

JACKRABBIT LEVEL 3

Date January 6, 2019
Technique Classic
Skill goals Balance and long strides. Diagonal stride, herringbone, snowplow.
Supplies Pilons
General comments

ACTIVITY	DESCRIPTION, SUGGESTED LOCATION	TIME
Meet and ski to location	Simon says -skiers are spread out facing the coach they copy the coach in a variety of warm-up stretches. Stork stance -skiers stand on one leg only then switch to the other leg. Tippy toes -skiers rock forward and back between their toes and their heels. skiers try to find the best balance point. Ski to ski school flats or in front of island	15 min 9:00-9:15
Warm-up, drill based on theme for the day	Diagonal stride (without poles, then with poles) Recovering foot returns beside or slightly in front of gliding foot, upper body leans slightly forward, leg extends at hip and knee as pushing foot leaves the snow, pole angled back and planted beside opposite side ski boot. Emphasis on long strides, balance	15 min 9:15-9:30
Ski, mileage		30 min 9:30-10:00
Game based on previous skill	Gliding/balance – 1) with one kick and glide, each skier tries to better their distance. Drop a pylon where they stop. 2) glide on one foot (keep both skis on) bend one knee forward to lift ski slightly off snow. kick and glide. Drop a pylon where they put their foot down. Compare distance with the other foot.	30min 10:00-10:30
Break	Hot chocolate	15 min 10:30-10:45
Ski, mileage	Along the way work on Herringbone and snowplow stop . Herringbone -on inside edges, pole tips planted behind and to the side of the boots, hands below shoulder level, knees and ankles slightly bent. Snowplow stop - as in snowplow braking skier applies pressure on the edges to come to a stop	30 min 10:45-11:15
Game to end the day	Ski to the Powerline Slalom course -set up pylons –skiers weave through the pylons snowplow turning right then left.	15 min 11:15-11:30

JACKRABBIT LEVEL 3

Date January 13, 2019
Technique Classic
Skill goals Diagonal stride, double poling
Supplies Small bath toys
General comments

ACTIVITY	DESCRIPTION, SUGGESTED LOCATION	TIME
Meet and ski to location	Warm up and stretch. Ski to a relatively flat area, ski school flats if it's not too busy.	15 min 9:00-9:15
Warm-up, drill based on theme for the day	Diagonal stride progression. Ready position (remove poles and skis). Legs together; ankles, knees and hips flexed. Demonstrate diagonal stride (no poles) Forward lean (no skis or poles). With partner, support each other, lean forward to get hips over front of feet. In proper technique for diagonal stride you would fall if you didn't pole/kick other side. <u>With poles</u> , fall forward into a lunge. Run (no skis, add poles). Notice what part of your foot you push with and land on -- the front/ ball. Same for diagonal stride. Crouching tigers (skis and poles on now). Preload, flexing, feeling push off ball of feet, jump forward on skis. This is the power of a kick Scooter drill (remove a ski). Pushing with the boot-only foot and just glide (no push) on the ski. Notice where the boot lands to push you -- should be right beside the other boot and under your body. Diagonal stride (no poles): emphasize weight transfer and glide, recovery foot lands beside or in front of gliding foot, some ankle and knee bend and body has forward lean, pole angled back and planted beside opposite side ski boot. Glide on a relatively straight leg. Slow it right down with kick & glide drill, saying "kick, ggglllliddeee...(as far as you can)" and repeat. Review how to put on poles. When to pole. Swing your arms and let the poles drag beside you - don't plant them. You will feel there's a natural point at which you want to plant the poles at the farthest forward point of your arm swing correct.	20 min 9:15-9:50
Ski, mileage	Ski around working on diagonal stride, pressure on the ball of their foot and weight transfer.	30 min 9:50-10:05
Break	Hot chocolate	15 min 10:05-10:20
Game	Ski over bath bubbles. Place bath toys along the track, skiers lift their ski over the bubbles, so not to pop them, and glide.	20 min 10:20-10:40
Ski, mileage	When you find a slight downhill, introduce double poling. Double poling. poles forward angled back, skier leans forward slightly, upper body flexes at waist just after poles are planted, as	30 min 10:40-11:10

