

# WHITEHORSE CROSS COUNTRY SKI CLUB

## 2009/2010 JACKRABBIT/BUNNY PROGRAM REGISTRATION

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_ M / F

Parent Name \_\_\_\_\_ Contact #: \_\_\_\_\_

Email address: \_\_\_\_\_

Alternate Contact: Name \_\_\_\_\_ Phone # \_\_\_\_\_

Jackrabbit/Bunny last year? Yes \_\_\_\_\_ What Level attained last year: \_\_\_\_\_  
No \_\_\_\_\_ Other ski experience? \_\_\_\_\_

Please list any allergies or medical conditions that your child's leader should be aware of: \_\_\_\_\_

**When: Sundays – January 10, 2009 to February 28, 2010 1pm to 2:30pm**  
Children should arrive 5 minutes early and be ready to go outside. Skis must be waxed and ready to go! A snack will be served between 2pm and 2:30pm.

**Where: On Sunday January 10 meet in the Grey Mountain Room (Upstairs at Mt Mac)**

**What:** 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.

This program depends on the help of parent volunteers. If we don't have enough volunteers, there will be fewer children enrolled.

Volunteers Leaders or Helpers are needed. Training is available. Are you interested? Yes \_\_\_\_\_ No \_\_\_\_\_  
(training and RCMP check are required...see the attached page for more information)

Volunteers needed to make hot chocolate and snacks. Are you available to help on Sundays from 1:30 to 2:30pm? Yes \_\_\_\_\_

### **Payment**

Program Fee: \$45 (No GST)  
Ski Club Membership \_\_\_\_\_ (plus GST) **Fill out membership form first**  
Total Paid \_\_\_\_\_

Please make cheques payable to: "Whitehorse Cross Country Ski Club" (Visa, MC and Interac also accepted at Ski Base)

### **Assumption of Risk, Release of Liability and Waiver of Claims:**

I HEREBY AGREE to abide by all the Rules and Regulations of Cross Country Canada (hereafter called CCC), Cross Country Yukon, hereafter called the Division and to participate in the events, activities, and programs sanctioned by CCC and the Division in accordance with the Association's rules, regulations and bylaws.

In consideration of CCC, the Division and the Whitehorse Cross Country Ski Club, acceptance of me as a registered member of the Association and my being permitted to take part in the Association's events, activities and programs, I hereby for myself, my heirs, executors, administrators and assigns, forever release, discharge, hold harmless CCC and the Division and the Whitehorse Cross Country Ski Club, it's directors, officers, employees, representatives or agents.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Signature of Parent or Guardian)

### **FOR OFFICE USE:**

WCCSC Membership: paid \_\_\_\_\_ waiver signed \_\_\_\_\_ computer \_\_\_\_\_ card \_\_\_\_\_

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Program Registration:    paid \_\_\_\_\_ computer \_\_\_\_\_

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## IMPORTANT INFORMATION FOR THE 2008/2009 JACKRABBIT & BUNNY PROGRAM

### Coaching certification:

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.

### 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.

### Training:

#### 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.

Course #1	Facilitator – Mary Waddell	Date TBA	November
Course # 2	Facilitator – Mary Waddell	Date TBA	November
Course #3	Facilitator – Tina Sutherland	Date TBA	January

#### Community Coaching (CC)

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

Course #1	Facilitator - Mary Waddell	Date TBA	November
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The cold weather cut off for classes is -25 C ambient (not considering windchill) or -35 C with windchill. The current Environment Canada temperature is available on the WCCSC website.

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 (Cocoa Parents). All snacks and hot chocolate are supplied by WCCSC. Cocoa Parents are responsible for preparing the hot chocolate, setting up the snack table, handing out the hot chocolate and clean up. A sign up sheet will be posted at the first Jackrabbit lesson. Please ensure you sign up for one Sunday. Also, please help with putting away your chairs as you leave snack time – this will make it easier for our volunteers.