

Black Jack Cross Country Ski Club Bunnies and Jack Rabbits Programs

Welcome to the 2023-2024 Season!

Come ski with us this winter! Learning the basics for cross country skiing will open the door to a lifetime of fun and fitness. Our awesome coaches welcome kids ages 3 to 10 to fun weekly lessons at Black Jack Ski Club. If your kids are new to skiing, or have been on skis for years, all are welcome to join and improve their skills together!

Program Overview

Program	Ages	Birth Year	Cost	Time(s)	Season	# Sessions
Junior Bunnies	3	2020	\$60	10 am Sundays for 45 min	Jan 7 to March 17	11
Bunnies	4 & 5	2019 & 2018	\$75	10 am Sundays for 1 hour	Jan 7 to March 17	11
Jackrabbits Level 1 / 2	6 & 7	2017 & 2016	\$150	10 am Sundays for 1.5 hours 5:30 pm Tuesday for 1 hour	Pre-season: Dec 10 and Dec 17 (Sundays only) Regular Season: Jan 7 to March 17 (Tuesdays and Sundays)	23
Jackrabbits Level 3 / 4	8 to 10	2015, 2014, & 2013	\$180	10 am Sundays for 1.5 hours 5:30 pm Tuesdays for 1 hour	Pre-season: Dec 10 to Dec 17 Tuesday & Sundays Regular Season: Jan 7 to March 17 Tuesdays & Sundays	25

Bunnies Notes:

- For the 3-year-old Junior Bunnies, parents are expected to remain with their children, on skis as well, at all sessions.
- For the 4 and 5 year old Bunnies, parents are asked to participate in at least the first lesson, and may be asked to continue until their child can get up on their own when they fall.
- **IF** the snow is good, and the dog loop is groomed, we will hold a pre-season Bunnies party on Sunday December 17. This will be a chance to meet coaches, play some games, and get on skis before the holidays. Parents are asked to be on skis and stay with their kids for this session.

Jackrabbits Notes:

- The pre-season schedule was new last year. In past years, we waited until the snow to get started. This year, we are starting on schedule, snow or not. If there is not enough snow, coaches will lead dryland team building and skill development activities.
- Not all kids will be able to start in December for the pre-season sessions. This is okay! The pre-season will be more casual and we won't start in groups with assigned coaches until January. Your child will still have a full experience even if they miss the December sessions.

Levels

The coaches and program coordinator try to place every child in a group that matches their current skill level and challenges them to improve. Groups are determined based on a combination of age and ability.

Returning skiers should register in the level their coach suggested at the end of last season. Most will be in the level that aligns with their birth year.

New skiers can contact the program coordinator (blackjack.bunniesjackrabbits@gmail.com) if you are uncertain which program to register in. If your child is new to skiing, we aim to provide some extra attention to catch them up to their age peers, but they may spend time in a group with wider age range of children.

Volunteer Commitment

Our program relies on every family being involved and volunteering in many ways. **By signing up for this program, you are committing to help out several times throughout the season. For Bunnies, this will be about 4 times. For Jackrabbits, this will be about 6 to 8 times. These volunteer commitments are per child, not per family.** So for families with two kids in Jackrabbits, you can expect to help out nearly every Tuesday and Sunday in the regular season, ie: 12 to 16 volunteer activities out of 18 sessions.

The biggest volunteer role is coaching. All of our coaches are volunteers, and we are always looking for more to join the roster. Coaches receive training, as well as a season pass to the ski club. Contact the program coordinator if you are interested in coaching and we will get you set up with a course in December!

The main area we need volunteers for at every session is a helper with each group, sometimes known as the sweep. This adult stays with kids who are having a slower day, and helps out the coach where needed. You do not need top-level ski skills for this role - any parent on skis can help out!

If you aren't a skier, there are many ways to help out. We'll have hot chocolate on Sundays and need volunteers to pick it up, serve it, wash the mugs, and take the containers back. We also need volunteers to help organize gear, get materials for games, and coordinate special events.

Once your child is registered, you'll receive a link to sign up on the volunteer schedule.

Equipment

- Kids in all programs need to have their own classic skis and boots. Jackrabbits need poles as well.
- Jackrabbits Level 3 / 4 do both classic and skate skiing. Skate skis and boots are available to borrow for the sessions. Consider getting a combi boot for your child at this level, so they can stay in their own boots for both styles of skiing.
- Jackrabbits Level 3 / 4 need a headlamp for Tuesday sessions. It is recommended, though not required, for Level 1 / 2 as well.
- If you are unable to find equipment in time for the start of the season, the club has gear you can use for each session for a small fee. This is not intended to be a season long rental, but rather help bridge the start of the season as families look for gear, and if kids outgrow boots or other gear throughout the season.

- Once your child is registered, you will receive a link to our private ski swap spreadsheet. On here, you can post gear you are selling, and what you are looking for, and hopefully we can help each other find the gear our kids need!
- Don't forget to label all of your kids stuff - skis, boots, poles, toques, etc – a lot of it looks similar and can easily get mixed up.

Covid Protocols

- We no longer have a specific program covid policy or plan.
- We will be monitoring and following all Public Health Orders, and looking to Cross Country BC for guidance as needed.

Tips for a Successful Season

- Your child will benefit more from the program if you can get out on skis at least one other time every week. This can be before or after their lesson, or any other time during the week.
- It is essential for safety reasons that the group is able to work together. If any children are having trouble participating well with the group, a parent will be asked to ski with the group each session.
- Dress children for the weather in layers, with no cotton, especially their socks. Kids are moving a lot in this program and are often taking off layers to adjust.
- Arrive a few minutes early with your children rested, so they are ready to ski on time at the start of their session.
- Have children go to the bathroom before the session starts. A bathroom break can take a lot of the lesson!
- Help your child with getting their skis on until they are able to do it independently.

Communication and Contact Information

Once you are registered, information regarding the program, special events, races etc. will be sent via email so please check your email weekly. Please check your spam and add blackjack.bunniesjackrabbits@gmail.com to your contact list.

The Program Coordinator for the 2023/24 will be announced soon. In the mean time, contact blackjack.bunniesjackrabbits@gmail.com with any questions, comments or ideas!