

2019–2020 Jackrabbit Program - Welcome Information

Welcome to both our new and returning members and thank you for registering your child in a youth ski program. We look forward to sharing our passion for the sport of cross country skiing this season. You will receive an email or phone call from your child's coach before lessons start.

First Session The first session is on Saturday, December 14th at 10AM with a BBQ social at 11:30. New skiers will meet their coaches indoors at the Kinsmen Centre (the beige lodge with the large Hiawatha Highlands sign) at 780 Landslide Rd. Returning skiers will meet on the ball field, unless otherwise indicated by their coach. This lesson will occur regardless of snow conditions; please bring ski equipment (labelled with your child's name – very important) and dress appropriately for the weather. There will be a PARENT MEETING for new families at approx 10:30AM in the Kinsmen Centre. We encourage parents to attend to learn more about the programs and events planned for this season.

Regular Schedule All lessons begin **promptly at 10:00AM** outdoors on the ball field by the Kinsmen Centre. Please note that coaches may set up alternative meeting places from time to time. Athletes are advised to arrive by 9:45AM. Arriving after 10AM may cause your child to miss the group's departure and it is unreasonable to expect others to wait around in the cold for a late skier.

Holiday Schedule Lessons will occur on December 21 and 28, but classes may be modified depending on coach and class attendance. Parents are always encouraged to join in on the fun, especially during the holidays.

Class Cancellations **Classes are cancelled on February 22;** families are encouraged cheer or volunteer at the Ontario University Athletics Nordic Skiing Championships. Cancellations due to extreme temperatures (cold or mild) or trail closures occasionally occur. On average, one class per season is cancelled for this reason. Notice will be posted on the SFNSC website and SFNSC Facebook by 9AM.

Equipment & Clothing Write your name on all of your equipment. In addition to bringing your labelled gear each week, dressing appropriately is very important. Equipment information and tips to dress smart and stay warm are posted on the SFNSC website. It is difficult for children to enjoy skiing if they are not properly dressed or do not have proper equipment.

Lesson Prep Cross country skiing is a physically demanding sport. Athletes must be well rested, fed, and hydrated before coming out on Saturday mornings. Please encourage your child to use the washroom before heading out on the trails, and keep your child at home if they are ill.

Trail Pass Season trail passes for children (ages 4-12) are included in Jackrabbit program fees; skiers 13 years and older are required to purchase a trail pass from Hiawatha Highlands.

Special Events The club calendar is posted on the SFNSC website. We have many exciting events planned this year – participate and volunteer!

Volunteers **We are a volunteer club.** Please respect that your child's coach is a volunteer. The success of this program depends on our members. Consider making the program better and building our community. Talk to your child's coach or email jackrabbits@soofinnishnordic.com if you have any questions about volunteering.