



HOLLYBURN
Cross Country Ski Club

**Jackrabbit/Bunny Coach's Manual
2016-2017 Season**

Table of Contents

Section 1: Schedule of Ski Season	3
Section 2: Safety & General Information	4
Emergency Action Plan	4
Risk Management	6
Trail Etiquette.....	7
Absences from coaching.....	7
Jackrabbit Ready List	9
Section 3: Session Plans	10
Key Points to Consider when Planning Your Sessions	10
First Day Outline for Jackrabbit Groups	11
Jackrabbit Session Plan Outline.....	16
Bunny Session Plan Ideas	17
Section 4: Progress Cards	25
Program and Level Descriptions	25
Level Descriptions.....	26
Completing Progress Reports and Awarding Stickers	27
Progress Cards.....	29
Section 5: Special Events	35
Fun Day Stations: Ideas for Fun Events	35
Sprint Time Recording Sheet.....	37
Section 6: Technique Drills	38
Classic Technique	38
Classic Drills	39
Skating Technique.....	40
Free Skate Progressions	41
Section 7: Games and Relays for XC Skiing	45
Section 8: Ski Preparation	51
Section 9. Coach Self Assessment	52

Section 1: Schedule of Ski Season

Within the Hollyburn Cross Country Ski Club, the Jackrabbit season consists of 10 sessions commencing the weekend of December 5th/6th.

The sessions for the Jackrabbit program are as follows:

- **Saturdays 9:00 - 11:30 a.m.:** Dec 3, 10, Jan 7, 14, 21¹, 28, Feb 4, 11, 18, 25³, Mar 4
- **Sundays 9:00 - 11:30 a.m.:** Dec 4, 11, Jan 8, 15, 22¹, 29, Feb 5, 12, 19, 26², Mar 5
- **Sundays 1:00 - 3:30 p.m.:** Dec 4, 11, Jan 8, 15, 22¹, 29, Feb 5, 12, 19, 26², Mar 5
- The Jack bunny morning sessions are from 9:15 - 11:15 a.m. and the afternoon sessions are from 1:15 - 3:15 p.m.

Track Attack morning sessions are 9:00 - 11:30 a.m. only (no afternoon sessions), starting as soon as Cypress Cross Country opens.

Jackrabbit Level 3,4 and Track Attack ski an additional Tuesday (4:30-6:00 p.m.), Wednesday or Thursday evening, 6:30 - 7:45 p.m. Attending a weekday session for Level 3/4 and Track Attack is strongly encouraged.

¹ **Saturday, January 21** is Coast Cup #2 and **Sunday, January 22** is Coast Cup #3 at [Whistler Olympic Park](#) (WOP). These are fun races that the club will take part in, in lieu of sessions at Cypress. Participation, not competition, is emphasized. Bunnies that are too young to participate in these events (4-year-olds) will still have a session at WOP. Children (and their parents) will have the option of skiing in one or both of these events. Note, a separate registration and fee will be required. Details will be sent out to club members as we near the dates of the events.

² **Saturday, February 25** is the date of Sigge's P'ayakentsut at Whistler Olympic Park and the club will be fully participating in this Olympic Legacy event. The 15, 30 and 50 km loppets for adults and teens takes place in the morning followed by the kid's P'ayak Mini in the afternoon. On Sunday, February 26, the club will host the Hollyburn Fun Day at Cypress. As such there is no sessions organized at Cypress on that weekend. Note, a separate registration and fee will be required for the P'ayak. Details will be sent out to club members as we near the dates of the events.

Section 2: Safety & General Information

Emergency Action Plan

Prepared by: _____ (coach)

Emergency phone numbers: 9-1-1 for all emergencies

Address of home facility:

Hollyburn Mountain, Cypress Provincial Park, West Vancouver, BC

Address of nearest hospital:

Lion's Gate Hospital, 231 East 15th Street, North Vancouver, BC

Phone: 604-988-3131

Professional First Aid Ski Patrol: contact via the lodge or staff in base area

In-charge person (1st option): _____ (coach)

In-charge person (2nd option): _____ (partner coach)

Call person (1st option): _____ (parent)

Call person (2nd option): _____ (parent)

Known health issues: Name: _____

Issue(s): _____

Name: _____

Issue(s): _____

In case of emergency . . .

Control environment and secure site so no further harm occurs

- Quickly assess surroundings to identify and address immediate safety issues
- Place ski barrier (X) well above injured child

Communicate with team

- Communicate with partner coach to confirm basic plan and roles/responsibilities
- Confirm "person in-charge"
- Confirm "call person" (person who makes contact with medical authorities and assists person in-charge)

Assess injury, comfort child, administer first aid

- Ask child: "Can you hear me?" and "Are you okay?"
- At minimum, assess: airway clear? breathing present? pulse is present? major bleeding? conscious? If suspected injury to head, neck or back, do not move the child.

