

Blow-Me-Down Jackrabbit Ski Program – 2010

Lesson dates

Start date: January 9, 2009 at 10:30 am.

If you need to rent skis at the club, please **arrive at least 1 hour in advance** on the first day to avoid delays. Plan to meet in the clubhouse for 15 minutes after the first lesson, for important information on the Jackrabbit program and to pick up the Skills Development booklets.

Lessons (all): Saturday - January 9, January 16, January 23, **Hgdtwct{'8**, February 13, February 20, February 27

The Extended Program is available at no extra cost for Level 3, 4 and Track Attack. However, you MUST confirm at registration or with a program co-ordinator that you will be attending most of these sessions so we can plan accordingly: Wednesday – January 13, January 20, January 27, February 3, February 10, February 17, February 24, March 3

Family ski day: Lcpwct{"52 – Meet your leader for a ski tour followed by a “boil-up”. Bring your family! Free trail pass and half price rentals for family members on this day. **Arrive early to arrange rentals!**

Jackrabbit Olympics and Wrap-up: March 6

Race Day experience: March 20. As part of the Jackrabbit program, all skiers will be entered for free into the Provincial Marathon which we are fortunate to host this year. Distances suitable to all ages are available. The focus is FUN! Confirm your participation with your leader or a program co-ordinator.

Bad weather dates: All lessons take place on a Saturday. If the weather is unsuitable on the Saturday, the lesson will be rescheduled to take place the next day, Sunday, at the regular time. All Jackrabbits will be contacted by email, an update will be provided on the Blow Me Down Trails website, and if time permits, announcements will be made on local radio stations. **Please ensure that you provide an email address at registration!** (an account you can access on Saturday).

Lesson times

Saturdays

Meet at 10:20 am at the clubhouse to get equipment on and ready to start by **10:30 am**. A meeting place for each group will be set up on Week 1.

Jackrabbits in Levels 1 to 4 will have an hour and a half session of lessons and games to finish back at the clubhouse by 12:00 noon. Bunnyrabbits will have an hour long session on snow. They will finish close to 11:30 am.

Wednesdays

Evening sessions will run from 6:30 to 7:30 pm for Level 3, Level 4 and Track Attack.

Dress for the weather

The Jackrabbit program will not incorporate a formal break during the session. Please ensure your child is warmly dressed. A snowsuit is appropriate for most ages. Mittens are better than gloves. Feet are particular problem areas: please wear a heavy sock and avoid cotton (synthetic or wool blends are best).

Ski equipment

For most age groups, a classic style ski (either waxless or waxable) is appropriate.

Skate skiing is introduced in Level 3, while Level 4 and Track Attack skiers will skate ski 50-75% of the time. For those groups, a waxable classic ski should be considered if you are buying new equipment. The wax can be removed for skate ski lessons. Two pairs of ski poles will be required: one for classic skiing and a longer pair for skate skiing.

Contact your Jackrabbit co-ordinators for more information.

Record extra skiing time or distance

Program badges are awarded for **extra** time spent skiing. Record your time on the Programs bulletin board.

Parent helpers and leaders

Most of the best and most enthusiastic cross-country skiers in our community are parents. The Jackrabbit program needs your help to maintain a strong program for our kids. Parents who are willing to co-lead a group may enroll their own child/children free of charge in the program (trail fees still apply). Reimbursement for leaders without children in the program is also available. Free coaching and skill development is provided to volunteer leaders.

If you can **volunteer** for **special events** or other program needs, please give your name to the program co-ordinators. THANKS!

Note: All Bunnyrabbits require a parent to accompany them during the lesson.

Parent lessons

Keith Payne will offer lessons for Jackrabbit parents on Saturday mornings from 10:45 to 11:45 am. The first lesson is available on January 16. The cost is \$5/lesson. Check the program bulletin board for updates.

Contact information

Jackrabbit co-ordinators for 2010: Jeri Graham (785-1403) and Tina Newbury (634-8448)

A list of leaders and groups will be posted on the Youth Programs/Jackrabbit bulletin board in the clubhouse. Contact numbers will also be listed there.

Check the club website for updates on the youth program, club activities, events and news:

www.blowmedown.ca