

Kids Programs

FUNDAMENTALS



Cross Country Canada's Skill Development Program is a modern, state-of-the-art progression of skill development programs for children. This exciting new program aligns with the Canadian Sport for Life (CS4L) Model 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 is fully coordinated with the first level of the new competency-based National Coaching Certification Program (NCCP), which now provides coach training 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 2011-12 Bunnyrabbit and Jackrabbit enrolment kit includes a cross-country ski toque with a CCC logo and a CS4L poster.

For more information contact Cross Country BC at: 250-545-9600 or office@crosscountrybc.ca

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 fully coordinated with the second level of the new competency-based NCCP, which provides coach training 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 2011-12 Track Attack enrolment kit includes a cross-country ski buff with a CCC logo and a CS4L Monitoring Growth and Maturation Poster.



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 is fully coordinated 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 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.

