

**CCC's SKILL DEVELOPMENT PROGRAM FOR CHILDREN (SDP)  
Cross Country Ski Programs for Children up to 12 years of age**



**CCC's Skill Development Program for Children will:**

**Be fun!**

**Develop Skills**

**Increase fitness**

**Help make new friends**

**Develop a positive self image**



**Cross country skiing is a very inexpensive 'lifetime' sport suitable for all individuals of all ages and abilities. This sport is virtually injury free, is low impact, activates all the bodies major muscle groups and is excellent for the cardiovascular system. Physically, it is an ideal activity and is a whole lot of fun!**

**The Skill Development Program for Children is a program operated by the Williams Lake Cross Country Ski Club for children up to 12 years of age with the emphasis on fun, participation, skill development and safety. The objective of the program is to provide the opportunity for children to move through the sport at their own 'speed' based on their ability, skills and interests.**

**To accomplish this, the program is designed to help children develop excellent ski technique through a vertically integrated continuum of skier development opportunities, beginning with Bunnyrabbits, followed by Jackrabbits and concluding with Track Attack. This reflects the emphasis on achieving program goals in an atmosphere that is fun and exciting for children.**

**This exciting program is held at Bull Mountain Ski Area operated by the Williams Lake Cross Country Ski Club. The sessions take place on Sundays from 1:00 pm to 3:00 pm (January/February).**



**For further information or to register please contact Erin Trott at 250-296-9186 or [ketrott@telus.net](mailto:ketrott@telus.net)**

## **Programs:**

### **Bunnyrabbit Program (up to 5 years)**

The first level of the SDP is the Bunnyrabbit program, which is directed at children in the 'Active Start' stage of athlete development (children five years of age and younger). The objective is to introduce cross-country skiing and the healthy lifestyle associated with it through organized activity and active play. In addition, it is designed to:

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

### **Jackrabbit Program (6 to 9 years)**

The Jackrabbit Program, which is directed at skiers in the 'FUNDamentals' stage of athlete development (children six to nine years of age) is the second level of the SDP. 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

### **Track Attack Program (10 to 12 years)**

The Track Attack Program, which is directed at children in the 'Learning to Train' stage of athlete development (children 10 to 12 years of age), is the third level of the SDP. The objective is for the participants to become technically competent cross-country skiers and to utilize their 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 other activities
- Be fun
- Provide children an opportunity to be part of a sport 'team'
- Develop overall sport skills
- Expose to children to a variety of 'adventure-based' cross-country ski activities

**Sessions Dates: Sundays 1 – 3 pm starting January 8, 2012, including Jan.15, 22, 29 and Feb 5, and 12, Wednesday evenings from 5:30 – 7 (optional, but recommended for Jackrabbit and Track Attack levels) on Jan 18 and Feb 8**

**Ski Groups: We will place your child into a group at the appropriate skill level and age. Please provide as much detail as possible about your child’s ability, experience, fitness level and any medical concerns on the back of the registration form.**

**Parent Volunteers: Parent involvement is the key for success of the Skill Development Program and can only continue to grow with the participation of parents. This year we are very short on coaches so we would like to have parent volunteers ski with the Bunnyrabbit and Level 1 & 2 Jackrabbits. Each parent should be prepared to ski with their child’s group for at least one session. This will help to ensure that there are at least 2 adults with each group.**

**Skill Development Program Fees are \$45 for each child, which includes club membership fees**

**Registration can be mailed in to the club, or dropped off at the first session. Memberships/registration forms also available at Bull Mountain warming hut, Barking Spider Mountain Bike or Red Shred’s. Payment must accompany registrations.**

**Skill Development Program (SDP) Registration Form & Waiver**

**Skier Name:** \_\_\_\_\_

**Parent/Guardian Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**E-mail Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Phone (H):** \_\_\_\_\_ **(W)** \_\_\_\_\_

**Birthdate:** \_\_\_/\_\_\_/\_\_\_ **(D/M/Y)**      **Sex:** M / F

**Any medical or physical concerns:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_

**Previous BC Rabbit Experience:** \*None \_\_\_\_ Bunny \_\_\_\_

**\*If none list x-country ski experience:** \_\_\_\_\_

**Please indicate if SDP payment mailed in with club membership form:**

**Yes / No**

**The C.C.C. waiver form attached, must also be completed and signed for each participant.**

**Please mail forms to: W.L.C.C.S.C. PO Box 4026, Williams Lake, BC, V2G 2V2**

# **CROSS COUNTRY CANADA**

## **INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT**

***By signing this document you will assume certain risks. Please read carefully.***

1. This is a binding legal agreement. As a Participant in the sport of cross-country skiing and the programs, activities and events of Cross Country Canada and Canadian Snowsports Association (hereinafter called CCC/CSA), \_\_\_\_\_ (name of Ski Division, hereinafter called the Division) and \_\_\_\_\_ Ski Club (name of Club, hereinafter called Club) which include without limitation cross-country skiing competitions, camps, clinics, and related activities such as roller-skiing, road cycling, running and hiking (hereinafter called the Activities), the Participant and/or the Parent/Guardian of the Participant (hereinafter called the Parties), acknowledge and agree to the following terms:

