

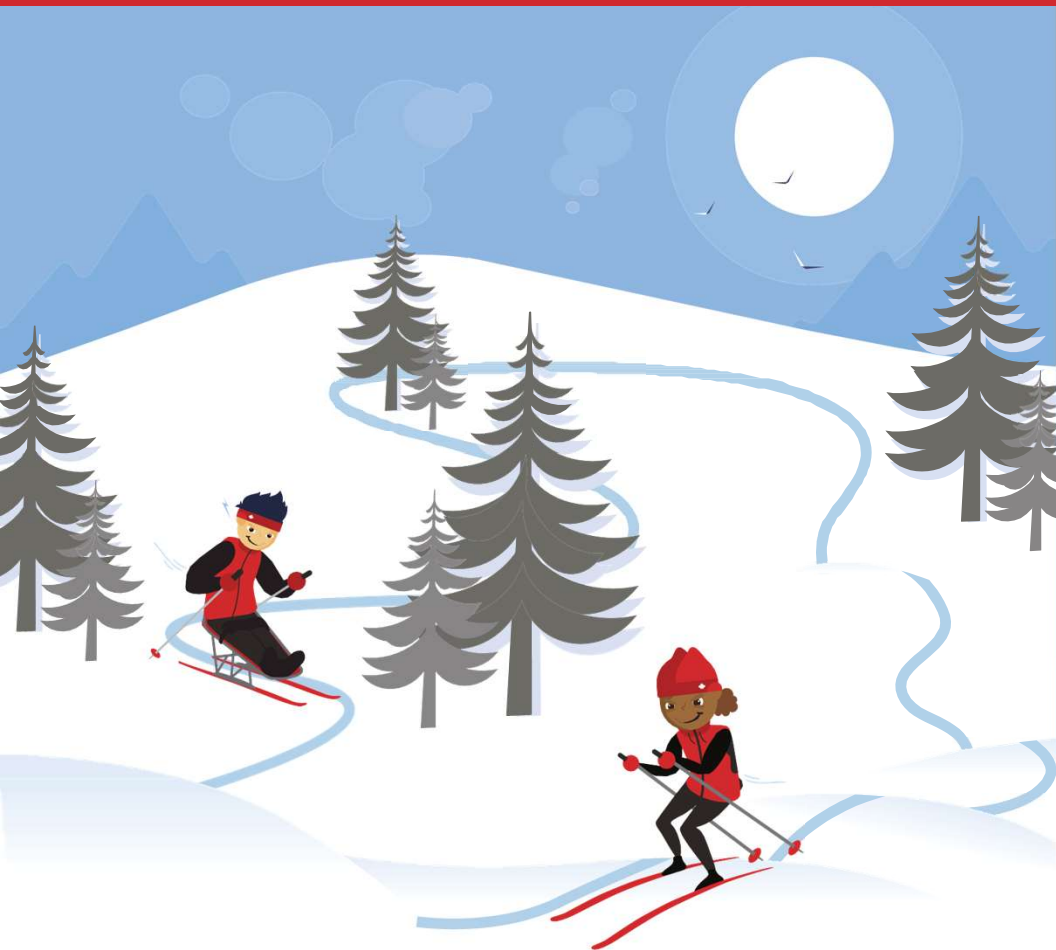
The Adventures of the **JACKRABBITS**

A guide to using the Jackrabbits booklet

Every participant in the Jackrabbits program receives a copy of this guide identifying progression benchmarks and awards. This resource can provide a fun and motivating means to celebrate each skier's accomplishments throughout a season as well as year to year.

Here are some fun ways that developing skiers and their parents can share these on-snow discoveries:

- Read though the benchmarks for this season's level together before the season begins and become familiar with some of the skills you will learn;
- Revisit the booklet from week to week and check off the new skills to which you have been introduced;
- Print up a larger format level poster and post it as a reminder for the whole season;
- Ask the coach about fun ways to practice these new skills as a family;
- Keep track of milestones with awards stickers.



