

Arrowhead Nordic Ski Club Programs 2018/19



Children's Programs

Jackrabbits: Coordinators Ally Myers, Cheryl Gevaert and Holly Groome

Jackrabbits is the first step of Cross Country Canada's Skill Development Program. Children develop a love of the outdoors, a healthy lifestyle, excellent technical skills and a good level of physical fitness within a sport environment. Our Bunnies (4-5 years) are introduced cross-country skiing through organized activity and active play. Children make ski friends, develop fundamental movement skills and have fun! Jackrabbits (6-10 years) learn basic cross-country ski skills starting with classic technique in Levels 1 and 2 and adding skate technique in Levels 3 and 4.

- Choose from Sat am 10-12, Sat afternoon, 1-3 or Sunday morning program (10 am – noon)
- Jackrabbits begins on January 5th and runs for 8 weeks but skips the Family Day long weekend. Sunday Jackrabbits normally runs on Sunday mornings, but on Jan 27, the session will be held in the afternoon due to the Muskoka Loppet.
- When you register online, please indicate the level your child is going into. Please check your child's report card that was handed out at the end of the year. Please note that children often spend more than one season in a level, so they do not automatically advance to the next level the following year. Please check the report card or email Ally. Please note that Bunnies must be 4 as of December 31, 2018 to register.
- Kids who completed level 4 last year should register in Track Attack. See the description below.
- Parents are expected to help with the program one week.
- *Program fee is the same as last year, \$135 until Nov 25, \$150 after Nov 25.*

Track Attack: Coordinator Holly Strickland

Track Attack is a three year program for ages 9-13 and is the final step of Cross Country Canada's Skill Development Program. Participants should have completed Jackrabbits Level 4. Track Attack is a more in-depth program with lessons on Saturdays as well as opportunities for a training camp, dryland training, fun races, waxing clinics etc. Further developing skate and classic skills and technique, and providing knowledge of more far-reaching aspects of skiing, the track attack athlete will come away from the program confident in all aspects of the sport.

- Fall – there is a training camp on Saturday, Oct. 20 from 9:30-3:30 and dryland sessions on Saturday Nov 24 and Dec 1 from 10-12 am.
- Winter Track Attack begins on January 5th and runs for 8 weeks but skips the Family Day long weekend. For winter Track Attack, choose from Sat am 10-12, Sat afternoon 1-3 pm or Sunday am 10-12 sessions. Note that Lynx only runs on Saturday afternoon.
- *Program fee is \$150 until Nov 25 and \$165 after Nov 25 and includes registration in the Muskoka Loppet!*

Track Attack Lynx

- Track Attack Lynx is a program for kids ages 9-13 **who are new to skiing and have NOT participated in Jackrabbits in the past** (have not completed Jackrabbits Level 4) but would like to begin developing their skills. This program is **NOT** for kids who have come up through the Jackrabbit program.
- This program will serve as a link between Jackrabbits and Track Attack for those who would like to join the sport in a less demanding environment than Track Attack. This program will begin from the ground up, providing beginner training and skill development so that the athlete may join Track Attack as soon as their skill level allows. Track Attack Lynx starts on Jan 5th and will run from 1-3pm on Saturday afternoons for 8 weeks (but skips the Family Day long weekend). *Program fee is \$135 until Nov 11, \$150 after Nov 11.*

ARC – Racing Program: Coordinator Carl Tusz

The ARC program enables skiers to improve their fitness and skiing in order to compete in cross country ski racing. This group trains year round and includes weekly Saturday morning training sessions, Thursday evening gym training, and training camps. **ARC Active Group** is for skiers ages 11-15 with a focus on Paraffin Series races and the Ontario Youth Championships. Besides experiencing the fun of racing, skiers will learn about the basics of grip and glide waxing,

dryland training, race preparation and strategy, and improve their technique. Skiers should already be comfortable with both Classic and Skate techniques. Up to 5 supported racers per season. **ARC Competitive Group** is for skiers aged 11-18 with a focus on Ontario Cup level races. Skiers will refine technique, learn waxing independence, improve physical conditioning and focus on race performance. Skiers should be highly competent with all Skate and Classic techniques. 5 supported races including 2-3 O Cups and Easterns.

- Parents are expected to volunteer in some capacity at races, training camps and special events.
- ARC Active fee is \$400 for fall/winter or \$350 for winter only. ARC Competitive fee is \$500 for fall/winter or \$450 for winter session only. Winter session begins in late November. Fee does not include Arrowhead Park ski pass and race fees.

Adult Programs

Our popular **Ski for Fitness! Classic and Skate Ski Classes** will run in January and February on Saturday afternoons (1 to 3 pm) beginning on Jan 5th. We will also have a midweek session on Tuesdays, 1-3 pm.

- Friendly, non-competitive class for adults to improve skills and fitness at their own pace and level for recreational or aspiring racers. Choose instruction in Classic, Skate, or both. You'll also meet other skiers and have fun! Great review of technique from basics to more advanced. Each session consists of 4 lessons.
- Saturday Classic lessons begin January 5, 2019. Saturday Skate lessons begin Feb 2.
- Tuesday Skate lessons begin Jan 8. Tuesday Classic lessons begin Feb 5. No lessons on Family Day weekend.

Ski for Fitness! Classic - 4 lessons \$100 Ski for Fitness! Skate - 4 lessons \$100 Ski for Total Fitness! - all 8 lessons \$170

Masters Program – Continues this year! This program is for adults who wish to take their skiing and fitness to the next level. Join now for the fall or winter sessions. Weekly Saturday morning practices led by our great coaching team. Thursday evening gym training. Sign up for one session/week with the option of choosing either Thursday or Saturday in any given week, or sign up for both sessions per week. Good for those considering loppets or racing. Fall (Sept 22-Dec 1): \$125 (\$215 for 2x/week) Winter: \$150 (\$240 for 2x/week)

Park ski rental rates for Jackrabbit and Track Attack

Arrowhead Park offers a special flat rate for Bunnies, Jackrabbits and Track Attack skiers only. Rentals must be arranged with the Park and paid in advance before sessions start.

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

Park trail fees: Park trail fees are included in Jackrabbit and Track Attack fees. Park trail passes are required for all other programs. Adults \$15 per day (seniors, \$12 per day) or \$150/season; Youth \$55/season; Family \$360/season.

For questions about:

Jackrabbit (including Bunnies) - email Ally Myers allison.myers@tidsb.on.ca

Track Attack - email Holly Strickland onlyonetopdawg@hotmail.com

ARC - email Carl Tusz - cartusz@gmail.com

Masters - email Anne Lindsay alindsay4@cogeco.ca or Steve Jones stephen_jones64@hotmail.com

Ski for Fitness – email Drew Hutcheson - drewhh@hotmail.com

For general club inquiries email club secretary, Cathie Raynor - drdoug@surenet.net

For more information, visit our website at www.arrowheadnordic.ca