- Stay calm and reassure child
- Cover child with jacket/blanket; get child's head off snow (if possible)
- Place insulated pad underneath child if child will on snow for more than a few minutes
- Administer additional first aid as required and able (first aid training required)

Get help

- If help is needed, have "call person" ask parent or passing skier to get ski patrol:
 - Provide them with a trail map marked with location of injured skier
 - Provide injury details and what, if any, first aid done
 - Have person repeat back information to confirm their understanding
 - Confirm with person that they must report back
 - Send person to lodge or base area to ask staff to contact ski patrol

Address needs of class/group

- Reassure other children and move them to a safe location away from injured child
- Have the other coach and parents continue the session (if possible) or move the children down to base

Follow-up communication

- Communicate with parent of injured child (if not already present)
- Communicate with session coordinator
- Complete accident report form

Risk Management

Coaches have at all times a legal obligation to provide a safe environment for participants.

The law does not expect a coach to be perfect in his/her behaviour, only that the coach be reasonable and act as other reasonable coaches would act in the same circumstances.

There is a certain amount of risk in our sport that coaches need to be aware of. Coaches should spend time thinking about potentially risky situations, decide which situations might pose serious risks and determine what practical steps he/she can take to minimize those risks.

If the risk is moderately significant, the coach must take measures to reduce the likelihood of the risk occurring, through careful planning, supervision and training of the participants. If the risk is severe, then the coach must decide to avoid whatever causes the risk. For example, extreme weather conditions such as freezing rain or very cold weather with potential to cause frostbite would cause a practice to be cancelled.

The main risk factors in our sport are:

1. Environmental (weather, temperature)
2. Equipment and facility Risk (participant's clothing and ski equipment, trail conditions)
3. Human Risks: (the participants individual physical and behavioural characteristics, other skiers on the trails, the coach's training, experience and supervision of the participants)

An informed and prudent coach protects himself by implementing a personal risk management plan. This helps the coach in two ways: first, it will promote a safe program that will help prevent injuries from occurring, and second, if an injury can not be prevented, it will help protect the coach from liability claims.

Elements of a Personal Risk Management Plan:

1. When choosing terrain, the coach must be sure that the activity and terrain are suitable to the age and condition (mental and physical) of the participants. For example: beginner skiers or bunnies should not be asked to ski down steep icy trails.
2. The participants must be progressively trained and coached to do the activity properly and avoid injury.
3. The participant's equipment must be adequate for the activity (boots fit, bindings close properly, child's clothing is adequate for the weather conditions)
4. The activity must be properly supervised.

5. Be familiar with the Hollyburn Cross Country Ski Club Emergency Action Plan. Carry with you: a Cypress Mountain Trail Map, emergency medical contact numbers and participant's medical profiles.
6. Inspect the facility (trails) before you do an activity with participants. If the area poses a risk, adjust activities to avoid the risk.
7. Ensure that participants ski using trail etiquette. Choose areas carefully when stopping to teach a lesson or play a game so that participants are not at risk of collisions with other skiers. Particular attention should be paid to ensuring that one-way-only rules on trails are respected. Roller Coaster is a good example of a trail that can pose unacceptable risks if the one-way-only rule is not followed.
8. Stop any activity that poses unreasonable risks.
9. Trust your common sense and intuition.
10. Actively pursue your own training, professional development and further coaching certification.

Trail Etiquette

Please make sure that you teach your group the following points:

1. Good trail etiquette makes skiing more fun for everyone.
2. I will show my trail ticket to Cypress personnel when leaving base area.
3. I will greet people with a friendly "Hello" on the trail.
4. When faster skiers come up behind, I will move to the right and let them pass.
5. When I pass a skier, I will move to the left and go around them.
6. If I meet a skier head on, I will pass on their right.
7. I will remember that skiers coming down a hill have right of way.
8. If I need to stop, I will move off the trail and wait until the other skier passes.
9. If I want to visit with my friends, I will move off to the side of the trail.
10. I will not leave any litter behind and pack out what I bring in.
11. I will obey trail sign and ski in designated areas only.
12. If I fall and make a big hole (sitzmark), I will fill it in with snow.
13. I will not ski fast when returning to the base area.
14. I will stay to the right of the cones when returning to the base area.

Absences from coaching

It is your responsibility to find a coach or another adult to take your place if you can not attend a session. If you know that you will be absent in advance, we encourage you to make arrangements with a coach in another session to cover for you. Our club has a short list of spare coaches who will be able to fill your spot.

It is really important that you contact your session coordinator so that they know that you won't be there.

