

Kamview Jackrabbits 08/09

Information for Parents

General Information

Jackrabbit Hike – The annual hike and lunch will be held at Kamview on **Sat. Oct. 25th**, from 10 am to 12 noon. Lunch will be provided for kids. Your child's leader will be contacting you before that weekend with more info.

First On-Snow Session - Your leader will e-mail you when we get enough snow for the first on-snow session. (It's on the schedule for Nov 29th, but we can only hope.)

Arrival Time – On-snow sessions run from 10 am to 12 noon (younger groups may start 10 – 15 minutes later, depending on the number of skiers – we'll let you know). We have many skiers and the chalet gets pretty crowded in the 20 minutes before sessions start. Please arrive at the chalet early so that you are ready to ski on time.

Late Arrivals – Leaders generally try to leave an indication of where they are headed, but plans change depending on snow conditions, weather, etc. Understand that if you are late you may not be able to locate your group. Please **DO NOT** send unaccompanied children out searching for their group.

Medical Information – Please advise your child's leader if your child has medical conditions (i.e. allergies, asthma) that are relevant.

Dress for the weather – Try to layer on your core area, but don't skimp on mitts, socks, neck tubes and hats. Beginning skiers are fine with snowsuits until they start to really move and generate lots of heat.

Food and Clothing – Remember that cross-country skiing can be a high output activity. Send your children with full stomachs. It is also a good idea to give them a drink bottle & holder and compact, nutritious snacks for the trail.

Record Sheet and Schedule – Watch for your child's schedule/record sheet. Post it somewhere that you won't lose it. Keep track of kilometres and hours skied throughout the season. Your leader will want this info at year's end.

Group Information

Bunnies and Level 1 Skiers – All Bunnies and Level 1 skiers need an adult skiing with them (unless special arrangements have been made with the coordinators).

Track Attack – The Jackrabbit program no longer has Level 5, so everyone who has completed Level 4 will move to Track Attack. Track Attack is quite a varied ski program (from skills on snow to backcountry skiing to race participation) that takes more than one season to complete. As part of the program, we will try to provide some extra activities outside of the regular Saturday morning sessions. There may be a small user fee for off-site activities, if we incur expenses (i.e. cabin rentals for a backcountry adventure or snow camp).

Dryland Sessions – Optional (Track Attack only) – Dryland sessions for Track Attack will be held on Saturday mornings, 10 -11:30 (until snow falls). Tentative start date is mid-October 18th. More info to follow by e-mail.

Thursday Evening Snow Sessions – Optional (Track Attack only) – We will again offer Thursday evening sessions, from 6:30 until 7:30, once it snows, for Track Attack. Focus will be on fun on snow with friends. More information to follow.

Equipment

Ski Equipment – Bunnies do not use poles (three-pin bindings and boots are okay but not optimal). Bunnies, Level 1, Level 2 and Challenge skiers all use classic skis only. Level 3 skiers start to skate too, but often get by with a single pair of skis. Level 4 skiers move towards having both classic and skate equipment. Most Track Attack skiers have both skate and classic equipment.

Ski Swap – The ski swap is the same weekend as our hike (**Oct. 23rd- 26th**). The swap usually runs Thurs. /Fri. 5:00-9:00, Sat. 9:00-3:00 and Sun. 9:00-2:00 (tentative). Bring in your used equipment to sell and pick up some bargains for growing children. Equipment comes and goes throughout the weekend, so it's best to shop more than once. Experienced skiers will be available to assist you if needed.

Volunteering

Are you a parent who would like to do more? Thinking of possibly helping out in the future? We are all volunteers, and we always need more help. Opportunities are available in the following areas. Please contact Dan Duckert @ 473-8529.

Jackrabbit Executive – The executive meet 4-5 times per year to guide the program's development and delivery. There are many different opportunities to apply your skills and interests to help us ensure we provide your children with the best skiing experience possible.

Leaders & Assistants – Without trained leaders and assistants we cannot run the program. Each year, we provide and pay for training courses at many different levels (from introductory to more advanced coaching & skiing skills), through Cross Country Canada and the National Coaching Certification Program. These courses will not only improve your coaching skills, they'll also help you improve your skiing.

Jackrabbit Sprint and Games – Volunteers are needed for the **Jackrabbit Sprint and Games** on Feb. 23rd. There are lots of different jobs, from getting snacks and planning games, to handing out race bibs and lining up skiers on race day. Please contact Dan Duckert @ 473-8529.

Last But Not Least

TBNT Memberships – All parent skiers and Jackrabbits need Thunder Bay Nordic Trails (TBNT) passes. TBNT membership prices go up after the end of October – so get yours from TBNT at the Jackrabbit registration day or the ski swap/hike.

Contacting You – Using e-mail rather than phone to contact parents makes it much easier to get information to you and saves our volunteers a lot of time. Please let your leader know if e-mail contact will not work for you.

Questions? – Don't hesitate to contact your leaders or co-ordinator:

Dan Duckert @ 473-8529, e-mail dan_denise@shaw.ca