Level 1



What I will learn at my practice sessions

Put a check when you have completed a skill



Values

- I encourage myself and my friends to give out best effort.
- If you are a skier, you have a skier's body. Every BODY can ski!

Tactical

- I move off the ski trail quickly if I stop or fall, so others can ski safely.
- I play fun ski games with my friends that challenge my agility, balance and coordination.

Physical

- I ski more than once a week for at least 30 minutes.

Mental

- I cheer on my ski-friends and feel happy when they do well.
- Trying my best is important—so I keep going, even if it's tricky.

Health

- I know the 4F's of food: Fun, Flavourful, Function, Fuel!
- I always pack a snack and water when I go skiing.

Equipment

- I can carry and store my equipment properly by myself.
- I only ski on snow so not to damage my skis.
- I dress properly when I ski.

Daily Environment

- The outdoors is a wonderful place to be in the winter.
- I can play on my skis with my new friends.
- I feel safe with my ski group and I help make it safe for others too.



Body Position



Falling & Rising



Diagonal Stride



Changing directions



Tracking



Braking



Downhill



Uphill Technique 1



Uphill Technique 2



Level 2



What I will learn at my practice sessions

Put a check when you have completed a skill



Values

- I ask questions when I don't understand something.
- I focus on what my body can do, not what it's looks like.
- I show gratitude towards all those who make my skiing possible.

Tactical

- I ski on different terrain including hills, off track, and twisty trails to challenge my balance, agility and coordination.

- I learn by watching more experienced skiers

Physical

- I warm up and cool down at each session.
- I do 60 minutes of continuous play a day with varying intensities.
- I play a lot of speed games, short sprints and relays with my ski friends.

Mental

- I use cue words to help with my technical development.

- I say kind and helpful things to myself to stay confident.
- I understand that everyone learns at their own rate and I compare myself to me to see my progress.

Health

- I play other sports year round to help me get strong and move in different ways.
- I eat colourful healthy food often at the right times.

Equipment

- I can adjust my equipment to fit me properly as needed.
- I know when to use difference waxes - kick wax for grip and glide to go fast.

I dress in layers so I can stay warm and comfy while skiing.

Daily Environment

- I ski on different terrain and at efforts (training zones) led by my coach.
- I learn and value all the skills within my JackRabbit Level.



Double Poling



Diagonal Stride



Snowplow Stop



Changing Directions



Uphill



Downhill



Snowplow Turn



Free Skate



Level 3



What I will learn at my practice sessions

Put a check when you have completed a skill



Values

- I know the rules of racing and show respect to others when I compete.
- I try just as hard in practice as I do in races because competition is just another form of practice.

Tactical

- I am confident to use my agility in competition - passing, tracking, downhills, etc.
- I challenge myself to try harder trails or races to grow my skills.

Physical

- I can ski fast and change tracks, turn and climb hills with control.
- I can connect through my core to go faster.
- I do dryland training like running, jumping, or strength work to help my skiing.

Mental

- I understand process versus outcome goals and focus on my own process.

- I debrief my practices and competitions and reflect on what I have learned.

- I know how to use key words, imagery and breathing exercises during competition and practice.

Health

- I use breathing and relaxation techniques to help me calm down.
- I pay attention to how I am feeling so I can stay healthy and strong.

Equipment

- I have the right equipment to be able to skate and classic ski.
- I have all the supporting equipment (water bottle, running shoes, etc.) that I need.

Daily Environment

- I train in fun and different ways like running, hiking, dryland games, etc.
- I get to ski with faster skiers and learn from them too!



Double Poling



Kick Double Pole



Diagonal Stride



Uphill



Free Skate



One Skate



Skate Turn



Level 4



What I will learn at my practice sessions

Put a check when you have completed a skill



Values

- I work on my own goals and cheer on my teammates to reach theirs.
- I value a growth mindset and use it everyday to be better.
- I respect my club and its environment and help where I can.