Appropriate Clothing: Teach to Bunnies and Jackrabbits

Jackrabbit Ready List

JACKRABBITS - READY – SET – GO LETS SKI!

BOOTS, SKIS, POLES	
HAT, MITTENS, OR GLOVES, WARM SOCKS	
WATER BOTTLE AND A SMART SKI SNACK * A Smart Ski Snack helps the body refuel for the trails: like an apple, orange or granola bar	
DRESSED FOR THE WEATHER – Rain, Snow or Sunshine Make a ski sandwich - Layer 1: an inner layer to wick away moisture, Layer 2: a mid layer to keep the heat in and take off if you are too warm Layer 3: an outer layer to keep the wind, snow and rain out	
SMILES FOR THE TRAILS	

Section 3: Session Plans

Key Points to Consider when Planning Your Sessions

Preparing sessions plans is part of the minimum expectations for Hollyburn coaches. The session plans from Section 5 of the Community Coaching manual are designed around a program that has more sessions than offered at Hollyburn Cross Country Ski Club. However, they do provide an excellent basis around which to plan your sessions. The session plans are meant to provide examples to help you plan your own sessions, and not mandatory plans that you must follow.

The session plans have many great ideas and the “Key Teaching Points” listed at the beginning of each plan are excellent!

Each session, for all technique levels, should have the following elements:

- Introduction/welcome
- Warm up
- Skill development (technique)
- Balance activity (scooter, ski down hill on one ski, ski down a hill and pick something up, ski down a hill in telemark position
- Speed (sprinting – 8 seconds of effort or less) and agility – games and relay races are great for developing speed and agility
- Skiing (terrain teaches more than you can)
- Play time (in the ski playground or other fun terrain)
- Cool down
- Wrap up/conclusion

In short, a session will go something like this: work on technique, play a game, ski to the lodge for hot chocolate, ski to another area, work on technique, play a game.....

Your technique evaluation for each child should be done on the second to last session. At some point in the season as determined by the overall program coordinator, all skiers in your group (but not bunnies) will do a timed individual sprint to determine their sprint badge. You also need to ask parents how many times outside of the Jackrabbit sessions each child has skied so that you know which Snow Goal sticker to award each child. At the end of this session you will pick up progress cards to fill out for each rabbit in your group, and envelopes to put the cards into.

The second to last session is the “Ski Fun Day”. For part of the session, your group will rotate through several (6-8) fun stations. Fun Day Stations are usually not suitable for bunnies – they should organize their own special activity –

perhaps a “Teddy Bear” picnic. Bring their favourite stuffie (to fit inside their jacket) and a snack to share.

At the end of the final session you will wrap up with your group, and hand out their progress cards and stickers to put in their Jackrabbit or Bunny Book. Please put each child’s progress card and stickers in a supplied envelope: this will minimize children losing their stickers or comparing their progress cards with other skiers.

First Day Outline for Jackrabbit Groups ***(Does not apply to Bunny groups)***

1. Introduce yourselves briefly (leaders and assistants)
2. Move your kids away from other groups (make sure that you know where the technique level group above and below your group will be, in case kids need to be switched). Count heads. Teach the group how to stand so that they can all see you and are not obstructing the trail.
3. Make the kids feel welcome and give a SHORT overview of program goals:
 - have fun and be safe
 - make new friends
 - learn to ski better and faster

Quickly check kids’ equipment, clothing and packs – heavy large packs will interfere with the child’s balance (leave pack with parent)
-if you are coaching bunnies, or technique level 1, then leave their poles at the base under the Club canopy.

4. Brief plan of the day (as short as possible)
“Ski, play games, hot chocolate and snacks, bathroom break, ski, play games, go home”
Plan an approximate time for the hot chocolate break, as parents will often want to meet the group and check on their child at that time.
Ask the kids what they would like to learn (you don’t have to commit yourself to these ideas, but it will give you good ideas for planning future sessions).
5. If the kids have skied before, then assign a head and a tail to the group and leave the base area as soon as you can. Ski your group to an area where you are away from other groups so you can talk to them with fewer distractions.

Groups of brand new skiers will need to work at the bottom for a bit to teach basic skills so that they can herring bone up the hill to other areas.

6. Check that every one is comfortable (not too hot or too cold) Play a game or activity so that everyone in the group knows each other's name and something about each other. Make the kids feel welcome, use their names a lot, smile, learn at least one thing about each kid.

Ideas:

- ask each kid for their name and something they like, "I'm Jack and I like snowball fights"

- pass a beanbag or soft ball around; each person says their own name and the name of the person they are passing to.

- decide on a group name: ask for suggestions, let kids vote, voting often goes best with kids if you tell them to shut their eyes while voting (eyes shut, hands up).

