



**Regina Ski Club
Nordic Youth
Jackrabbits U10 Pre-Competitive Program**



What is the difference between Jackrabbits U10 and Jackrabbits U10 Pre-competitive?

Both programs are designed for skiers who are turning 8 to 9 years old by December 31st at start of season and whom have previous Jackrabbit ski experience. These programs are dedicated to encouraging young participants to enjoy cross-country skiing with their peers. The programs focus on cross-country ski development through fun activities and games that are appropriate to each age & skill level. For your children to improve their Nordic skiing and advance their skills, they must enjoy themselves.

Jackrabbits U10 Pre-Competitive meet once per week from mid-September to early-November and twice per week on snow between January and March

The Jackrabbit U10 Pre-Competitive program is for youth with experience in Jackrabbits who want to expand their skill development but may not yet be old enough to participate in Track Attack. The program will promote teamwork and personal interaction skills. From mid-September to November, athletes will learn the basics of off-season training through activities including: hiking, Nordic walking, Nordic running, orienteering, ski striding, body weight strength training, balance/agility and games. On snow, athletes will develop and refine classic and skate skiing techniques and have opportunity for greater volume of programming.

What are the requirements to join Jackrabbits U10 Pre-Competitive?

- Enthusiastic about cross-country skiing.
- Fit enough to be active for approximately 1 hour.
- Willing to ski for approximately 3 kilometers.
- Willing to try new things and have fun.

What are the Jackrabbit U10 Pre-Competitive program fees and what are they used for?

- Additional fees apply for supporting races, clothing, camps, ski equipment, other activities.
- Approximately seven months of group training sessions.
- Coaching support at in-province races
- Ski waxing at in-province races
- Race suit from the Regina Ski Club inventory (to be returned at the end of the season).
- Part time paid coaching and trained parent coach volunteers.

How does Jackrabbits U10 Pre-Competitive align with the LTAD (long term athlete development) pathway?

The Regina Ski Club have a variety of Nordic ski programs for all ages. The following table details the associated age categories (determined by Nordiq Canada based on Athletics Canada Guidelines) with the Regina Ski Program Name. Regina Ski Club has two programming streams: Active-for-Life and Competitive-for-Life.

Jackrabbits U10 Pre-Competitive athletes are classified as the competitive pathway.

Age*	Age Category	Ski Program Name Learn to Ski	Ski Program Name Competitive
3	U6 Girls / Boys	Bunnyrabbits	
4	U6 Girls / Boys	Bunnyrabbits	
5	U6 Girls / Boys	Bunnyrabbits^	
6	U8 Girls / Boys	Jackrabbits U8	
7	U8 Girls / Boys	Jackrabbits U8	
8	U10 Girls / Boys	Jackrabbits U10	Jackrabbits u10 Pre-Competitive
9	U10 Girls / Boys	Jackrabbits U10	Jackrabbits u10 Pre-Competitive^
10	U12 Girls / Boys	Nordic Adventure Ski	Track Attack U12
11	U12 Girls / Boys	Nordic Adventure Ski	Track Attack U12^
12	U14 Girls / Boys	Nordic Adventure Ski	Track Attack U14
13	U14 Girls / Boys	Nordic Adventure Ski	Track Attack U14^
14	U16 Girls / Boys	Nordic Adventure Ski	HP Race Team
15	U16 Girls / Boys	Nordic Adventure Ski	HP Race Team
16	U18 Girls / Boys	Nordic Adventure Ski	HP Race Team
17	U18 Girls / Boys	Nordic Adventure Ski	HP Race Team
18	U20 Girls / Boys	Nordic Adventure Ski	HP Race Team
19	U20 Girls / Boys	Nordic Adventure Ski	HP Race Team
20+	Masters	Active-for-Life	Competitive-for-Life

*Age as of December 31st at start of season (seasons start in fall).

^ Athletes may participate in higher level at request by program leaders or head coach.