Tactical

- I can ski in a group at fast speeds while using my skills.
- I participate in at least 4 races this season.
- I talk with my coach about my experiences and what to do in different situations.
- I can ski well even when its windy, snowy, or on tricky trails.
- I choose the best technique for how fast I am going.

Physical

- I know how hard I should work in training by checking my effort

- I keep using my core muscles to help me ski with power and balance.

Mental

- I set goals for each practice and check in with a buddy to stay on track.
- I use focus tools like breathing, helpful words, and imagery to do my best.

Health

- I know the main food groups and what they do for my body.
- I check in on how I am feeling and track progress as I grow.

Equipment

I have access to a wax kit and understand the basics of waxing classic and skate skis.

Daily Environment

- I have access to dryland and on snow training areas and equipment.
- I ask questions and learn from different coaches and skiers to understand things better.



Double Poling



Kick Double Pole



Diagonal Stride



Free Skate



One Skate



Two Skate



Skate Turn



Offset



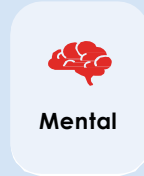
Awards



Chandra Crawford

Super Attitude

Objective to acknowledge positive mindset, supporting your friends, showing perseverance and team spirit



Richard Weber

Snow Goals

Objective of this award is to encourage play time on snow outside of practice sessions.



Skied outside of practice for a min. of 30-60 minutes
5 times



Skied outside of practice for a min. of 30-60 minutes
10 times



Skied outside of practice for a min. of 30-60 minutes
15 times



Skied outside of practice for a min. of 30-60 minutes
20 times



Skied outside of practice for a min. of 30-60 minutes
40 times



Pierre Harvey

Hat Trick Awards

I participate in a combined event that has a sprint, an agility/obstacle course, and a relay



Hat Trick # 1
Sprint 30m
Obstacle course 1.5mins
Relay 3 x 100m



Hat Trick # 2
Sprint 40 m
Obstacle course 2mins
Relay 3 x 150m



Hat Trick # 3
Sprint 50 m
Obstacle course 2.5mins
Relay 2 x 200m



Hat Trick # 4
Sprint 60 m
Obstacle course 3 mins
Relay 2 x 250m



Hat Trick # 5
Sprint 75 m
Obstacle course 3 mins
Relay 2 x 500m



Beckie Scott

Sprints

Purpose of this award is to develop speed



Green
30m
30 sec



Blue
40m
30 sec



Purple
50m
30 sec



Red
50m
20 sec



Gold
50m
15 sec



Devon Kershaw

Dryland Goals

Objective of this award is to promote year-round activity engaging the following skills: good running techniques; flexibility routines; balance and technique challenges/ skills' course; body weight exercises.



Physical



5 dryland sessions including all minimum skills



10 dryland sessions including all minimum skills



15 dryland sessions including all minimum skills



20 dryland sessions including all minimum skills



25 dryland sessions including all minimum skills



Alex Harvey

Competition Awards

Purpose of this award is to promote an introduction to fun competition in local/regional sanctioned events.



Tactical, Technical & Mental



I participated in my first race



I participated in 2 races this season



I participated in a skate style race



I completed a 1km distance race in classic technique



I completed a 1km distance race in skate technique

Safe Sport

Creating safe environments is our top priority and is a responsibility we share with all sport participants. Athletes, coaches, officials, staff, and volunteers have the right to participate in a safe and inclusive training and competition environment that is free of abuse, harassment or discrimination – collectively referred to as maltreatment.

Nordiq Canada's SafeSport program focuses on education, prevention and response, all of which are supported by strong governance, [policies](#), and procedures. Make sure you understand behavioural expectations by reading the Safe Sport policies and information for your division.

While Nordiq Canada insists that all qualified coaches adhere to Safe Sport training and practices, parents are encouraged to become more familiar with the topic. You can do so by visiting the [Nordiq Canada](#) and the [Coaching Association of Canada](#) websites.

For more information on how you can contribute to the Safe Sport movement, the Coaching Association of Canada offers the following Elearning module available in [the Locker](#):

- Bystander Empowerment