	<p>upper body bends to horizontal the arms follow through, legs are relatively straight but not rigid.</p> <p>T-rex arms. Big strong legs with little, tights arms.</p> <p>Ski around, pointing out diagonal stride technique and double poling.</p>	
Game to end the day	<p>Sharks and minnows. Draw 2 safe lines about 20 m apart and a centerline. Divide the group into 2 teams, sharks and minnows. Kids ski up to the centreline. Coach yells either sharks (sharks chase and tag the minnows) or minors (vis versa). Tagged kids join the other team. Game ends when all the kids are either sharks or minnows.</p>	<p>20 min 11:10-11:30</p>

JACKRABBIT LEVEL 3

Date January 20, 2019
Technique Skate
Skill goals Introduction to free skate. Diagonal skate and free skate.
Supplies
General comments This will be their first time on skate skies. Biathlon event planned by club.

ACTIVITY	DESCRIPTION, SUGGESTED LOCATION	TIME
Meet and ski to location	Meet, make sure that skis and poles selected are the correct length. Ski over to the flat warm-up area. Ski around a little to get comfortable on their skis.	15 min 9:00-9:15
Game , club event	Biathlon event. If time permits, ski around a little for kids to become familiar with skate skis.	30 min 9:30-10:00
Break	Hot chocolate	15 min 10:00-10:15
Skills and drills	Explain the difference between classic and skate skis; length and base grip. Introduce free skate (no poles), slight uphill - with skis in a V, in ready position, role to the balls of your feet and skiers will start to glide forward. - same good body position, skis in a V, let skis glide forward then hop like a frog to bring them back in, repeat - Introduce weight transfer, shifting weight from one ski to the other, skier glides forward Diagonal skate (no poles), slightly uphill - describe as herringbone with glide Go around a few times. Skate March -march on the spot in herringbone position, then start up the slight slope in herringbone position, skiers push with pole and glide onto opposite ski.	30 min 10:15-10:45
Ski , mileage	Ski around, get some practice on the skis. Winter Safety Tip (when they may need a break). What to do if you get lost? Ask for some ideas. Should stay in a small area -- if you are moving around it's harder to find you. BUT need to stay warm so can ski back and forth along a short stretch of trail. Good to carry your own water and snack in case you are lost for a bit and need some fuel.	20 min 10:45-11:05
Game based on previous skill	Towing with a pole – one skier removes skis and gives pole strap to skier. skier without skis tows skier while they free skate. focus on always moving the skies.	25 min 11:05-11:30

JACKRABBIT LEVEL 3

Date January 27, 2019
Technique Classic
Skill goals
Supplies
General comments Birkiebiener

ACTIVITY	DESCRIPTION, SUGGESTED LOCATION	TIME
Meet and ski to location	Meet and dynamic warm up + stretches. Talk a bit about the Birkieneiner event. Ski to school flats or to flat area on lower Telemark.	15 min 9:00-9:15
Warm-up, drill based on theme for the day	<p>Warm up. With no skis, stand in the ready position on balls of your feet, then lift one foot, then lift the other foot. This is akin to full weight transition in diagonal stride.</p> <p>Go over some basic race etiquette i.e. stay to right, don't cut people off, say "on your right" or "excuse me" when trying to pass, etc.</p> <p>Review good diagonal stride, double poling, downhill tuck, and kick turns- and when to use them.</p> <p>Couple back and forth loops on slight uphill → diagonal stride on way up, double poling and tuck on slight downhill. Give some individual critiques, small things for each skier to think about.</p>	15 min 9:15-9:45
Ski, mileage	Ski around until meeting time for Birkiebeiner, or ski right there if we don't have much time.	30 min 9:45-10:00
Game based on previous skill	Birkiebeiner loops → kids ski around island as a fun replication of the old Nordic story	30 min 10:00-10:30
Break	Hot chocolate and cookies with other groups after Birkiebeiner	15 min 10:30-10:45
Ski, mileage	Depends on amount of time left, kids might be a bit tired. End at power line flat or school flats for game.	30 min 10:45-11:15
Game to end the day	Freeze scooter tag –skiers take off one ski. When tagged they balance on one ski. Frozen skiers can be unfrozen by being touched by a free skier.	15 min 11:15-11:30

JACKRABBIT LEVEL 3

Date February 3, 2019
Technique Skate (or whatever the race dictates)
Skill goals
Supplies
General comments Coast Cup #2, WOP

ACTIVITY	DESCRIPTION, SUGGESTED LOCATION	TIME
Meet and ski to location		15 min 9:00-9:15
Warm-up, drill based on theme for the day		15 min 9:15-9:30
Ski , mileage		30 min 9:30-10:00
Game based on previous skill		30 min 10:00-10:30
Break	Hot chocolate	15 min 10:30-10:45
Ski , mileage		30 min 10:45-11:15
Game to end the day		15 min 11:15-11:30

JACKRABBIT LEVEL 3

Date February 10, 2019
Technique Classic
Skill goals Speed, double pole, step turns around corners
Supplies cones
General comments Sprint Day, our time is 9:45am.