- play zim, zam, zoom. Point to a child in the group and say "zim", "zam" or "zoom". If you say "zim" they have to say the name of the person on their left, "zam" they have to tell their own name, "zoom" they have to say the name of the kid on their right.

7. Establish the procedures you want them to use when skiing as a group:
 - a leader or designated rabbit at the front, adult at the back, skiing single file, leave enough space between skiers so that if someone falls the person behind doesn't run over them (like good drivers leave space between themselves and the car in front).
 - decide who will get to go after the leader, how will this privilege will rotate?
 - for older kids, explain where the bathrooms are and procedure if they need to use them (a leader or assistant needs to ski with them to the bathroom if the child has to go).
 - with the young children, teach them what to do if they think that they will need to go (before it is an emergency), ask parents of bunnies to take the child on a preemptive visit to the bathroom before the session starts.
 - let the kids know that you want to know if they are cold, too hot, feeling sick.....in past years we have had children who are fine at the start of class and have a raging fever by hot chocolate time.
 - teach trail etiquette. Ski single file, step off track if you need to stop.
8. Now, ski them to an area where they can ski on varied terrain (flat, uphill, downhill) so you can assess them. The two trails (Sidewinder and Cross Glades) between the Power line and Lower Telemark are good alternatives to the ski school flats. The terrain should make the kids feel comfortable and confident. Some kids may not have been on skis since last year.

9. Establish boundaries (poles stuck in the snow, cones, and packs at the side of the trail.....) Get kids to ski around you in the tracks. **Look for what they are doing correctly. Be encouraging** so the kids feel that you like them and that they can do what you are asking of them. Look at previous year's technique level criteria and ask kids to demonstrate skills (e.g. for kids who have technique level 3 ask them to show you their diagonal stride, free skate. Use a downhill to assess snowplow, straight running, falling and getting up). No matter what technique level, ask kids to ski **without poles** as this is the best way to assess balance and weight shift. Move kids who need to be in other groups ASAP.
10. Play a game or two. Use the kid's names as much as possible to help you learn them. Have fun!!
11. Head to lodge for hot chocolate around 10:15 AM if doing a morning session, about 2:15 PM if doing an afternoon group. Make sure that your group all put their equipment in the same area so that you can easily match kids with gear when you leave. Get a tray with enough cups of hot chocolate for your group (fill cups less than ½ full for bunnies- less mess when they spill!). Serve kids outside if weather permits. Encourage snacks and bathroom visits. Check kids' mitts to see if child should switch to their extra pair. Head count before you leave.
12. The hot chocolate break is also a good time to move kids that should be in a higher or lower group. Try to coordinate with the coaches from the groups above and below you so that your break times coincide.
13. Review downhill skills and procedures (snow plow, straight running, ½ snow plow, stopping on a hill, single file, turning...) appropriate to their ability level.
14. Go for a ski, ski at a comfortable pace for all group members, wait at intersections for everyone, check kids for overheating and help them take off layers and unzip jackets.
Ski beside different kids and talk to them. Learn as much as you can about them. **Model good technique**. If the kids are skiing without poles, make sure that you aren't using your poles!
15. Ski group down to base area, head count!! Closure: Get them excited about coming back next week. Tell them how well they did and how you are looking forward to skiing with them next week. Remind kids to keep track of the number of times that they ski outside of Jackrabbit sessions for their Snow Goal sticker.
16. Tell kids to stay with you and ask them to introduce you to their parent. Let them know that they must check out with you before they leave. Let

the parent know if you have suggestions about equipment, clothing, or pack. Remind parents to label all gear.

17. Say good bye to each kid using their name. Complement them on something they did that session (especially the kids that seem less confident or were more difficult to deal with).
18. Make notes about kids, abilities and skills to work on for next week before you forget.
19. Make a general lesson plan for the remaining weeks. You should be assessing their skill level throughout the lessons. Make notes of your observations as you go along because otherwise you will forget.

Bob's Maxim's

The child will learn more from the environment and activities that the leader creates, than from what the leader teaches.

Kids must be moving, moving, moving...

Learn to move, and then move to learn

Give each kid a big greeting and goodbye every sessions, always use their name, always smile at them, especially if they are the misbehaving kids. Try to make a connection with each kid.

Utta's Hints

Convince the child that they can do each skill before you can actually teach them.

Our focus needs to be on keeping the children happy and coming back for more. Our job is to teach them skills to increase their enjoyment of the sport.

The ideal coach: has patience, likes and respects children and understands the characteristics of the age group they are coaching.

Doug's Suggestions

Coaches should try and make 1 on 1 contact with each skier in their group during the first few sessions. This can be done while skiing from one location to another. Good icebreakers include: "How many years have you been skiing?", "Have you

skied anywhere other than Cypress this year?” “What school do you go to?”. The interpersonal connect is key to effective coaching and this helps build it.

