



## Whiteshell Cross Country Ski Club

### JACKRABBIT PROGRAM

Sundays at 1:30



Don't just watch your children ....

JOIN THEM!!

#### Program Activities

The Jackrabbit Program teaches young children the basics of cross country skiing in an atmosphere of fun and fitness. We generally meet Sundays at 1:30 at the Manitoba Hydro substation on Highway 211. We start the season before the snow falls, to increase our fitness by hiking and biking on our ski trails. A typical ski outing lasts for two hours. It starts with warm up and stretches, followed by games on skis. We then practice

different techniques and take short tours. We also enjoy longer tours (up to 12 km) in February and March. Our technique sessions include

- safety on the hills and trails
- basic or 'classical' XC skiing
- skate skiing techniques and
- waxing instructions.

We end most outings with hot chocolate and marshmallows around an open fire.



#### Ages

Most Jackrabbits are between 6 to 12 (elementary school age). We are happy to accept younger children if attended by an adult (for safety reasons). Older children and especially parents and grandparents are encouraged to join us. You can develop your own ski technique along with your children. Many parents treat Jackrabbit sessions as special family outings.

#### Fees

The Jackrabbit Program is \$10 per child. However, all Jackrabbits must

also be members of the Whiteshell Cross Country Ski Club. A Junior membership to the Club is \$15. A family membership is \$50.



#### Whiteshell Ski Team

The Club also has a section for skiers who wish to develop their competitive skills.



#### Information and Equipment

Check out our web site at:

**[www.WhiteshellSkiClub.com](http://www.WhiteshellSkiClub.com)**  
for photos, maps, club profile and more. Contact us for ski rentals, advice on waxing skis and selecting your own equipment.

## **Skill Levels**

Jackrabbits earn cloth sew-on badges as they progress through the program.

### **Green Technique Badge**

Basic skills such as how to fall safely and how to climb a hill with skis.

### **Yellow Technique Badge**

More basics including downhill survival, the diagonal stride and free skate.

### **Orange Technique Badge**

Herringbone and side step, more downhill techniques such as the braking snow plow and step turn and introduction to the kick turn, double pole and 1-skate.

### **Red Technique Badge**

Improvement of the basic diagonal stride, double pole and 1-step double pole; five skate-ski techniques, downhill runs for speed and snow plow turns for control

### **Blue Technique Badge**

Advanced skills including high-speed step turns, telemark, parallel side slips, uphill diagonal stride and the sixth skate-ski technique.

### **Purple Technique Badge**

Honing of all skills, including downhill and uphill techniques and the classical and skate ski techniques.

### **Other Badges**

The Jackrabbit program also offers badges for speed in race conditions, and distance skied over the entire season.



## **Coaches**

All our coaches have been trained under the National Community Coaching Program. Most started out by joining their children or grandchildren at Jackrabbits or by being Jackrabbits themselves. If you are interested in becoming a coach, our Club can help - contact Bruce Goodwin.

In addition to our regular coaches, we also have many junior coaches who are recent Jackrabbit graduates. All coaches are willing and able to help Mom and Dad with a few technique hints – even with skate skiing.



## **Schedule of Events 2009/10**

We typically meet every Sunday at the Manitoba Hydro substation on Highway 211, between the Aberdeen and Vanier entrances into Pinawa. We rarely cancel unless the weather is really miserable. The meeting place and time can change for special events.

1. October 18: hike to the Red Green Cabin
2. October 25: bike and meet at Old Pinawa for lunch
3. November 1: obstacle race at 36 Grey Crescent
4. November 8: bike around the golf course
5. November 15: hike, bike or ski?
- 6,7 November 22, 29; technique instructions
- 8-11 December 6, 13, 20, 27: ski technique, tour to the Red-Green Cabin and a time trial
- 12-16 January 3, 10, 17, 31: ski technique; January 24 : Jackrabbits host the Manitoba Loppet in Pinawa!
- 17-24 February 7, 21, 28 and March 7, 15, 28 ... (until the snow goes): time trial, technique instructions and several long tours. On February 14 we can watch the big races in Pinawa, including the Canada Cup.
- 25 April 11 Season wrap up at the Pinawa Club