ACTIVITY	DESCRIPTION, SUGGESTED LOCATION	TIME
Meet and ski to location	Dynamic warm up - arm swings, jumping jacks, lunges, running on place on skis. Ski to bottom of powerline junction	15 min 9:00-9:15
Warm-up, drill based on theme for the day	Practice fast paced transitions - double pole, diagonal stride, quick herringbone up increasingly steep hill, step turns around corners. Explain quick transitions are important in sprints over varying terrain, always want to be in most efficient "gear".	15 min 9:15-9:45
Sprints , 100m timed	Sprints. At ski school flats, replicate short official sprint race with timing station by one coach, have kids go around designated loop and remember their times to try to improve. Keep lighthearted friendly competition.	15 min 9:45-10:00
Break	Hot chocolate (at lodge)	15-30 min 10:00-10:30
Drill based on theme for the day	Applying gears to racing. Sprint around the island at the lodge. Double pole, diagonal stride, quick run up a hill, step turns around corners.	30 min 10:30-10:45
Ski , mileage	Ski around Sitzmark. Have kids think about applying logical use of gears on longer ski, over different trails and paces. Practice downhill tucks and corner turns.	30 min 10:45-11:15
Game to end the day	Relays. At Lower Powerline. Set up zones with cones or poles as markers, divide kids into pair teams, each lines up along opposite side of zone, when coach says go they ski to their partner in the style directed (diagonal stride, double pole, no poles etc.), tap partner on the shoulder and then second partner does the same, continue until all styles done twice, kids stop when done.	15 min 11:15-11:30

JACKRABBIT LEVEL 3

Date February 17, 2019
Technique Skate
Skill goals
Supplies Cones
General comments

ACTIVITY	DESCRIPTION, SUGGESTED LOCATION	TIME
Meet and ski to location	Dynamic warm up. Arm swings, lunges, balancing one ski drill Ski up Hollyburn	15 min 9:00-9:15
Warm-up, drill based on theme for the day	At ski school flats Introduce skate skiing gears (verbal and demonstration for the lower gears). Ask who has a bike with gears. <u>First</u> or granny gear is the diagonal skate. This is where you skate pushing with one arm and one leg at a time. It's more of a gliding herringbone. You sure won't see it in the Olympics. But if you're really tired and on a really steep hill, it might beat stopping altogether. <u>Second gear</u> is used for climbing hills in races, and that's the offset. <u>Third gear</u> is one skate, used on flat trails for accelerating and for moderate uphills. <u>Fourth gear</u> is the two skate and it's used when you are cruising on flat ground or slight downhill. <u>Fifth gear</u> is for downhills when you are so fast you don't use poles because your arms can't keep up: so free skate or tuck One ski in track. With one ski in the track, diagonal skate/free skate with the other. Angle one ski out, bend nicely, push off one ski. You use the bend in our legs to push on the edge of your ski. Think 'edge - push', 'edge - push', ... Do a few on that side then switch.	30min 9:15-9:45
Ski, mileage and Game based on previous skill	Ski up to upper warming hut if conditions allow, practice offset and herringbone on the way up the hills, think about steady consistent pace Approach medium grade hill, coach says offset on left or right side, kids follow, coach switches etc. ski down and loop up again. Watch technique and give general critiques	45 min 9:45-10:30
Break	Hot chocolate	15 min 10:30-10:45
Ski, mileage	Ski up toward Triangle Lakes, down Unknown lake, focusing on downhill technique and free skate. Ski down Popfly to flat at top of powerline for final game.	30 min 10:45-11:15
Game to end the day	Figure 8 relay. Using cones set up 2 figure 8 courses. Divide group into two. At the signal skiers free skate around cones one at a time after everyone has gone once switch directions Extra challenge –reduce the size of the loops	15 min 11:15-11:30

JACKRABBIT LEVEL 3

Date February 24, 2019
Technique Classic
Skill goals Kick turns, general ski around
Supplies Hollyburn historical guide
General comments Saturday will be P'ayak at WOP, kids who raced will likely be tired.

