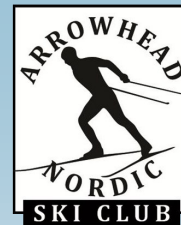


January 29, 2020

# Jack Rabbits

## Week 5 Newsletter



\* Saturdays 10-12  
*Holly Groome*

\*Saturdays 1-3  
*Ally Myers*

\*Sundays 10-12  
*Cheryl Leavens*



Jack Rabbit toques have arrived and will be distributed this weekend. If you are absent we will set your toque aside for the next weekend.



### 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 Saturday cold cancellation will be on Saturday March 7th.
- 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.

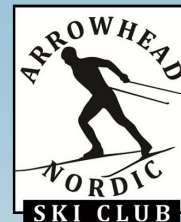


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January 29, 2020

# Jack Rabbits

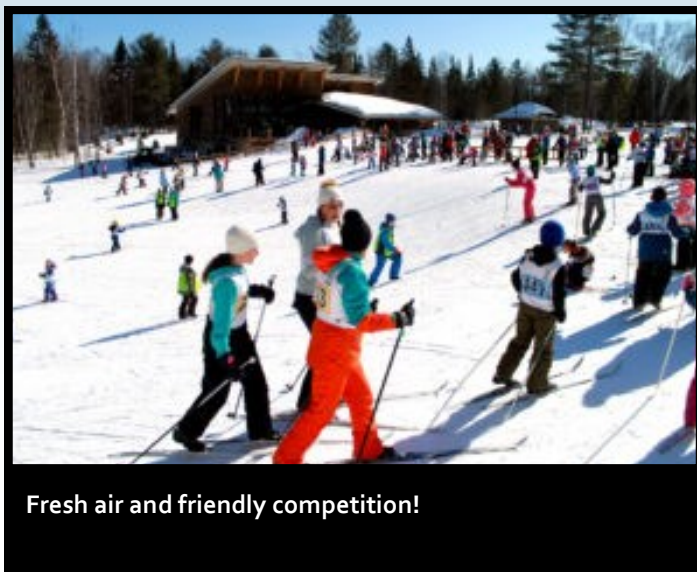
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Fresh air and friendly competition!



Dedicated volunteers run a fun and organized race!



Elementary Schools races are coming up on:

★ **Friday Feb. 7th & Tuesday March 3rd** ★

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. This year parents must register and supervise their child due to strike sanctions with extracurricular activities. For more details check out: <http://arrowheadnordic.ca/blog/>



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