Before you begin...

Jackrabbits U10 Pre-competitive athletes require a wide range of common and specialized equipment. If this is your first season in Jackrabbits U10 Pre-competitive, we highly recommend discussing equipment requirements with the Head Coach before investing in equipment for the season.

Coaches communicate through TeamSnap equipment requirements for the specific practice session.

What Equipment is Required for Dryland Programming?

Required – Nordic Walking and Striding

1. Headlamp
2. Outdoor running shoes
3. Nordic hiking poles (length approximately floor to elbow height)
4. Closed finger gloves
5. Water bottle (on belt or in backpack). Belts and backpacks will be left at trailhead or loop connectors at coaches' discretion.

Required – Nordic Roller Skiing

1. Headlamp
2. Fluorescent or reflective oversized shirt or vest
3. Helmet (cycling style preferred)
4. Closed finger gloves
5. Nordic skate ski boots or Nordic Combi boot with ankle strap or related supports (ankle support is key for roller skating)
6. Water bottle (on belt or in backpack). Belts and backpacks will be left at trailhead or loop connectors at coaches' discretion.
7. Elbow pads (optional)
8. Knee pads (optional)

What Equipment is Required for On snow Programming?

All on snow equipment is the responsibility of the athlete. Regina Ski Club will provide Nordic ski waxing support and training during the season. We recommend that athletes bring all equipment to all events in case conditions or practice plan change at start time.

Required

1. Headlamp
2. Combi Boots with skate ski ankle support **OR** skate ski boots and classic ski boots
3. Skate Skis
4. Skate poles with racing or biathlon strap (size strap for mitts)
5. Classic Skis (skin skis preferred) *
6. Classic poles with racing strap (size strap for mitts)
7. Hip water bottle (cross country ski style specific)
8. Clothing – suitable for all types of weather
9. Big Smiles
10. Used beat-up classic Skis – while not mandatory, they can be useful for early and late season training – undersized waxable or waxless is ok

*Waxable classic skis and other alternative waxless skis are acceptable.



Programming

Attendance

The team will communicate programming and schedules through TeamSnap.

Athletes are asked to attend minimum one session per week during September to November and minimum two (2) on snow sessions per week between November to March.

COVID-19 Awareness: Parents are recommended to update the Team Health Check (TeamSnap) for their athlete the day of the practice or event.

Key Contacts:

The Jackrabbits U10 Pre-Competitive program is led by staff and volunteers of Regina Ski Club.

Position	Name	Gender Identification
Head Coach	Scott Brunskill NCCP# 6051156	Male
Assistant Coach	Vacant	
Nordic Youth Governance Director	David Brock	Male

Provincial and National Nordic Youth Organizations

- Cross Country Saskatchewan – [Event and Programming Calendar](#)
- Cross Country Saskatchewan – [Sask Cup Race Series](#)
- Cross Country Saskatchewan – [Saskatchewan Loppets and Related Events](#)
- Nordiq Canada Youth Programs - <https://nordiqcanada.ca/skiers-and-programs/youth-programs/>

Responsible Coaching Movement

[The Responsible Coaching Movement \(RCM\)](#) is coordinated by the Coaching Association of Canada and the Canadian Centre for Ethics in Sport that has the potential to affect all sport organizations and coaches. The RCM is a call to action for organizations to implement realistic change based on their individual state of readiness.

- Rule of two
- Background screening (Vulnerable sector check)
- Ethics Training

Ski Parent 101

Whether your child aspires to greatness in our sport or just wants to have fun outdoors during winter, the Regina Ski Club can offer helpful information on everything from equipment and safety to lessons and competition.

Want to do more to support your child? Consider taking two short e-learning courses:

- Coaching Initiation in Sport
- Introduction to Community Coaching

While these courses were designed for coaches, many parents have taken them to learn about equipment and to understand what and how their child is learning. After all, parents naturally become unofficial assistant coaches when they take their kids on a family ski.

