



Avalon Nordic Ski Club

Jackrabbit Program 2016/2017

Note: A Club Membership is required in order to participate in Programs
For more information on Avalon Nordic Programs, Please contact Jeff Cameron – jeff@avalonnordic.ca

Schedule for our Jackrabbit program

Option of Tuesday evenings (6-7pm) or Saturday morning (9:30 to 10:30am). The program will start in early January and finishes in late March. The program will start on January 3rd for the Tuesday evening group and January 7th for the Saturday morning group. Lessons will finish in late March. We will be doing dryland sessions if we don't have snow!

Jackrabbit program

The **Jackrabbit Program** is designed for the “**FUNDamentals**” stage of development (children 6-9 years of age). Each child enrolled in the program will receive a toque. 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.

- Encourage FUN and participation,
- Develop ABC's. Agility, Balance, Coordination and speed.
- Frequent cross-country skiing during the season.
- Good technique habits developed through repeated practice
- Utilize games to develop technique, speed skills and fitness.
- Well structured programs.
- Develop linear, lateral and multi directional speed.
- Develop a team/social atmosphere.
- Introduce competition in a team environment whenever possible.
- Encourage inter-club social, skill and fitness orientated ski activities.

Registration Online at <https://zone4.ca/regc.asp?id=13192&lan=1&cartlevel=1>



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