

# Whitehorse Cross Country Ski Club



## IMPORTANT INFORMATION FOR THE 2012 JACKRABBIT & BUNNY PROGRAM

The Jackrabbit Ski Program is for children 6 to 9 years old who would like to learn to cross country ski while having fun with a group of kids. The program uses a progression of skill development to teach all the basic ski skills. The main focus of the program is to encourage kids to have fun on skis by playing games on the snow, and using a variety of terrain around the Mt McIntyre Rec Centre.

The Bunny Program is for children 4 and 5 years old. It is an introduction to cross country skiing and requires parental involvement.

**Parents are requested to attend snack time with their children. Please refrain from bringing nuts or products containing nuts to the lesson or to snack time. Each snack time is managed by two parent volunteers. All snacks and beverages are supplied by WCCSC. Snack Parents are responsible setting up the snack table, handing out the beverages and snacks and clean up. A sign up sheet will be posted at the first Jackrabbit lesson. Please ensure you sign up for one day.**

### Coaching:

Leaders are needed! If you are interested in volunteering as a leader, please call the club office at **668-4477** to find out about Coaching Courses.

Cross Country Canada requires all Jackrabbit and Bunny leaders to complete the NCCP 'Intro to Community Coaching' workshop. Jackrabbit leaders must also take the 'Community Coaching' session, which includes on-snow instruction where coaches focus on the technical aspects of skiing. Coaches who are fully certified with the former NCCP Level 1 skiing course are not required to complete the Community Coaching workshops.

### Introduction to Community Coaching Certification (ICC)

This is the minimum training required to lead Bunnies or assist with Jackrabbits. The course is 10 hours of classroom training. Participants should bring paper, pen, binder and snacks.

**ICC Dates: October 22 (9am to 4 pm) and November 18-20<sup>th</sup> (Combined ICC and CC course)**

### Community Coaching (CC)

This certification is required to be a Jackrabbit leader. The course includes on-snow session. The courses will run even if there is no snow! (On snow session would be re-scheduled)

**CC Dates: November 18-20<sup>th</sup> (Combined ICC and CC course)**

- Please contact Sarah Murray at 335-0192 or at [programs@xcskiwhitehorse.ca](mailto:programs@xcskiwhitehorse.ca) to register.
- If you want us to offer another course, please let Sarah know. If there is enough interest we will try to accommodate it.

### Security screening:

In addition to the coaching certification, all coaches and leaders must complete 2 RCMP screening forms: 'the Consent for disclosure of criminal record info' and 'the Consent for a record check for a sexual offence'. These 2 forms can be picked up from the RCMP detachment. The coach has to bring the completed forms to the RCMP themselves, or they can fill them in right there, and show 2 pieces of ID (one photo ID). The RCMP will tell them when to pick the forms up and then the coach must bring them back to the WCCSC. The forms will be confidential - only the named person (our Vice-President) from CCY will look at the forms to see if there are any problems.

Email: [info@xcskiwhitehorse.ca](mailto:info@xcskiwhitehorse.ca)

Website: [www.xcskiwhitehorse.ca](http://www.xcskiwhitehorse.ca)