

KIDS PROGRAMS

Cross Country Canada's SDP is a modern, state-of-the-art progression of skill development programs for children. This exciting new program conforms to the Canadian "Sport for Life" Guide and provides a vertically integrated continuum of development opportunities for children in the first three stages of skier development.

ACTIVE START

The first level is the **Bunnyrabbit Program**, which is directed at children in the "Active Start" stage of development (children five years of age and younger). Program materials include an enrolment kit, a kid-friendly, age-appropriate booklet, and skill award stickers. It has been developed in parallel with the first level of the new competency-based National Coaching Certification Program (NCCP), which now provides coaching materials specific to the needs of this age group. The objective of the new program is to introduce cross-country skiing and the healthy lifestyle associated with it through organized activity and active play. In addition, the program 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 our natural environment.



The 2007 Bunnyrabbit and Jackrabbit enrolment kit is a back pack displaying a speedy white rabbit on skis.

FUNDAMENTALS

The **Jackrabbit Program**, which is directed at skiers in the "FUNDamentals" stage of development (children six to nine years), is the second level of the new program. It has been developed in parallel with the second level of the new competency-based NCCP, which provides coaching materials specific to the needs of skiers this age. Program materials include an enrolment kit, an age appropriate booklet that

provides a comprehensive record of the young skier's ski career and "technique" and "program" award stickers to chart the different levels of achievement. 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.

LEARNING TO TRAIN

The **Track Attack Program**, which is directed at skiers in the "Learning to Train" stage of development (skiers 10 to 12), is the third level of the new program. It has been developed in parallel with the third level of the new NCCP system. Program materials include a program-specific enrolment kit, an age-appropriate booklet, and coaching materials specific to this stage in the skier development progression. The objective is for the participants to become technically competent cross-country skiers, and to utilize those skills to explore a wide range of cross-country ski activities, from back country 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 competence in cross-country ski skills.
- ✓ Expose children to a variety of "adventure-based" cross-country ski activities.

The 2007 Track Attack enrolment kit is a 'starter' wax box container called a SKI LAB.