Fun relays are a great way to liven up a session. The options are almost limitless but the common aspects should be cheering the racers on (coaches need to lead and encourage this) and ensuring that the teams are evenly matched. See Section 7 for ideas.

“Misbehaving” kids are usually in need of extra attention. Nip inappropriate behavior in the bud by outlining what is not appropriate, then look for ways to give them positive individual attention afterwards.

Jackrabbit Session Plan Outline

Date: _____

Equipment Needed: _____

Introduction:	
Warm up:	
Main Part: Include agility, balance and short speed (less than 8 sec) activities Skills: Game(s):	
Cool Down:	
Conclusion:	

Bunny Session Plan Ideas

Part One Sample Outline for 2 hour Bunny Program

Time	Activity
5 – 7 mins	<p>Program Start</p> <ul style="list-style-type: none"> • Welcome, name games “ Rickety Tickety Bumble Bee ...” • Parent check in –Review plan for the morning, role of parents in the program, washrooms, special child concerns (food allergies, sickness etc) encourage parents to join in on games ask for help and have fun ! • Provide masking tape and permanent marker to create name tags • Equipment and layer check in – no poles • Check in with session co-ordinator as required
10 min	<p>Active Warm-Up Game with Singing</p> <ul style="list-style-type: none"> • Integrate ski and snow knowledge into the game • “Old Jackrabbit had some skis” (tune “Old MacDonald”) • “ If you are happy and you know it” etc • “Hokey Pokey” • “Head and Shoulders”
10 min	<p>Introduction of ski skill through large body movements/ games and song Example</p> <ul style="list-style-type: none"> • Snow jungle walk like animals – progressing to the penguin walk for herring bone up to the trailhead
5 min	<p>Gathering song and introduction of game to move along the trail</p> <ul style="list-style-type: none"> • “Traffic”
25 – 35 min	<p>2 to 3 games / songs to do along the trail going from the trailhead to the lodge</p> <ul style="list-style-type: none"> • Jungle Walk • Traffic • “Snowmobile, Snowmobile....” • “Simon Says” • “Mulberry Bush – adapted for going up the Mountain” • Check for Wildlife tracks and sounds <p>Depending on the speed and energy level of the group, there can be time for a game behind the lodge before going in for a break</p>
5 min	<p>Transition – take equipment off go into the lodge</p>

20- 25 min	<p>Break</p> <ul style="list-style-type: none"> • Snack/hot chocolate • Washroom break • Incorporate theme stories for children • Change into dry mittens • Equipment back on ready for descent
5 – 7 min	<p>Introduction of ski skills through large body movements/game and song</p> <ul style="list-style-type: none"> • “Simon Says” to activate balance, falling and ready position for going downhill • “Crazy Cones” to activate balance, agility and star turns • Bubble Chase • “What time is it Mr. Wolf” or “Witch Witch”
20 min	<p>Descent from the lodge</p> <ul style="list-style-type: none"> • Begin with preparations for going downhill with ready position on the small hill behind the lodge. • “Leap and Swerve” Begin the descent with children in “seed position” , parents ski over children and move ahead to create obstacle course for children to ski around <p>Supporting parents as they help their children down the trail, lots of songs and games along the way</p>
3- 5 min	<p>Base Check–In</p> <ul style="list-style-type: none"> • Be sure each parent and child are together and feeling good about the day before they leave • Provide a sticker or stamp to finish the day

Part TWO: ACTIVE WARM UP SONGS AND GAMES

1. "If You Are Happy And You Know It"

Clap your hands

Touch the Sky (tiptoes exercise)

Touch your skis

Jump Up High (balance)

Stand On One Leg (balance)

Turn in a Circle (star turn)

Lie in the snow and shake your skis in the air (helicopter)

Etc, etc, etc

2. To the tune of "Old Macdonald Had a Farm" with large exaggerated body movements and marching on skis while singing the chorus

Chorus:

Old Jackrabbit had some skis – I ski, I ski ohhhhhhhh

When I go skiing, I stay warm and this is how it goes.....

