

Camrose Ski Club Junior Vikings Bunny Rabbit Program

About our Program.

The Camrose Ski Club has designated a “Bunny Rabbit” group as a bridge between the Bunny group and the Jackrabbit group for **children aged 5-7**. Program objectives and goals are similar to the Bunny Program, but with more specific technique instruction and activities designed for kids who are able to ski a little farther.

The link below describes the Bunny Rabbit Program objectives as outlined by Canada Cross Country. Our Bunny Rabbit program is similar.

<http://cccski.com/getmedia/9c241fc6-ae2-41fa-a5b0-68e1abdbf89/pages-BR-EN.pdf.aspx>

Additional goals of this program:

- Help children develop a positive self-image.
- Have fun.
- Provide children with the opportunity to make ski-friends.
- Develop fundamental movement skills.
- Help children develop an awareness and appreciation of our natural environment.

Our Expectations.

- Parents don't need to ski with their child in the Bunny Rabbit program; however it is encouraged. This is a volunteer run club so parents/grandparents are encouraged to join our sessions as assistants/helpers. It's the perfect excuse to enjoy the great outdoors. Plus you then end up getting lessons for free!
- **New: All programs require sign up for mandatory volunteer hours.** A postdated cheque will be held until hours have been completed. This group will require a **parent sweep(s) for each session**. Parents will be asked to keep an eye on a certain number of kids depending on the number of skiers that day.
- There are also a number of other skiing events that we ask that you consider contributing time to. We have a great club because we have great people volunteering their time!
- **New:** We encourage all skiers to have a headlamp or small light on their clothing. Available at Canadian Tire, MEC, etc.

Coaching.

- Program will be led by Volunteer Ski Club Coaches and will provide training specific to athletes in this stage of development.

Season Duration.

- Program will start mid-November and continue until the middle of March, weather permitting. See **Program Overview** on the youth cross country skiing page for more info like cost, dates and times.
- 1 session/week at the Stoney Creek Centre located at 5320-39 Avenue.