

## **Cross Country Canada's Junior Development Program – 'Jackrabbits'**

Jackrabbits are composed of three programs, Bunnyrabbit, Jackrabbit and Track Attack as outlined below. With each of the programs there is a booklet assigned to each skier where their progress is tracked.

### ACTIVE START

The first level is the **Bunnyrabbit Program**, which is directed at children in the "Active Start" stage of the development (children five years of age and younger). Program materials include an enrolment kit, a kid-friendly, age-appropriate booklet and skill award stickers. The objective of the new program is to introduce cross-country skiing and the healthy lifestyle associated with it through organized activity and active play. In addition, the program is designed to:

- Help children develop a positive self-image.
- Be fun.
- Provide children with the opportunity to make ski-friends.
- Develop fundamental movement skills.
- Help children develop an awareness and appreciation of our natural environment.

### FUNDAMENTALS

The **Jackrabbit Program**, which is directed at skiers in the "FUNdamentals" stage of development (children six to nine years of age) is the second level of the new program. Program materials include an enrolment kit, an age appropriate booklet that provides a comprehensive record of the young skier's ski career and "technique" and "program" award stickers to chart the different levels of achievement. The objective is for children to learn basic cross-country ski skills (both classic and skating) and to instill a lifelong interest in the sport, thereby enhancing their quality of life and health. In addition, it is designed to:

- Help children develop confidence.
- Be fun.
- Provide children an opportunity to ski and socialize with their ski-friends.
- Build overall motor skills.
- Help children develop outdoor winter safety skills.

### LEARNING TO TRAIN

The **Track Attack Program**, which is designed at skiers in the "Learning to Train" stage of development (skiers ten to thirteen years of age) is the third level of the new program. Program materials include a program-specific enrolment kit, an age appropriate booklet and coaching materials specific to this stage in the skier development progression. The objective is for the participants to become technically competent cross-country skiers and to utilize those skills to explore a wide range of cross-country ski activities, from backcountry excursions to ski tournaments. In addition, it is designed to:

- Develop fitness through active play, games and activities.
- Be fun.
- Provide children an opportunity to be part of a sports "team."
- Develop overall sport skills.
- Expose children to a variety of "adventure-based" cross country ski activities.