

# Jackrabbits

The Jackrabbit program is the second stage of Cross-Country Canada's skill development program. The program further develops the core ski skills in both classic and skating technique and offers structured ski adventure for 6 to 12 year-olds. These avid skiers learn more complex ski technique by way of games, drills and challenges, and are encouraged to explore the trail system, ski longer distances, challenge themselves to go faster and explore what they can do on skis. Prior participation in Bunnyrabbits is not required so long as the skier meets the minimum age requirement. This program is open to Nakkertok members only. You must register (as a member and for the program) for the current season.

**Who:** Jackrabbits are 6-12 years old.

**Time:** Saturdays 10:00am – 12:00 pm OR Saturdays 1:30pm – 3:30 pm OR Sundays 1:30pm – 3:30 pm.

**Dates:** Approx. 9 weeks beginning in early January and ending in early March.

Sessions are weather dependent, and every winter sees the cancellation of at least one day's classes due to extreme cold, lack of snow, wind-chill, ice storms, rain or all of the above and more. In the event of a cancellation everyone is notified by his or her instructor. (Do not assume the class has been cancelled unless you have been contacted!)

**Activities:** Jackrabbits learn more complex ski technique through games, ski-play, drills and exploring the trails. The Jackrabbit program has four levels. Jackrabbits are placed in classes according to their ability, speed, endurance and age.

**Class sizes:** Nakkertok aims for a 1:4 (younger children) to 1:5 (older children) jackrabbit to instructor ratio.

**Instructors:** Instructors are Nakkertok volunteers, primarily parents or graduates of Nakkertok's racing and Learn-to-Ski programs. Training is available to anyone interested in teaching/coaching.

**Equipment:** See our parent's guide to equipment and our wax guide.

**Parent duties:** Please read the Parents' Role. In addition there are many ways to fulfill your co-op commitment within the Learn-to-Ski programs.

**Races:** Every Jackrabbit and Bunnyrabbit has the opportunity to participate in several of the annual races that the club organises; the Nakkertok Invitational, the Nakkertok Junior Championships, Thea's Race (at Nakkertok North), and for older more enthusiastic Jackrabbits, the Nakkerloppet. At the Jackrabbit level the emphasis at these races is on participation.

## **Administrative Details:**

Due to success of the program we have a difficult time finding enough instructors to maintain our desired instructor to student ratio. Therefore, please understand that it is our policy that you may be asked to be a leader or assistant leader for your child's class regardless of whether you have paid a fee in lieu of co-op commitment, or have done other co-op duties.

The registration process will run from when the online registration opens in September until December 1st. We strive for an instructor to student ratio of 1:4 to 1:5 for Jackrabbits and the Saturday/Sunday session sizes are capped accordingly. The classes are filled on a first come first served basis. As in previous years, priority is given to children whose parents have volunteered to be Learn-to-Ski instructors.

Due to the success of the program we have been having a difficult time in finding enough instructors to maintain our desired instructor to student ratio. Therefore, please understand that it is our policy that you may be asked to be a leader or assistant leader for your child's class regardless of whether you have paid a fee in lieu of co-op commitment, or have done other co-op duties.

Any cancellations received after December 15th will be subject to a 50% administrative charge. Cancellations received after the first class will receive no refund.