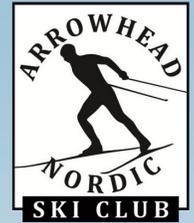


January 30, 2019

Jack Rabbits

Week 4/ 5 Newsletter



* Saturdays 10-12

*Saturdays 1-3

*Sundays 10-12



This week we will be rescheduling our **ski playground**.

We will be setting this up in the bowl area(old warming hut) and each group will spend some time challenging themselves with some fun features. This is a great way to continue working on balance and agility, key Nordic skiing skills.



Reminders and Updates:

- This week Level 3 & 4 will be starting their Skate Skiing sessions. If you are arranging rentals please double check that they have issued you skate skis(no fish scales/longer poles, in between chin and nose in length). I have reminded the rental crew as well.
- Family Day Weekend (February 16 & 17th) there is no program.
- The make-up session for the cold cancellation will be the Weekend of March 9 & 10. Please let Ally Myers know if you cannot attend as we are planning a special longer ski tour and picnic.
- Keep working on those snow goals. It was so great to see so many Jack Rabbits, Track Attacks and ARC athletes at the Muskoka Loppet. Remember these races count as snow goals and other achievement levels.



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January 30, 2019

Jack Rabbits

Week 4/ 5 Newsletter



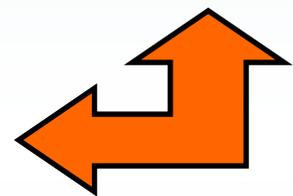
* Saturdays 10-12

*Saturdays 1-3

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Jack Rabbit toques have arrived as most people know and we distributed them last weekend . It was wonderful to see so many colourful JR toques and TA buffs at the Muskoka Loppet last weekend. If you were absent we will have your skiers hat set aside this coming weekend. As you know each skier gets one with the JR registration fee. There has been interest expressed in ordering an additional one. This may be a possibility as the JR Store indicated they may have some extras. If interested in this potential please let me know by Friday Feb 8th. Cost would be \$20(covers the shipping costs).



Elementary Schools races are coming up on:

★ **Tuesday Feb. 5th & Friday March 1st** ★

These races are great ways to practice your technique and earn extra snow goals and achievement levels in a fun and supportive environment. The bonus is kids get to spend the day outside playing and skiing. Talk to your elementary school for sign up details as permission forms went home last week. For more details check out: <http://arrowheadnordic.ca/blog/>



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