



Kal Tire Bunny Rabbit & Jack Rabbit Program: Preparing For the Season

Clothing and Equipment

During the course of the 10 week program, expect to encounter all types of weather, with various combinations of sun, wind, rain, and snow. Dressing in layers is a great way to keep warm and dry, and removing layers is an option if the weather is warmer than expected.

Remember to protect young eyes with sunglasses and sunscreen if the sun is shining.

Please ensure that Rabbits are dressed and ready to go at 10 am.

See Cross Country Canada's (CCC) recommendations for ski equipment.

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

Lesson Drop-Off & Pick-up Location

Mount Washington has asked Bunny Rabbit and Jack Rabbit groups to meet away from the entrance to Raven Lodge. Look for our group signs which will be posted every session. They will be set up at the side of the lodge near the gazebo. Coaches will be waiting at their respective sign. Typically coaches return to this area at the end of the session to regroup with parents unless other arrangements have been made.

Program Times

The Bunny Rabbit and Jack Rabbit programs run from 10am-noon on Saturday and Sunday.

Volunteering Requirement

In recognition of the tremendous amount of work needed to run the Strathcona Nordics Ski Club (SNSC) programs, each registered family is required to volunteer in some capacity throughout the season. Volunteer sign-up can be completed by visiting the volunteer section of the SNSC website.

The Rabbit SDP relies heavily on people-power – the effort, enthusiasm and commitment of the parent and guardian volunteers is what ultimately determines the success of the program. When we all contribute time, we share the workload, and we all have more fun!

Contact with Coaches

Your child's coach will contact you at least one week prior to the start of program to introduce themselves. On the first day, lists of all groups will be posted just inside the door in Raven Lodge by 9:30 am.

All children are placed into coaching groups based on their developmental age, skill evaluations from last year's coaches and information that parents provide. Our best efforts are put forth to ensure that children are placed in a group appropriate to their level at the beginning of the season. However, some skiers may be shifted into another group at the coach's and SDP coordinator's discretion during the first couple of sessions if it is in the best interest of the child's success, enjoyment, and skill development.

Please be aware that changes may occur after the first week, and will be communicated by the coach and/or SDP Coordinator.

Being a Rabbit Helper

All Bunny and Jack Rabbits must have at least one parent/guardian who is a SNSC member for insurance liability purposes. All Bunnies are required to have an accompanying parent/guardian unless the Bunny Coach decides otherwise. The accompanying parent/guardian must be a member of SNSC and be on skis.

Jack Rabbit coaches may require some parents to ski along with their children, or to act as a parent helper at some point through the season. You must be on skis to participate in the lessons!

Terrain Park and Facilities

Mount Washington Nordic very kindly allows us to use their space. Bunny Rabbit and Jack Rabbit families are welcome to bring a picnic lunch and eat it at Raven Lodge following the program. There is also a full cafeteria in Raven Lodge. Please be mindful of other Nordic patrons and do not leave personal gear or other items at tables while out skiing.

The Ski playground and Terrain Park (next to Raven Lodge) is a wonderful place for kids to practice their skills in a safe, fun place. The more we use the Terrain Park, the more attention the mountain will provide to grooming and expanding this area. The club is looking for volunteers who would like to further develop this area, expanding the challenges and obstacles for young skiers to enjoy.

Weather and Conditions

You will find great information to prepare for a day on the mountain here: Nordic snow report or snow-forecast.com.

In cases of extreme weather it may be necessary to cancel lessons. You will be notified by email and/or text by 8am the morning of lessons if this is the case.

Snack Time

During each Rabbit session, the groups take a break for a warm drink and a snack. This provides hydration and an energy boost for the rest of the lesson. Coaches will provide details regarding the shared snack schedule either before or on the first day of the first lesson.

Thank you to our Volunteer Coaches!

Every year a group of new coaches complete their Introduction to Community Coaching and Community Coaching courses as well as attend a coaching refresher course each year. These courses require a total of 26 hours to complete.

In addition, coaches volunteer time every week to plan their lessons, coach your children, and spend time completing paperwork at the end of the season. This is a tremendous commitment, which we could not function without.

Please support your child's coach in every way you can and thank them for making this commitment to our program!