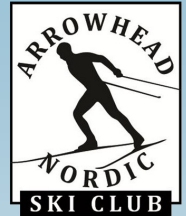


February 20, 2019

Jack Rabbits

Week 6/7 Newsletter



* Saturdays 10-12

Holly Groome

* Saturdays 1-3

Ally Myers

* Sundays 10-12

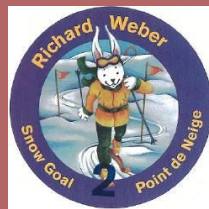
Cheryl Leavens



Important Reminders and Dates:

- Feb. 23/24th Skate Skiing continues this weekend for Level 3 and 4's. Please make sure you have rentals arranged early if needed.
- Awards Ceremony potluck is on **March 2nd & 3rd**(details to follow next week).
- The final week is **March 9/10th** where we will be going on a Ski Tour to a campfire in combined groups. Make sure to tell Ally Myers if you will not be there, if you have not already done so.
- JR Toque Design competition entries due **March 31st**. See last week's newsletter for complete details.
- Next Elementary Ski race is **Friday March 1st**. Check with your child's elementary school for sign-up details. If you would like to volunteer for this great event please contact Michele Schwemmer at arrowheadnordicvolunteer@gmail.com

Call out for Awards Achieved:

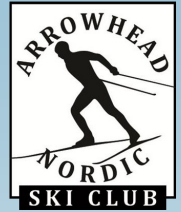


If your child has achieved an award please let Ally Myers know by Friday March 1st. (see list of awards on page 2). We will calculate the Becky Scott sprint awards however, if your child has achieved snow goals and/or competed in races for the Alex Harvey award we need to know. The best way to communicate is to email Ally Myers with the skiers name and awards achieved. Many people have been recording snow goals in the Pavilion. We will collect these sheets after this weekend or alternatively send an email.

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Jack Rabbits

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Below are Awards that JR Skiers can work towards !

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

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

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 !

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.

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

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