### **Description of Risks**

2. The Participant is participating voluntarily in the Activities. In consideration of the Participant's participation in the Activities sanctioned by one or more of CCC/CSA, the Division and the Club, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the Activities, and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:

- a) training whether indoor or outdoor including strength training, running, hiking, and cycling;
- b) overusing, exerting and stretching various muscle groups and strenuous cardiovascular workouts;
- c) vigorous physical exertion, rapid movements and quick turns and stops;
- d) falling to the ground due to slips, trips or uneven, slippery or irregular terrain or surfaces;
- e) contact, colliding or being struck by skis, ski poles, equipment, trees, other individuals or other fixed objects;
- f) failing to participate within one's abilities, skill and within designated areas;
- g) becoming lost or separated from the group or the group becoming split up;
- h) failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- i) extreme weather conditions which may result in frostbite, hypothermia, snowstorms, sunstroke or lightning strikes;
- j) encounters with animals or plants including allergic reactions;
- k) travel to and from training, competitive events and associated non-competitive events which are an integral part of Activities; and
- l) other risks normally associated with participation in the Activities.

3. Furthermore, the Parties are aware:

- a) that injuries sustained may be severe, paralyzing or fatal;
- b) that the Participant may experience anxiety or embarrassment while challenging themselves during the activities, events and programs of CCC/CSA, the Division and the Club;
- c) that the risk of injury is reduced if the Participant follows all rules established for participation; and
- d) that the risk of injury increases as the Participant becomes fatigued.

### **Disclaimer**

4. In consideration of CCC/CSA, the Division and the Club accepting the Participant's application for membership in the Club or allowing the Participant to participate, the Parties agree that CCC/CSA, the Division and the Club and its respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by the Participant during, or as a result of, any of the Activities sanctioned by one or more of CCC/CSA, the Division and the Club, caused by the risks, dangers and hazards associated with the Activities.

**Acknowledgement**

5. The Parties confirm that:

- a) the Participant’s physical condition is sufficient to allow participation in the sport of cross-country skiing and the activities, events and programs of CCC/CSA, the Division and the Club;
- b) they have been provided sufficient information about Activities and the associated risks and hazards so that they are aware of the effect of this agreement;
- c) the Participant agrees to abide by the Rules and Regulations imposed by CCC/CSA, the Division and the Club, in association with the Activities, and to follow the instructions of the officials during the Activities; and
- d) they have read this agreement understand it, have executed this agreement voluntarily, and that this agreement is to be binding upon the Parties, their heirs, executors, administrators and representatives.

6. In addition, the Parties:

- a) authorize CCC/CSA, the Division and the Club to collect and use personal information about the Parties which relates in any way to the Activities, including without limitation the publication of photographs in newsletters and promotional materials, and the posting of photographs, videos, articles, rosters, statistics, images and results on the CCC/CSA, the Division and the Club websites;
- b) grant permission to CCC/CSA, the Division and the Club to photograph and/or record the Parties image and/or voice, and to use this material to promote CCC/CSA, the Division and the Club through any form of and agree that the audio/visual material and copyright will remain the sole property of CCC/CSA, the Division and the Club and waive any claim to remuneration for use of audio/visual materials used for these purposes; and
- c) understand that they may withdraw such consent at any time by contacting Cross Country Canada at 403-678-6791. Cross Country Canada will advise the implications of such withdrawal.

\*We do not sell or distribute your personal information to any other third party not listed herein.\*

I, the Participant and/or Parent/Guardian, have read and agree to be bound by this agreement.

Name: \_\_\_\_\_

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

Signature: \_\_\_\_\_

NOTE: if the Member/Participant is under 19 years of age, parent or legal guardian MUST sign below.

Name of Parent/Guardian: \_\_\_\_\_

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

Parent/Guardian Signature: \_\_\_\_\_

NOTE: All Informed Consent and Assumption of Risk Agreements are to remain with the Club Executive for a minimum of three years.

DO NOT submit these forms to CCC/CSA or the Division Office