

JACK RABBITS NEWSLETTER



* Saturdays 10-12

* Saturdays 1-3

*Sundays 10-12



WEEK 1: ARE YOU READY?

JANUARY 5 & 6 AT THE BIRCHES LOT:
Pavilion Teaching Area

Some quick reminders:

- RESERVE YOUR EQUIPMENT - if you are renting skis, you still have time to get to the park this week and have your child sized & equipment reserved.
- NO POLES FOR BUNNIES, or for LEVEL ONE until your coach advises.
- Classic skis for LEVEL 3 & 4 weeks 1-4, Skate skis weeks 5-8.
- Watch for weather advisories by 8 am the day of classes.
- SATURDAY AFTERNOON groups need to allow extra time to enter the park if the skate trail is open.
- SUNDAY classes have lessons 2-4 pm on January 27th due to conflict with the Loppet that morning.
- Athletes are currently grouped based on previous skill levels and, as much as possible, their age; there may be some shuffling the first 1-2 weeks to find the best-fit class.

Code of Conduct

The Arrowhead Nordic Ski Club has a code of conduct that all coaches and all athletes are expected to follow. It reads as follows: *Whereas all coaches follow the Cross Country Canada Coach's Code of Conduct, every effort will be made to create lessons that engage all athletes and meet the needs of each individual skier. In the event that an athlete's behaviour is deemed unsafe by the group instructor and program coordinator, the parents will be notified. Should the infractions reoccur, parents will be invited to pay for a one-on-one instructor or the athlete will be removed from the program and a prorated refund may be given.*

HELP US KEEP HANDS WARM

We are collecting mittens & hats to be able to offer to any athletes who get cold during their lessons. Please bring any donations you can spare to share with us! Our collection bin is at the Jackrabbit Pavilion.



Don't forget to get your **FAMILY SEASON SKI PASSES**,

If you are planning on it, before the first day of classes.

Bringing your family ski pass to the first class allows you a \$24 refund per child against the cost of class enrolment (Details in Pre-season Newsletter)

January 3, 2019

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Program Awards

Here is a summary of the various awards and goals available during the program.

These awards are generally presented at the last day of classes during our potluck ski party.

Becky Scott Sprints: a classic timed sprint, aiming for speed, held week 4 (January 26-27).

GREEN - 2 min-1 min/100 m

BLUE - 59 sec-50 sec/100 m

PURPLE - 49 sec-40 sec/100 m

RED - 39 sec-30 sec/100 m

GOLD - 29 sec or less/100 m

ALEX HARVEY COMPETITION AWARDS

Level 1: Your athlete has participated in at least 4 races during the season

Level 2: Your athlete has participated in at least 6 races during the season, of which a minimum of 2 skating and 2 classic races

Level 3: Level 2, plus an average of 5:00 min/km in races 1 km or more in at least 2 races

Level 4: Level 2, plus an average of 4:30 min/km in races 1 km or more in at least 2 races

Level 5: Level 3, plus an average of 4:00 min/km in races 1 km or more in at least 2 races !

DEVON KERSHAW DRYLAND GOALS

Level 1: 4 dryland sessions including all minimum skills

Level 2: 8 dryland sessions including all minimum skills

Level 3: 12 dryland sessions including all minimum skills

Level 4: 16 dryland sessions including all minimum skills

Level 5: 20 dryland sessions including all minimum skills



Richard Weber Snow Goals: to encourage playtime on the snow, and skiing *outside of class*.

We keep a snow goals tracking chart in the Jackrabbits Pavilion.

- **SNOW GOAL 1** - skiers must ski at least five times (a minimum of one hour each) in a season *in addition* to their Jackrabbits lessons.
- **SNOW GOAL 2** - 10 times
- **SNOW GOAL 3** - 15 times
- **SNOW GOAL 4** - 20 times
- **SNOW GOAL 5** - 40 times

INDIVIDUAL NOMINATIONS

Sarah Renner Adventure: to encourage the Jackrabbit participants who are willing to explore off track skiing in the woods, and who have a determined spirit of discovery.

Chandra Crawford Super Attitude: to acknowledge the importance and contribution of the Jackrabbit program participants who exhibit a positive mindset, are supportive of others, show perseverance, and build team spirit.

PIERRE HARVEY HAT TRICKS - a combination of completing a technique level (passing your class lessons) with a Sprint and a Snow Goal.

Hat Trick #1 - Level 2 + Sprint Blue + Snow Goal 2

Hat Trick #2 - Level 2 + Sprint Purple + Snow Goal 3

Hat Trick #3 - Level 3 + Sprint Purple + Snow Goal 4

Hat Trick #4 - Level 4 + Sprint Red + Snow Goal 4

Hat Trick #5 - Level 4 + Sprint Gold + Snow Goal 5

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