

# Haliburton Ski Club Youth Programs January - March 2010

## HALIBURTON HIGHLANDS CROSS-COUNTRY SKI CLUB

We will be offering Cross Country Canada's Skill Development Program for children from ages 4 to 12 years old. The *Bunnyrabbit Program* is the "Active Start" stage for children five and under. The *Jackrabbit Program* for 6-9 year olds, is the second level of athlete development, the "FUNdamentals" stage. The third program is The *Track Attack Program*, for 10-12 year olds. It is the "Learning to Train" stage of athlete development.

There are award booklets and stickers for the Jackrabbit and Bunnyrabbit programs that provide incentives to improve technique, endurance and speed. The Track Attack Program has an Attack Log and 15 Incentive Cards which represent targets in the Log Book. The most important goal is to learn that winter and snow provide a great opportunity for outdoor enjoyment and adventure.

### SATURDAYS AT GLEBE PARK

TIME – 1:30 --3:00 pm

Fee - \$25 for each child

**Jan. 2, 9, 16, 23, 30, Feb. 6, 13 [note: no Jackrabbit Feb. 20<sup>th</sup>]**

**Feb. 27 & 28** O Cup Race in Haliburton

**Mar. 6 & 7** Ontario Midget Championships in Duntroon

Please note that if the weather is not cooperative (e.g. rain or colder than -18°C at 11am on Saturday,) the program will be likely cancelled for that day and made up at the end of winter if possible. We will try to contact each parent in this event, so be sure we have your email address or phone number. Check the conditions page at [www.skihaliburton.com](http://www.skihaliburton.com) for updates as cancellations are listed there.

Jane Heyes

Coordinator, BR & JR Program. 457-1465 or [heyas@sympatico.ca](mailto:heyas@sympatico.ca)

Names: First child \_\_\_\_\_ Age: \_\_\_\_\_

Second \_\_\_\_\_ Age: \_\_\_\_\_

Third \_\_\_\_\_ Age: \_\_\_\_\_

Family's last name: \_\_\_\_\_ Total fee: \_\_\_\_\_

Phone number: \_\_\_\_\_

**Email:** \_\_\_\_\_

### **Waiver**

I, the undersigned, understand that my participation in the activities organized by the HHCC Ski Club is done entirely at my own risk. No officer or member of the Club can be held liable for any injury to my child or damage to equipment.

Signature of parent or guardian: \_\_\_\_\_

Date: \_\_\_\_\_