I put my socks upon my toes – I ski, I ski ohhhhhhhh

I wear some pants to role in the snow – I ski, I ski ohhhhhhhh

Chorus

I put a hat up on my head – I ski , I ski ohhhhhhhh

I wear my mittens or my gloves – I ski, I ski ohhhhhhhh

Chorus

I put on a sweater before I go – I ski, I ski ohhhhhhhh

I wear a jacket for wet snow – I ski, I ski ohhhhhhhh

Chorus

I wear a smile upon my face — I ski, I ski ohhhhhhhh

I have some fun and I like to race – I ski, I ski ohhhhhhhh

3. JACKRABBIT WARM UP

"J" is for jumping

"A" is for arching

"C" is for crouching"

"K" is for kicking

"R" is for reaching

"A" is for arms circling

“B is for bending
“B” is for bouncing
“I” is for itching
“T” is for tickling

PART THREE: ACTIVITIES TO ADDRESS TRAIL ETIQUETTE

1. Visit with ski patrol
2. Review “MY TRAIL ETIQUETTE PROMISE POEM”

Now that I am a jackrabbit, I ski safe everyday
I ski on the right and say “hello” along the way
I call out “track when I go to pass, stay left and step on the gas
If the trail gets narrow, I step to the right side
I know that skiers coming down the hill have the “right of way”
So if I need to stop, or fall, I simply scoot out of the way
I leave my pets at home, keep litter off the tracks
Read the signs and am happy to share my snacks!

PART FOUR

SONGS THAT ENCOURAGE A FUN ENVIRONMENT

1. Snowmobile, snowmobile go so slow

2. Jack in the Box:

- Adults create a circle around the children and sing:

“Jack in the box, jack in the box sit so still

“Will you come out, will you come out ?”

- Children in the centre of the circle crouching in their skis jump up on their ski's and respond “yes we will”

3. Going on a Bear Hunt

Inspired by the story: Michael Rosen

One parent goes ahead on the trail and hides off the edge of the trail (hiding bear)

A) Children and other parents ski together and chant:

“We are going on a bear hunt; we are going to catch a big one, what a beautiful day”

B) Leader says *“Oh no mud, thick squelchy mud”*

C) Everyone moves forward lifting up their skis while chanting *“squelch, squirt, squelch, squirt, thick oozy mud*

A) Children and other parents ski together and chant:

“We are going on a bear hunt; we are going to catch a big one, what a beautiful day”

B) Leader says *“Oh no ice, slippery slide ice”*

C) Everyone moves forward sliding on their skis while chanting *“slip, slide, slip slide”*

A) Children and other parents ski together and chant:

“We are going on a bear hunt; we are going to catch a big one, what a beautiful day”

B) Leader says *“Oh no tall thick bushes”*

C) Everyone moves forward moving their arms side to side while skiing forward chanting and waving arms in the air *“swish, wack, swish, wack, swish wack”*

Continue with your own verses until you find the hidden bear, leader stops the group – and states, *“look here comes the bear”*, participant's retreat, while bear comes chasing children.

4. Slide, Slide, Slide Our Ski's (To the tune of “Row, Row, Row Your Boat”

“Slide, slide, slide our ski's

Sliding in the snow

Merrily, merrily, merrily, merrily a skiing we will go

5. Down At The Station

(This song starts slowly and can be repeated at a faster pace)

Down at the station early in the morning

See the little engines standing all in a row

Here the station master, hear the whistle sounding

Toot, toot, puff, puff off we go

6. Mulberry Bush – adapted

Here we go skiing around/ up the mountain, the mountain, the mountain

Here we go skiing up the mountain on a cold and frosty morning

This is the way we slide our skis, slide our skis, slide our skis

This is the way we slide our skis on a cold and frosty morning

This is the way we swing our arms, swing our arms, swing our arms

This is the way we swing our arms on a cold and frost morning

This is the way we turn in a circle, turn in a circle, and turn in a circle

This is the way we turn in a circle on a cold an frost morning

7. Head and Shoulders

(This song starts slowly and can be repeated at a faster pace)

Head and shoulders, knees and toes, knees and toes, knees and toes

Head and shoulders, knees and toes, eyes, ears, mount and nose

Hands and elbows, ski's and boots, ski's and boots, ski's and boots

Hands and elbows, ski's and boots, ski's and boots, ski's and boots

8. Hokey Pokey

You put your right arm in

You put your right arm out

You put your right arm in and you shake it all about

You do the Hokey Pokey

And you turn yourself around

That's what it's all about- Hey

Repeat with new phrases that include, left arm, right ski, left ski, head, bums etc

...!

