

February 19, 2020



Jack Rabbits Week 7 Newsletter



* Saturdays 10-12

Holly Groome

* Saturdays 1-3

Ally Myers

* Sundays 10-12

Cheryl Leavens

Although our Jack Rabbit Programs will run as normal at Arrowhead this weekend there is lots going on downtown with Huntsville Snowfest.

<http://huntsvilleadventures.com/huntsville-snowfest/>

We encourage you to check it out, take your skis and get on snow in a fun family environment to collect more snow goals!



Important Reminders and Dates:

- This weekend, Feb. 22 & 23rd Skate Skiing continues for Level 3 and 4's. Please make sure you have rentals arranged early if needed. Level 3 & 4's will be doing a fun relay race with Track Attack this weekend.
- Awards Ceremony: We are going to do the final Awards Ceremony for both Saturday and Sunday on **Feb. 29th/March 1st**. The **Saturday March 7th** make-up session will be a fun ski tour to a campfire and will also be an opportunity for skiers that missed a session to join.
- JR Toque Design competition is still on. See Week 6 Newsletter for more details.
- Elementary Race #2 is scheduled for **Tuesday March 3rd** and registration opens Friday Feb. 21st with Registration due Feb. 29th. This is a freestyle race so kids can classic or skate. Volunteers are always welcome, if interested 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 Wednesday Feb 26th (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 and you can send any additional hours by email. If your skier is attending Elementary Race #2 you can count this as a race and snow goals!



Jack Rabbits Week 7 Newsletter



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

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 mini-

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

