

# Whaleback Nordic Ski Club

## Jackrabbit Program



The Whaleback Nordic Ski Club Jackrabbit Program, guided by the Cross Country Canada Skill Development Program, is designed for our young cross country skiers (up to 12 years of age) who would like to learn or improve their cross country skiing skills in addition to enjoying the great outdoors with many old and new skiing friends. The program consists of three levels:

Bunny rabbits- age 5 and under

Jackrabbits: ages 6-9

Track Attack: age 10-12

Children who are in the bunny rabbit group have to be accompanied by an adult.

The Jackrabbit program is a volunteer run, fun family oriented program which provides a wonderful experience for young skiers! This is an 8-10 week program depending on the weather. Please print clearly your contact information for correspondence during storm days and check for announcements on our Whaleback Jackrabbit Facebook page!

# Jackrabbit Program 2020



Child's Name: \_\_\_\_\_ Child's Age: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent email: \_\_\_\_\_

Phone Number: \_\_\_\_\_ MCP #: \_\_\_\_\_

Does your child have any allergies or other medical issues that the coaches should be aware of? If so, Please state below:

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If you would like to be a Volunteer for the program please check off what interests you.

\_\_\_\_\_ preparing and serving hot chocolate after the children are done there session

\_\_\_\_\_ being on the phone or communication list when or if the session has to be canceled

\_\_\_\_\_ coming out on the trails to help lend a hand to the bunny rabbits and jackrabbit skiers

\_\_\_\_\_ becoming a Jackrabbit coach

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_