bunnyrabbits and Level 1 (at first) do not use poles; please do not bring poles to Bunny level classes, and wait for your Level 1 coach to tell you it is time to start with poles. Skate skis are used for level 3, level 4, and Track Attack. You will be reminded which skis are needed prior to each class. Waxing skate skis is more complicated, but very important for your athlete to have a positive experience. Please take the time to wax your child’s skate skis for the appropriate snow conditions. The back of the new Pavilion has a state of the art wax room and a waxing lessons will be provided at some point during the season.

Renting Gear Arrowhead Park will rent skis, boots, and poles to you and your child each week. There are both classic and skate skis available, though quantities of skate skis are not unlimited. You will need to take your child to the park to have them sized, and reserve their equipment ahead of time. The park opened for the winter season on December 15th. On the day of classes, your reserved gear will be set aside and waiting for you at the Birches portable for you to pick up. Please return your rented gear promptly after class (particularly Saturday mornings) so that it is available to the next group of skiers. Rental costs are \$7/class for classic skis (and poles and boots), and \$10/class for skate skis (and poles and boots).

Note: Payment for rentals in full, for the entire season, is expected at time of reservation.

| Group | Type of equipment | Lesson weeks | Cost |
|---------------------------------------------|-------------------------------|--------------|------|
| Bunnies | Classic boots/skis (no poles) | 8 weeks | \$56 |
| Jackrabbits Levels 1 & 2 | Classic boots/skis/poles | 8 weeks | \$56 |
| Jackrabbits Levels 3 & 4 | Classic | Week 1-4 | \$28 |
| | Skate | Weeks 5-8 | \$40 |
| Track Attack Lynx and Track Attack (winter) | Classic | Week 1-4 | \$28 |
| | Skate | Weeks 5-8 | \$40 |

JACKRABBITS

Waxing Basics Most newcomers to skate skiing (and classic too, depending on the skis in use) will want to learn a bit about waxing. It is not expensive to purchase some basic gear (a ski waxing iron, a few types of wax for different conditions) and it is well worth it for the experience you will have on the trails. For skate skis, you will want glide wax along the entire ski, with the basic approach being to apply a layer of wax, melt it in, scrape off the excess, and repeat. Classic skis need a glide wax at their ends and a grip wax in the middle. **Waxless skis should have a small amount of glide wax (roll-on is fine) except in the scaled middle-part.** There are many good links on YouTube to walk you through the process.