



Instructors

Coaches and instructors with the Inuvik Ski Club are required to be trained and certified by Cross Country Canada's National Coaching Certification Program (NCCP). If you are interested in helping with Jackrabbits, you can get this training for free!

Let us know your availability and interest, and we will be in touch before the start of lessons about training.

Equipment

Jackrabbits are encouraged to bring their own equipment. A limited amount of skis, boots, and poles are available on a first-come-first serve basis before lessons.



**INUVIK
SKI CLUB**

Jackrabbits

Skill Development Program



This program has been developed by Cross Country Canada and offers many levels and incentives.

- Learn to ski
- Spend quality time outdoors & on the land
- Have fun!

Bunnyrabbits (ages 3-5)

Geared toward young children. Games and easy terrain teach Bunnyrabbits the basic skills of Nordic skiing.



Jackrabbits (ages 6-12)

Skiers work on skills through fun and participation with more emphasis on technique. They progress through 4 levels.

Track Attack (ages 12-15)

Designed for experienced/older skiers who have progressed through Jackrabbits to explore a range of adventure-based ski activities.

Schedule

Jackrabbits 2018 will begin in January, and will run for 10 weeks, ending in March, before the Loppet.

Tentative Schedule

January 21 – First Day!

January 28 – Crazy Hat Day

February 4 – Scavenger Hunt

February 11 – Mini Loppet

February 18 – Valentine's Ski

February 25 – Bring a Friend

March 4 – Ski Hospital

March 11 - Marshmallow Roast

March 18 – Sharon's Sprints

March 25 – Awards & Potluck

April 8 – Top of the World Loppet

When Works For You?

Send us an email at inuvikskiclub@gmail.com and let us know when you'd like to kids/adult programming to happen during the week.



CLOTHING CONSIDERATIONS

- Bunnyrabbits and younger Jackrabbits should wear their parkas and snow pants each week.
- As your child gets older, they may get too warm, and should dress in layers (e.g. long-sleeved shirt, fleece jacket, wind-proof jacket, long underwear, fleece pants, wind-proof pants).
- If your child gets cold feet easily, 2 pairs of socks will help. Their boots should fit comfortably with 2 pairs of socks, so size-up if necessary.
- Synthetic or wool fabrics are better than cotton as they don't hold the moisture of sweat like cotton does.
- Always have a toque or a hat that covers the ears!
- Mitts for winter, gloves for spring!



**INUVIK
SKI CLUB**

SKI RESOURCES

Cross Country Canada (www.cccski.com)

- Info on athlete development, events calendar, coaching, and scholarships for young skiers

CCNWT (www.nwtski.com)

- Calendar for ski events in the NWT, NWT ski history, info on the NWT Ski Team

Swix School (www.swixschool.com)

- Instructional videos on the application of wax and maintenance of Nordic skis

XC Ski Nation (www.xcskination.com)

- Self-guided learning for novice to advanced ski technique, coaching advice, forums

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Email inuvikskiclub@gmail.com

Guide to Ski Equipment

SKIS

- Bunnyrabbits & Jackrabbits Levels 1 and 2 require **classic skis**. Waxless classic skis (recognized by the “fish scale” pattern on the base) are easiest for Bunnyrabbits, and are fine for Level 1 and 2 Jackrabbits.
- Level 3 Jackrabbits will begin using **skate skis**, and skate or combination (Combi) boots.
- Bunnyrabbits' skis should be the height of the child.
- Jackrabbits' skis should be as tall as the skier's wrists with arms raised above the head.
- Skate skis are shorter and stiffer, and should measure 5 cm above the head.

BOOTS

- Boots should have enough space for warm socks to be worn. 1 finger should fit behind the heel with the boot untied.
- The boots **MUST** be compatible with the bindings of the skis. NNN bindings are common in this region.

POLES

- Classic poles should reach to the armpits.
- Skate poles should reach to between the chin and the mouth.