



# Toby Creek Nordic Ski Club Cross Country Ski Programs Registration Form



- Bunnyrabbits (4-5 years),
  - Jackrabbits (6-9 years),
  - Track Attack (10+ years)
- Coaches are certified through the National Coaching Certification Program.

**LOCATION:** Nipika Mt. Resort, with sessions at Lake Windermere Whiteway

**DATE :** Starting on December 26<sup>th</sup> , and running through March.

**TIME:** Rabbits - Saturday mornings from 10 a.m. to 12 noon

- FEES:**
- Bunnyrabbits (4-5 yrs) - \$40.00 plus TCNSC membership
  - Jackrabbits (6-9 years) - \$70.00 plus TCNSC membership
  - Track Attack (10+ years) - \$70.00 plus TCNSC membership

- Toby Creek Nordic Club member fee is required in addition to the Program Fee.
- For families with three or more children in the program, a five dollar (\$5.00) discount is applied to the total amount.

**EQUIPMENT:**

YES I would like to rent club equipment (if available) –  
Child height: \_\_\_\_\_ shoe size- \_\_\_\_\_

Please register early. Forward your registration form and fees to, **Toby Creek Nordic Ski Club, Box 892 Invermere, BC V0A 1K0.**

**NAME:** \_\_\_\_\_ **BIRTH DATE:** \_\_\_\_\_ **AGE:** \_\_\_\_\_

**MAILING ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_

**E:MAIL:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**YEARS SKIING/BC RABBIT LEVEL ACHIEVED:** \_\_\_\_\_

**MEDICAL CONCERNS, ALLERGIES, ETC:** \_\_\_\_\_

**PARENTS NAME:** \_\_\_\_\_ **SIGNATURE:** \_\_\_\_\_

I HEREBY AGREE to abide by the Rules and Regulations of Cross Country Canada (hereinafter called C.C.C.), Cross Country B.C. (hereinafter called C.C.B.C.) and to participate in the events, activities and programs sanctioned by C.C.C. and C.C.B.C. in accordance with the Association's Rules, Regulations, and By-laws. IN CONSIDERATION OF C.C.C., C.C.B.C. and the Toby Creek Nordic 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 C.C.C. and C.C.B.C. and the Toby Creek Nordic Ski Club, its directors, officers, employees, representatives or agents.

**Come join us this year  
and have fun, increase  
fitness, learn skills,  
make friends, and develop  
a positive self-image!  
Not to mention the hot  
chocolate and snacks!**



## Bunny Program

This program is for **4-5 year olds**. It will be run as a parent and tot class.

Great introduction to the sport with this fun-focused program. Emphasis is on basic skills including balance, movement on skis as well as falling and getting back up again! This age is an excellent time to learn this fun sport.

- The Ski Bunny Program is specifically designed for this age group and emphasizes fun and balance.
- Poles not required.
- Skiers learn by play and discovery.
- A parent / guardian are encouraged to participate with their Bunny



## Jackrabbits

This program is for **6-9 year olds** who have mastered the bunny program or who are just eager to get skiing and have fun! Emphasis is on developing basic skills into refined technique depending on level.

### Level 1 - (Green and Yellow)

- Fun activities and games develop skills including balance, falling and getting back up, turning around, basic movement on skis, herringbone up hills, snowplough braking down hills and diagonal striding.
- Parent participation encouraged during lessons for 6 year olds.

### Level 2- (Orange)

- Emphasis is still on fun, of course, further developing skills already learned in level one. Other skills will be introduced such as gliding diagonal stride, double poling, kick turns, snowplough stops and snowplough turns.

### Level 3 - Red

- Level 2 skills are further developed with more emphasis on skating techniques while still frolicking in the snow.
- Skills introduced include one-step double poling, free skate, downhill tuck, diagonal skate and skate turns.

### Level 4 - (Blue and Purple)

- All basic ski skills are further refined with the introduction of one skate, two skate, step turns, parallel side slipping downhill, and offset.



## Track Attack Program

The Track Attack program is designed to promote the continued physical development of young cross-country skiers. It recognizes that the age window of **9 to 12** is one of the most important periods of motor development, and it is intended to both encourage enjoyment of the sport and enhance competence in the basic skills required to excel in it.

**FOR MORE INFORMATION ON THE CLUB VISIT: [WWW.TOBYCREEKNORDIC.CA](http://WWW.TOBYCREEKNORDIC.CA)**