

2023-2024 SFNSC Youth Skills Development Programs

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 sessions will begin Saturday, December 9. Skiers will meet their coaches and teammates at a designated trailhead. Please make note of where your skier's class is meeting each week, you will receive communication regarding this from your coach on TeamSnap.

The first lessons will occur regardless of snow conditions; bring ski equipment and dress appropriately for the weather.

Regular Schedule All lessons will begin at 10 am and finish at 12pm. It is imperative that skiers arrive on time and are picked up promptly. Arriving late may cause your child to miss the group's departure, and it is unreasonable to expect others to wait in the cold for a late skier.

Holiday Schedule There will be no formal classes on December 23 & 30, but there will be activities for skiers to do during these weeks. Please ski with your families! More time on skis is time well spent.

Class Cancellations Class cancellations or shortened lessons may occur as a result of changes to provincial/local health regulations, lack of coaches/volunteers, or weather. On average, one class per season is cancelled due to extreme temperatures (cold or mild) or trail closures. Notice of cancellations will be posted on the SFNSC website, SFNSC Facebook, and TeamSnap.

Snacks **Bunny Rabbits and Jackrabbits Level One** will go into the Kincentre midway through their lesson to warm up and eat their snack. Please write your child's name on their snack and place it in the labelled group/coach bin in the Kinscentre. We always need help getting skis back on after snack time - so please lend a hand.

Skiers in Jackrabbit Level Two and older are encouraged to carry a drink belt/backpack with their own water, snack, and emergency supplies.

Equipment & Clothing All ski equipment must be labelled CLEARLY and in a LARGE font with your child's name. This will reduce accidental contact with other skier's equipment. Labelling mittens, toques, coats, drink belts/packs, etc... encourages misplaced items to be returned to the rightful owner. Dressing appropriately is very important. Coaches may decline a skier's participation if the skier is not prepared for the weather - one skier's actions can affect the entire class. Equipment requirements, and tips to dress smart and stay warm, are posted on the SFNSC website for each program. Please note 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. Skiers must be feeling well to participate. Being rested, fed, and hydrated before coming out to their session will make everyone's time skiing more enjoyable.

- 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. Everyone needs to wear their trail pass when they are at Hiawatha Highlands.
For program skiers who are 12 and under, a "Jackrabbit" trail pass sticker (for returning skiers) or a card + sticker (for new skiers) will need to be picked up from the Hiawatha Highlands building. Returning skiers, please bring your existing card to get this year's sticker; stickers are NOT issued without the card.
Please take care of your skier's pass; it has a value of over \$60. There will be a fee for replacement cards. It saves money, time, and it is better for the environment if you reuse the card each year (i.e., keep your trail pass and add a new trail pass sticker for the current year).
- Membership* All participants, coaches, and parent volunteers must be Soo Finnish Nordic Ski Club members. Please check that your contact information is accurate on your Zone4 receipt, including your email address. Report any updates to soofinnishjackrabbits22@gmail.com
- Special Events* We encourage you to look at both the SFNSC and Hiawatha Highlands website for dates of other events such as Lantern Skis!
- Volunteers* **We are a volunteer club**, which aims to make our community better! All members are volunteers and the success of this program/community depends on you. Please respect that your child's coach is a volunteer, organizers are volunteers, and your actions impact others. 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 or can help us out.

Follow us on Facebook, Instagram, Team Snap & e-newsletters!

Have a great ski season, let it snow, let it snow, let it snow!

SFNSC Jackrabbit 2023-2024 Schedule



December 9	Session 1 – Welcome! Come prepared for the weather
December 16	Session 2 - Jackrabbits BBQ - Donations of nut-free cookies and baking accepted at the tent next to the Kincentre
December 23 & 30	No formal lessons – please ski with your families and complete our holiday challenges
January 6	Session 3
January 13	Session 4 - Ski with a stuffy
January 20	Session 5 - Halloween in January
January 27	Session 6
February 3	Session 7 - Winter Carnival - groups can ski through the stations: biath- gong on the ball field, pool noodle javelin on the tennis court etc. Hot chocolate and goodies at 12pm
February 10	Session 8
February 17	Session 9 - Harry Potter dress up day, watch for Harry Potter trivia on the trails all week
February 24	Session 10 - last day - <i>Thank you volunteers!</i>
March 2-3	No lesson, Ontario Cross Country Ski Youth Championships at Hiawatha Highlands, if you are interested in volunteering contactus@soofinnishnordic.com
March 16	Family ski day