

Dear Parents of Sunday Jackrabbits.

Here are a few points that you need to know about our Sunday group. The Sunday group will run from **Jan 10- Feb 28/ 2010.**

1) **WHERE:** Thank you WCCSC for renting us the upstairs room every Sunday so we won't be run over by larger skiers!! Please meet us **UPSTAIRS** on January 10 at 1:00! There is a ski rack outside the front upstairs door- please have your skis waxed and ready to go but leave them outside as we don't want to track wax into the Grey Mountain Room. Also, please make sure that everything is labeled clearly.

2) **TIME:** 1:00 pm – 2:30 pm

- a. 1:00 – 2:00 Ski
- b. 2:00 – 2:30 Snack

2) **TEMP. CUT OFF:** We don't have a cut-off temperature. We have found because this is such a short program, with too many cancellations, the program loses momentum. If it is between –20 and –30 we will go out for a short walk or ski for older ones and then inside activity. If it is really cold we will just do inside activities. Since we have the large room upstairs we are lucky!

3) **COACHES:** All the coaches and helpers are volunteering their time. They know that the children's safety is their responsibility but, have been told that they do not have to put up with inappropriate, disruptive behaviour.... they are all volunteers!

4) **FOCUS:** The focus of jackrabbits and bunnies is FUN, FUN, FUN. We would love to get children hooked on skiing because we love to ski!

5) **PARENTS ROLE:** This group is a parent lead group. This means we need you! Parent job lists will be available to sign up on the first day.

6) **DRESSING FOR SKIING:** The more comfortable the kids are the more they are going to love skiing. If your child is not wearing enough clothes for the temperature then safety becomes an issue. The coach may not let your child come out if not appropriately dressed. For those bunnies that are just beginning and don't move much a snowsuit is a good idea for warmth.

The key to success is layers, layers, layers!

For jackrabbits please

- 1) use synthetic long under wear, if you have it, as the layer closest to your child's skin.... cotton really can get cold and wet if they sweat.
- 2) next would be a warm layer and then a top windproof layer is helpful.... it is always a lot more windy right by the chalet than on the trails.
- 3) Loose clothing is better than too tight and jeans really don't work well!
- 4) Please always make sure your child has a hat and mitts (no gloves...until spring skiing!) and is at least carrying a neck warmer in their pocket.
- 5) Consider changing your socks right before you ski so that you have no sweat build up to start with and feet stay warmer! Ski boots should have enough wiggle room for toes even when wearing thick socks.
- 6) A wool sock over the ski boots **REALLY** warms up cold prone toes. Cut a little hole under the toe and you can still put your boots into the bindings-the squad kids do this all the time!

7) SKIS If your child is just beginning to ski, No-Wax (fish scales) skis are fine.

The skis for beginners can be about the height of the skier. **BUNNIES WILL NOT BE USING POLES. THIS IS THE BEST WAY TO TEACH NEW SKIERS HOW TO SKI WITH A WEIGHT SHIFT AS WELL AS MAKING IT EASIER WHEN THEY FALL.**

Shorter skis are better than longer for children and important if this is first time learning how to ski. When possible try for skis with narrow ski bindings that don't rub on the ski tracks- this will make it easier for your child.

Poles should have adjustable straps and should reach up to their armpits.

8) WAXING: If your child has waxless skis they are good to go.

Waxing in the Yukon is very easy. You need 3 waxes:

- Rode Super Blue
- Rode Multigrade Purple
- Rode Purple (0 degree wax)

For most days super blue works best. If it is really cold, you can speed up the wax by adding 1 layer of green or polar wax (if you have it) on top but at this level not necessary. We will be having a short waxing clinic for the older kids and parents on one of the first ski days.

Any Questions? Please call Kim 335-1428.