To get started, go to the [Locker](#) and log in or create a free account. If you are creating an account, you will be prompted to create a NCCP number and a Locker account. Happy learning!

Special Events

January	Location	Description	Age Category
TBD	Regina	Sask Cup	All Categories
February	Location	Description	Age Category
TBD	TBD	Saskatchewan Provincial Championships	All Categories
TBD	Duck Mountain Provincial Park	Duck Mountain Loppet	All Categories
TBD	Regina	Regina Frost Winter Festival	All Categories

Training Calendar

The following is our normal seasonal programming calendar and changes during the season based on daylight hours, weather and inter-club programming events. The schedules will be communicated using TeamSnap. Programming begins mid-September and ends early March.

September to mid-November

All training programs in mid-September and October are traditionally dryland programming at outdoor locations in Regina and surrounding area.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						3:15 to 4:30PM
						Intro to Competition

Mid-November to March

Training programs in November to mid-March are a mix of dryland and on snow programming. Regular programming is paused at mid-December and returns in January at the first Sunday Regina Ski Club session.

Weekday programming is traditionally in Regina and surrounding locations. Weekend programming will be at various trail locations based on snow conditions and temperature.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 to 7:30PM		6:15 to 7:15PM				2:30 to 3:30PM
Intro to Competition		Intro to Competition				Intro to Competition

For personal development in Nordic skiing, the athlete, his/her parents or guardians, and coaches all play a critical role. To ensure that we work together to get the optimum benefits from sport, we all need to be on the same page regarding roles and responsibilities. We must understand and respect our relationships with the others and the commitments that are required as an athlete and parent of an athlete in the RSC Track Attack program. Skiing is a unique sport in that skiers are exposed to many risks not associated with other sports (ie: cold, environmental hazards, speed, etc...).

Coaches minimize the risks as best as possible but need the support of athletes and parents for success. Safety is a concern and athletes need to be more actively involved and aware than in other sports. We don't have the option of letting athletes sit on the sidelines if they don't feel like skiing (for whatever reason ie: skill, motivation, attitude, etc...). Nor, do we have the coaching capacity for a coach to ski at the back with just one athlete.

The following Code of Conducts have been developed to aid athletes in achieving a level of behavior that will allow all concerned to maximize the benefits of Nordic ski development and guide the athlete in becoming well-rounded and self confident, while keeping safety in mind.

In order to participate in the Regina Ski Club Track Attack program, athletes and parents must read and understand the parent and athlete code of conduct.

For your information, the coach code of conduct has been included.

RESPONSIBILITIES - ALL INDIVIDUALS

All individuals have a responsibility to:

a) Maintain and enhance the dignity and self-esteem of Cross Country Saskatchewan, Regina Ski Club Members and other Individuals by:

- i. demonstrating respect to individuals regardless of body type, physical characteristics, athletic ability, gender, ancestry, color, ethnic or racial origin, nationality, national origin, sexual orientation, age, marital status, religion, religious belief, political belief, disability or economic status;
- ii. focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees and members.
- iii. consistently demonstrating the spirit of sportsmanship, sports leadership and ethical conduct.
- iv. acting, when appropriate, to prevent or correct practices that are unjustly discriminatory.
- v. consistently treating individuals fairly and reasonably; and

vi. ensuring that the rules of Nordic skiing, and the spirit of such rules, are adhered to.

b) Refrain from any behavior that constitutes harassment or assault, where harassment is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading or malicious. Types of behavior that constitute harassment include, but are not limited to:

i. written or verbal abuse, threats, or outbursts; ii. the display of visual material which is offensive or which one ought to know is offensive.

iii. unwelcome remarks, jokes, comments, innuendos or taunts.

iv. leering or other suggestive or obscene gestures.

