

BlackJack Cross Country Ski Club **Skier Development Class Information & Schedule 2017-18**

Location: 4km outside Rossland at BlackJack Cross Country ski trails (head North on hwy 3B) Blue hwy sign at turn off to the right on Mann Rd then turn left on Campbell Rd, parking lot on the right.

Bunnyrabbits (\$60): (4-5 year olds):

Sunday December 3rd – Sunday March 11th 2:00pm -3:30pm (Class time:1 hour, ½ hour snack)

Jackrabbits Levels 1&2 (\$120) (6-12) Levels 3&4 (\$140) (7-12) :

Sunday December 3rd – Sunday March 11th

Sundays: 2:00pm-3:30pm (snack time last 1/2hr) and Tuesdays 5:30-6:30pm (no snack)

Level 3&4 may join in fall dryland training if they wish (see Track Attack).

Track Attack (\$375) (10+ experienced skiers) (Year round 3x week):

Dryland Training starts in May, Sunday, Tuesday and Thursday (Class is 1-2 hours)

Winter: Sunday December 3rd – March 11th 9:00pm-10:30am, Tuesdays 5:30-6:30pm and

Thursdays 4:30-5:30 (dates & times may change) with added activities for March as decided by the coach.

There are also opportunities to race and attend spring, summer and fall camps. Some Sundays will be at the same time as Jackrabbits and Bunnies.

All levels are encouraged to enter these races (esp. Level 3&4 and Track Attack):

January 13th & 14th, Kootenay Cup, Kimberly, BC

January 21st, Troll Loppet at Castlegar Nordic 9:30am(class will be the Loppet)

February 10th, Kootenay Cup, Nelson, BC

February 24th, BlackJack Loppet, Rossland, BC

March 2nd -4th, Midget Championships, Revelstoke, BC (for those eligible – agewise)

More information will be sent during the season.

Information regarding the program, special events, races etc. will be sent via email so please check your email weekly. It will also be posted on our calendar on the website.

Coordinator: Ann Quarterman coordinator@blackjackskiteam.com

Website: www.blackjackskiteam.com

BlackJack Cross Country Ski Club

Skier Development Parent Information

- Label all your ski gear, skis, poles, boots, tuques – it all looks the same!
- Dress children for the weather in layers – preferably no cotton (esp. socks). Weather and temperatures is at www.skiblackjack.ca
- Arrive a few minutes early with your children rested, so that children are ready to ski on time for their session to start.
- Have children go to the bathroom before lessons start
- Help them with getting on their equipment until the kids are able to get their skis on independently.
- Bunnies don't need poles
- Headlights for Tuesday night are a good idea in case the class ventures outside the lit trails – they are mandatory for Level 3, 4, Track Attack and Racers.
- Your child(ren) will benefit most from the program if they get out skiing at least once other than lesson time, before or after lesson or any other time during the week.
- Please be aware if your family chooses to alpine ski or do other activities in the morning and your children come to class tired and without energy they won't get as much out of the lesson! If they are too tired to keep up to the class they will get sent back to the hut with the tail gunner as it isn't fair on the rest of the class who is energized and ready to ski.

COACHING: Our coaches are all volunteers and we are continuously looking for new leaders and helpers to join our team. Initial training is provided and ongoing sessions with Black Jack Head Coach, Dave Wood will be offered throughout the season for coaches.

VOLUNTEER COMMITMENT: Parents **must choose at least one snack and hut duty and two other volunteer slots per child.** Sign up sheets will be distributed via email on google docs.

Hot Chocolate Duty – pick up hot chocolate from the Grind after 1:30 Sunday and drop off the empty hot chocolate containers before 4pm on Sunday ☐

Snack & Hut Parent Duty – stay in the hut to organize the healthy, nut-free, low sugar snack, clean up after the program, be there for kids who come inside early, help kids with going to the bathroom if needed.☐☐

On Snow Helper - helping with lessons as tail guide, on snow helpers do not always ski with their own children, must have your own gear, do not need to be an expert skier

Mug washer – wash the mugs and return the following Sunday.