



Bunnyrabbit Program

Children 4-6 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 first level of the Skills Development Program is the **Bunnyrabbit Program**, which is directed at children in the "Active Start" stage of athlete development (children four to five years of age). The new program has been developed in parallel with the first level of the Coaching Association of Canada's new competency-based National Coaching Certification Program (NCCP), which now provides coaching materials specific to the needs of this age group. The objective is to introduce cross-country skiing and the healthy lifestyle associated with it through organized activity and active play. In addition, it is designed to:

- Help children develop a positive self-image.
- Be fun.
- Provide children an opportunity to make ski-friends.
- Develop fundamental movement skills.
- Help children develop an awareness and appreciation of the natural environment.

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