

Camrose Ski Club Junior Vikings Jackrabbit Program

About our Program.

The **Jackrabbit Program** is designed around from Cross Country Canada's "FUNDamentals" stage of development (children 7-9 years of age) This is the second level of the skill development program.

The objective is for children to learn basic cross-country ski skills (both classic and skating) and to instill a lifelong interest in the sport, thereby enhancing their quality of life and health.

The links below describes the Jackrabbit Program objectives as outlined by Canada Cross Country. Our Jackrabbit program is similar.

<http://www.cccski.com/Programs/Athlete-Development/Skill-Development-Programs/Jackrabbits.aspx>

<http://www.cccski.com/getmedia/af1c014c-187b-463a-8e4e-ec86452816db/Ski-Equipment-and-safety.pdf.aspx>

Goals of this program:

- Encourage FUN and participation.
- Develop ABC's: Agility, Balance, Coordination and speed.
- Frequent cross-country skiing during the season.
- Good technique habits developed through repeated practice using the Jackrabbit program awards.
- Utilize games and ski playgrounds to develop technique, speed skills and fitness.
- Well-structured sessions.
- Develop linear, lateral and multi directional speed.
- Develop a team/social atmosphere.
- Introduce competition in a team environment whenever possible.
- Encourage inter-club social, skill and fitness orientated ski activities e.g. camps.

Our Expectations.

- Parents don't need to ski with their child in the Jackrabbit 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. 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.