PART FIVE: GENERAL GAMES /ACTIVITIES

1. Bubble Chase:

Leader blows bubbles into the air for children to chase and catch

2. Jelly Bean Transport

Children transport jellybeans in a cup from one end of designated area to the other

3. Gold Rush/ or Squirrels and Seeds

Balls (representing gold or seeds for winter) are placed in four corners. Four teams are set up to chase gold/seeds from the other corners and bring back to home

4. Follow the Leader

Designated leader leads the group and does different actions along the way

5. Crazy Cones

Cones are spread on the ground. Children spread them out (like messy rooms) and parents have to collect them

6. Pairs Ski Challenge

Similar to follow the leader with the variation that child and parent partners ski together while touching fingers, hips, hats etc

7. Blanket Toss

Take balls and toss into the air while playing with emergency blanket

8. Touch "Blue"

Similar to follow the leader: challenge participants to stop while skiing and touch something of the colour identifies: blue, red, green, yellow

9. Air Soccer

Keep balloon in the air while tossing between participants

10. SPUD

One participant throws ball into the air and calls someone's name, everyone scatters and when named participant picks up the ball he/she ski's three glides and throws the ball to tag the next person

11. Traffic

Ski while leader provides traffic directions:

Green Light: Ski

Red Light: Stop in ready position

Highway Driving: Ski Fast

City Driving: Ski slow

Speed Bump: Jump on ski's

Garbage Truck Beeping: Back Up on Ski's

Stunt Driver": Jump/ step to the side to the other side of the tracks

Car Crash: drop to the ground and send in rescue helicopter "ski's in the air"

Snow Storm: Stop and snow plow the snow

Avalanche: person at the beginning of the line has to come to the back of the line

12. Crows & Cranes

Set-up 2 lines of skiers. One group is crows and the other is cranes. Leader shouts "Crows" and the crows chase the cranes. When leader shouts "cranes", the cranes chase the crows. Challenge participants with the use of the other words that rhyme with crows (toes/ rows, cows) and cranes (planes/trains/rains).

13. What time is it Mr. Wolf /or Witch, witch can I cross your ditch.

One person is the wolf or the witch; participants make the approach to the wolf or witch by calling

What is it Mr. Wolf?

Alternatively

Witch, witch can I cross your ditch?

Wolf and Witch indicated how many step the participants could take. At "lunch time", either the wolf or witch chases the participants to the start line. Those caught become wolves or witches.

*Witch, witch can I cross your ditch involves participants stepping sideways – this is an excellent game to play on an incline to practice walking on an incline

Section 4: Progress Cards

Program and Level Descriptions

The **Bunny Program** is directed at children in the “Active Start” stage of development (children five years of age and younger). Program materials include an enrolment kit, a kid-friendly, age-appropriate booklet, and skill award stickers. It has been developed in parallel with the first level of the new competency-based National Coaching Certification Program (NCCP), which now provides coaching materials specific to the needs of this age group. The objective of the new program is to introduce cross-country skiing and the healthy lifestyle associated with it through organized activity and active play. In addition, the program 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 our natural environment.

The **Jackrabbit Program**, which is directed at skiers in the “FUNdamentals” stage of development (children six to nine years), is the second stage of the new program. It has been developed in parallel with the second level of the new competency-based NCCP, which provides coaching materials specific to the needs of skiers this age. Program materials include an enrolment kit, an age appropriate booklet that provides a comprehensive record of the young skier’s ski career and “technique” and “program” award stickers to chart the different levels of achievement. The objective is for children to learn basic cross-country ski skills (both classic and skating) and to instill a lifelong interest in the sport, thereby enhancing their quality of life and health. In addition, it is designed to:

- Help children develop confidence.
- Be fun.
- Provide children an opportunity to ski and socialize with their ski-friends.
- Build overall motor skills.
- Help children develop outdoor winter safety skills.

Level Descriptions

Within the Jackrabbit program, there is a 4 technique level progression. Club fun days and fun sprints are introduced in these levels. The focus is on developing balance, agility, and rhythm through skiing varied terrain, playing games and some formal instruction.

Technique Level 1

Most of these skills will be learned without poles: Rising and falling on hills, introduction to diagonal stride, herringbone step up gentle slopes, snowplow braking and trail safety.

Technique Level 2

Poles will be used when learning and practicing most of the following skills: diagonal step with increased emphasis on gliding, double poling, herringbone step up moderate slopes, free glide down moderate hills while holding poles, kick turns, snowplow stops and snowplow turns.

Technique Level 3

Poles will be used during most of these session: Diagonal stride emphasizing weight shift and use of poles, one step double poling, double poling more effectively, free skate, downhill tuck, diagonal skate, kick turns and skate turns. As skating skills are introduced in this level, children will need to have ski boots that provide some ankle support. Club skate skis are available with both SNS and NNN binding systems for the skating sessions.

Technique Level 4

One step double poling, free skate, one skate, two skate, step turns, parallel side stepping, offset skating, refinement of diagonal stride technique. Coaching will also include an introduction to ski waxing.