ACTIVITY	DESCRIPTION, SUGGESTED LOCATION	TIME
Meet and ski to location	A quick warm up to get the legs moving and wait for everyone to arrive.	15 min 9:00-9:15
Ski, mileage	Using the Hollyburn historical guide, ski around to the specific locations and read the information. Up to Burfield (1#), then to Hollyburn lodge (#2), around first lake, up Sitzmark, take a left to Lower Wells Gray overlooking First Lake (#3), down Zig Zag (#4)	30 min 9:15-9:45
Break	Hot chocolate at the lodge	15 min 9:45-10:00
Game based on previous skill	Kick turns - Coach calls right and skiers lift right ski to do a kick turn, then left.	15 min 10:00-10:15
Ski, mileage	Continue with Hollyburn historical guide Back along Sitzmark to the junction of Mabraten (#5) go down and take a left towards West Lake (#6), down West Lake loop and back up, pass Grand National, then turn left onto Jackpratt (#7), and back onto Grad National to find the Doghouse cabin (#8)	75 min 10:15-11:30

JACKRABBIT LEVEL 3

Date March 3, 2019
Technique Skate
Skill goals Games day
Supplies Bean bags, small toys, pilons

ACTIVITY	DESCRIPTION, SUGGESTED LOCATION	TIME
Meet	Get the legs moving while everyone arrives.	15 min 9:00-9:15
Games. The idea today is to ski, play a game, ski, play a game..	<p> Steal the Poles, a version of musical chairs. The players stand about 2 m apart in a single line. Some poles are stuck in the snow in a row 20-30 m away. The number of poles being less than the number of players. At a signal, each player races to get a pole. The loser, the one who finds himself empty handed, has the chore of setting up the poles for the next round </p> <p> Relay. Split class up into 2 teams, with half at one end and half at the other. Skiers carry a bean bag to a teammate at the other end, they then ski it back. Do this until each skier has skied both uphill and downhill. </p> <p> Downhill Catch (no poles). The coach throws a bean bag as ski by. Then try having the coach throw the bean bag to them, which they catch and, throw back as they are gliding. </p> <p> Toss the sock (no poles). Have skis in pairs or threes ski around and toss the sock to each other, changing directions and avoiding other skiers. </p> <p> Wolf Ring (perhaps around one of the tree islands). A hunter, the “wolf” chases the rabbits round the wolf ring. Skiing is permitted in one direction only around the ring across each of the diameters. When the wolf tags a rabbit that person becomes a wolf as well. Game continues until the last rabbit is tagged. </p> <p> Sharks and minnows. Draw 2 safe lines about 20 m apart and a centerline. Divide the group into 2 teams, sharks and minnows. Kids ski up to the centreline. Coach yells either sharks (sharks chase and tag the minnows) or minors (<i>vis versa</i>). Tagged kids join the other team. Game ends when all the kids are either sharks or minnows. </p> <p> Tattle-tale Pursuit. Use a loop which takes 10-15 minutes to complete. All skiers except for one (the fastest or the leader) start racing around the loop. The pursuer waits two minutes then chases the others. Each skier he catches is tagged and must turn around and return to the start. The first skier to return wins. If it appears some are dogging it in order to sprint back to the start, the chase skier can wait longer. </p>	9:15-11:30

JACKRABBIT LEVEL 3

Date March 10, 2019
Technique Classic
Skill goals
Supplies
General comments Last day of classes

ACTIVITY	DESCRIPTION, SUGGESTED LOCATION	TIME
Meet and ski to location	Do a few loops at the base as warm and to wait for everyone to arrive.	15 min 9:00-9:15
Ski , mileage	Ski up to the Upper warming hut. Working on double poling and kick-double pole where terrain permits.	30 min 9:30-10:00
Game based on previous skill	Relay. In pairs, ski a short circuit, tag off to their partner. With each circuit, progressively take off a piece of equipment, 1 st pole, 2 nd pole, 1 st ski, 2 nd ski, then run the circuit. Now equipment is off for break time 😊	30 min 10:00-10:30
Break	Hot chocolate	15 min 10:30-10:45
Ski , mileage	Ski up to the top of Ramstad, and down Unknown Lake if time permits.	30 min 10:45-11:30