

Hi there,

If you are receiving this e-mail it's because your child has been assigned to my group for Saturday afternoon lessons: Jackrabbit 1B.

I'm super-excited to see the ski season kicking off this Saturday the 5th at 1:30 pm. Here's some things that might be helpful to know:

Who Am I?

- At the first class? I'll be to the left of the KN ski cabin, wearing a Santa hat and a safety vest (good look, I know) with a big sign saying JackRabbit #1B
- This is my 3rd year coaching at KN, but first year coaching the Jackrabbits, so some of the kids may recognize me from past years.

Getting There

- Every Saturday, starting January 5 to March 10, 2019 ; 1.30 - 3.30pm
- Please arrive early to allow time to park, use porta potty, wax skis, get skis on, etc. in order to meet besides the cabin ready to ski at 1:25 (those who are early can go in the cabin or ski near the cabin to warm up. The bunny loop is great for this).
- Enter at 411 Corkstown Road. Look for our Club Flag at the entrance. Please drive slowly, watching for kids!

Equipment

- Please remember to bring your child's ski equipment: classic cross-country skis and ski boots.
- No poles. We will not be using poles during the first few lessons. This includes parents, and remember, we need a parent for their kids during the lessons*.
- If your child has skis that require grip wax, please apply the appropriate kind prior to the lesson. I'll be bringing grip wax with me to lessons, but it's easier to apply at home. By the way, fish scale or wax skis? Both are fine at this age.
- Please label your equipment - lots of kids are the same size, using the same brands...
- Equipment stays outside of the cabin - it's far too small to bring skis into the cabin! Ski racks are located outside the Cabin for your skis and poles

Clothing

- Dress your child warmly (in layers if possible) with warm mittens. We will be outside for up to an hour before taking a break in the cabin (weather dependent).
- Please avoid dressing kids or yourself in cotton. Once cotton gets damp? It stays damp and cold. Fleece and wool are good options.

Toilet!

- Please have your kids go to the washroom before leaving the house. There is a porta-potty at the site but it is not heated (cold, cold plastic) and there's only one of them and it's tricky to fit you and your kid in there! Just personal experience talking there...

Snacktime!

- Bring snacks for the mid-lesson break in the cabin. Ideally nut-free, similar to school rules.
- Feel free to bring a mug. Hot chocolate is available at the cabin each week for the skiers (no charge).
- I like bringing water as well if the kids are sweaty/thirsty.

Parents!

- Please do not bring your poles as well.
- You will likely be asked to participate in games.
- Parents must have ski equipment. You cannot walk on the trails.
- Parents need to dress warmly too. You will likely be moving around less than the kids.
- This should hopefully be fun for you as well!

What to Expect?

- The focus of the class will be fun. Students and parents can expect to play lots of games which improve skiing techniques.
- There are three JR1 classes this year, which is great! We will probably join forces with them for activities and games at times.

Weather!

- Finally, Kanata Nordic does have a "**cold weather policy**". Lesson cancellations will happen due to extreme weather or unsafe ski conditions (eg. freezing rain or icy conditions). We follow Cross Country Ontario Guidelines for cancellation - for JRs: if the temperature without wind chill is below -18°C
- Lesson cancellations are determined by 10:30AM on Saturday mornings and sent by email. The cancellation will also be posted on the www.kantanordic.ca website. In colder temperatures, leaders adjust their lesson plans so skiers are not standing around and may shorten the lesson. As well we respect parents' decision to determine what is best for their children and in what condition they should be skiing.
- Parents are ultimately responsible to determine if their child should participate even if the instructors advise that classes will be held.
- If there's not enough snow (please keep up your kids' snow dances), then we may choose alternate activities like a treasure hunt hike through the forest instead.

First Aid

- I have a small First Aid kit on me and more is available in the Cabin or via a Leader or Assistant, who can call for help in case of emergency

Club Stuff!

- Kanata Nordic is more than just lessons. The trails are open at both 401 Corkstown and 411 Corkstown from dawn till 9 pm or later. Feel free to ski on other days with your family once it warms up! We often ski after dark with a headlight.

Look forward to skiing with you on Saturdays this season!