Completing Progress Reports and Awarding Stickers

Please remember that you need to do the following on the second to last weekend

(this does not apply to bunny groups):

1. Find out how many additional times each child skied this season for the “Snow Goal” sticker (you may want to e-mail the parents for this)
2. Figure out what “Sprint Goal sticker” each child will get, based on their sprint time
3. Assess technique level skills (see Technique level reports above) and decide which technique level each rabbit should get.
4. Figure out if any kids will earn a Hat Trick sticker
5. Decide which technique level the rabbit should be in next season

You will need to report all of the above information using the attached recording sheet, and give it to your session coordinator on the last session so that it can be entered into the database.

To help us with the initial group sorting next year, we ask that you give us some extra information about each Jackrabbit: the number of years that they have been in a level and their speed and fitness:

Example Recording Sheet:

Johnny Rabbit is an average bunny going into level 1 for the first time next year.
Timmy Rabbit is a slow level 2 skier who will be repeating level 2 again next year.

Amy Rabbit is a fast/fit level 3 skier who will be in level 4 next year.

First Name	Last Name	Snow Goal:	Sprint Sticker:	Hat Trick:	Tech. Level Achieved	Tech. level to register in next year:	Number of years working at next year's level	Speed and Fitness
		1 2 3 4 5	Green Blue Purple Red Gold	1 2 3 4 5	: Bunny 1 2 3 4	1 2 3 4	1=1st 2 = 2nd 3 = 3rd	Slow=S Average =A Fast/Fit = F
Johnny	Rabbit	n/a	n/a	n/a	bunny	1	1	A
Timmy	Rabbit	none	green	none	1	2	2	S
Amy	Rabbit	2	red	3	3	4	1	F

You will be provided with a copy of the recording sheet as well as a progress card for each child in your group on the second to last session. ***These need to be completed and presented to each child in your group, along with the stickers earned, at the end of the last session.*** The progress cards for each of the technique levels 1-4 as well as the Bunny group are shown in the following pages.

Sticker Awards: All Sticker Awards are given out on the last session.

Bunny Rabbit Program:

Paw Print Stickers: Bunnies earn a Paw Print sticker for each skill they master on their way to achieving the Bunny rabbit Skill Award. Stickers should be given to the bunnies at the end of the season and placed over top of the shaded “bunny prints” in the centre section of the Bunny rabbit booklet.

Bunny Rabbit Award Sticker: Bunnies will earn this award when they have accomplished all the skills identified in the Bunny rabbit booklet and are ready to move to the Jackrabbit Program. This sticker should be placed over the shaded circle that says “Bunny rabbit Skill Award”.

Jackrabbit Program Awards:

Technique Awards Stickers (Level 1 -4) Skiers in the FUNdamentals stage of athlete development can earn a technique sticker for each technique level they master as they move through the program. Stickers are placed over the shaded circle marked “Technique Award”

Snow Goals: The purpose of this award is to encourage play/ski time on snow in addition to practice sessions for the purpose of improving the skier’s balance, agility, fitness and rhythm.

Award rules: Skiers can earn one Snow Goal sticker per year.

To achieve the sticker “Snow Goal 1”, skiers must ski at least five times (a minimum of 1 hour each ski) in addition to their Jackrabbit practice sessions. Each time they ski, they should colour in one square on the Snow Goal Picture in their booklet. If they ski 10 times, they earn “Snow Goal 2”; 15 times earns “Snow Goal” 3; and 20 times earns “Snow Goal 4”. In order to earn the bonus sticker (Snow Goal 5), skiers must ski 40 times in addition to their Jackrabbit Practice Sessions.

Sprint Stickers (5 Colours)

The purpose of this award is to develop speed.
Note that the distances are age specific.

Age	Distance	Green	Blue	Purple	Red	Gold
6-7	50 m	60 – 30 s	29-25 s	24-20 s	19-15 s	<15 s
8-9	75 m	1.5m-45s	44-38 s	37-30 s	29-23 s	< 23 s
8-9	100 m	2 m- 1 m	59-50 s	49-40 s	39-30 s	< 30 s

Hat Trick Stickers (5 Levels)

This award recognizes exceptional technique, speed and commitment
The following combinations of Technique Awards, Sprint Awards and Snow Goals earn the following Hat Trick Stickers

Award Formula:

- Hat Trick 1** = Technique Award 2 + Sprint Award Blue + Snow Goal 2
- Hat Trick 2** = Technique Award 2 + Sprint Award Purple + Snow Goal 3
- Hat Trick 3** = Technique Award 3 + Sprint Award Purple + Snow Goal 4
- Hat Trick 4** = Technique Award 4 + Sprint Award Red + Snow Goal 4
- Hat Trick 5** = Technique Award 5 + Sprint Award Gold + Snow Goal 4/5

Progress Cards

Progress cards for Bunnies and Jackrabbit levels 1 through 4 are presented on the next pages, and can be printed by coaches prior to 2nd to last session for notes, and then a final version distributed at the last session.