



Jackrabbit Program

Children 7-9 years of age

KNTA's programs for youth follow Cross Country Canada's state-of-the-art progression of skill development programs for children. This exciting new program conforms to the Canadian LTAD and provides a vertically integrated continuum of development opportunities for children in the first stages of skier development.

The Skill Development Program (SDP) is comprised of three levels or stages- Bunnyrabbit, Jackrabbit and Track Attack. The overall objective of the program is to assist children in the development of a love of the outdoors, a healthy lifestyle, excellent technical skills and a good level of physical fitness within a sport environment.

The Jackrabbit Program, which is directed at skiers in the "FUNdamentals" stage of athlete development (children 7 to nine years of age), is the second level of the SDP. It has been developed in parallel with the second level of the new competency-based NCCP, which provides coaching materials specific to the needs of skiers this age. 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. In addition, it is designed to:

- Help children develop confidence.
- Be fun.
- Provide children an opportunity to ski and socialize with their ski-friends.
- Build overall motor skills.
- Help children develop outdoor winter safety skills.

Fee: \$90

Day: Saturday mornings

Time: 10 am - 12 noon

Duration: November 12th – March 10th, 2011

Location: Mt. Evergreen Ski Club on Airport Rd., Kenora

What to Bring: Skis, Ski Boots (no poles), warm clothing (no scarves). See "Parent Guide to Cross Country Ski Equipment for Children"

Excellent skier attendance is a program expectation.

Parent Participation Encouraged

For more information visit: www.skikenora.com or contact Jackie Hummelbrunner:

jackjackrabbit@shaw.ca