v. condescending or patronizing behavior, which is intended to undermine self-esteem, diminish performance or adversely affect working conditions;

vi. practical jokes which cause awkwardness or embarrassment, endanger a person's safety or negatively affect performance.

vii. any form of hazing.

viii. physical or sexual assault.

ix. intimidation or bullying.

x. behaviors such as those described above that are not directed towards individuals or groups but have the same effect of creating a negative or hostile environment.

xi. retaliation or threats of retaliation against an individual who reports harassment.

c) Refrain from any behavior that constitutes sexual harassment or assault, where sexual harassment is defined as unwelcome sexual comments and sexual advances, requests for sexual favors, or conduct of a sexual nature. Types of behavior that constitute sexual harassment include, but are not limited to:

i. sexist jokes.

ii. display of sexually offensive material.

iii. sexually degrading words used to describe a person.

iv. inquiries or comments about a person's sex life.

v. unwelcome sexual flirtations, advances, or propositions.

- vi. unwelcome sexual flirtations, advances, requests or invitations.
- vii. persistent unwanted contact; and
- viii. any behavior that may constitute sexual assault.

d) Refrain from the use of power or authority to coerce another person to engage in inappropriate activities.

e) Respect the property of others and not willfully cause damage.

f) Abstain from the use of non-approved drugs and performance-enhancing substances.

g) Comply at all times with the Bylaws, policies, rules, and regulations of CCS RSC, as adopted and amended from time to time.

h) Adhere to all Federal, Provincial, Municipal or host country laws.

ATHLETES

In addition to paragraph **Responsibilities - All Individuals** above, Athletes will have additional responsibilities to:

a) Report any medical problems in a timely fashion, where such problems may limit the athlete's ability to participate, travel, train or compete.

b) Participate and appear on time in all competitions, practices, training sessions, events, activities, or projects.

c) Properly represent themselves and not attempt to enter a competition for which they are not eligible, by reason of age, classification, or other reasons.

d) Abide by curfew regulations as defined by the coach responsible for the athlete.

COACHES

In addition to paragraph above, Coaches have additional responsibilities. The athlete-coach relationship is a privileged one and plays a critical role in the personal as well as athletic development of their athletes. Coaches must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it.

Coaches will at all times:

- a) Ensure a safe environment by selecting activities and establishing controls that are suitable for the age, experience, ability, and fitness level of athletes, including educating athletes as to their responsibilities in contributing to a safe environment.

- b) Prepare athletes systematically and progressively, using appropriate time frames and monitoring physical and psychological adjustments while refraining from using training methods or techniques that may harm athletes.
- c) Avoid compromising the present and future health of athletes by communicating and cooperating with sport medicine professionals in the diagnosis, treatment, and management of athletes' medical and psychological situation.
- d) Under no circumstances provide, promote, or condone the use of non-approved drugs or performance-enhancing substances.
- e) Accept and promote athletes' personal goals and refer athletes to other coaches and sports specialists as appropriate and as opportunities arise.
- f) At no time engage in an intimate or sexual relationship with an athlete of under the age of 18 years and at no time engage in an intimate or sexual relation with an athlete over the age of 18 if the coach is in a position of power, trust, or authority over the athlete.
- g) Where an athlete has qualified for a training camp, provincial team, national team, etc., the Coach will support the program, applicable coaching staff, and CCS.
- h) Refrain from intervening inappropriately in personal affairs that are outside the generally accepted jurisdiction of a coach.
- i) Act in the best interest of the athlete's development as a whole person.

The Conflict and Dispute Resolution Policies and Procedures will be found in the current Cross Country Saskatchewan Operations Manual at www.crosscountrysask.ca.



Dispute Resolution

Sask Sport and Cross Country Saskatchewan have provided very clear and concise Conflict and Dispute Resolution Policies and Procedures for member sport organizations.

The Dispute Resolution Policies and Procedures will be found in the current Cross Country Saskatchewan Operations Manual at www.crosscountrysask.ca.