



THE ADVENTURES OF THE JACKRABBITS





History of the Jackrabbit Program

“JACKRABBIT” JOHANNSEN

Herman Smith Johannsen, who was born in a small Norwegian village in 1875, contributed significantly to the development of cross-country skiing in Canada. In the late 1920s he settled in the Laurentians in Quebec. For many years, he designed cross-country ski trails in Canada, and particularly in that region. As a consultant, he was part of the development of ski centres in Lac Beauport, Mont-Orford, Mont-Gabriel, Mont-Tremblant and Collingwood (this last one in Ontario).

The Cree Indigenous he met along those trips admired his ability to move between trees and his capacity to travel by ski for long distances. Subsequently they named him “Wapoos,” a Cree word for Jackrabbit. He registered in his last ski race at the age of 75! When he passed away in 1987 he was 112 years old. When the Jackrabbit Ski League was created in the early 1980s he supported the program by giving it his nickname.



HOW TO USE MY JACKRABBIT BOOKLET



The booklet describes the criteria for each award of the program:

1. Technique awards for being a good skier.
2. Chandra Crawford award for your Super Attitude.
3. Sara Renner award for your sense of Adventure.
4. Beckie Scott awards for you blistering Speed.
5. Richard Weber awards for Skiing Often.
6. Pierre Harvey (Hat Trick) awards for being a complete skier.
7. Devon Kershaw awards for doing some Dryland training.
8. Alex Harvey awards for trying some Competitions.



Learn who are all these great Canadian skiers who have had an amazing impact on cross country skiing in Canada!



Every time you achieve a level for a given award you will get a sticker that you can stick at its place in the booklet!

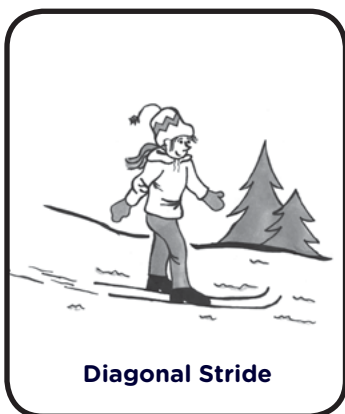
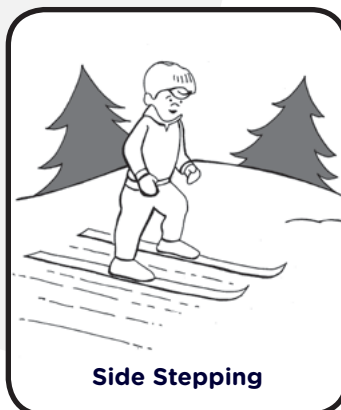


Read all the other things you will learn during your club's practices and the tips that will make you enjoy cross country skiing for the rest of your life!

LEVEL 1

WHAT I WILL LEARN AT MY PRACTICE SESSIONS

Put a check in the appropriate box when you have completed an item



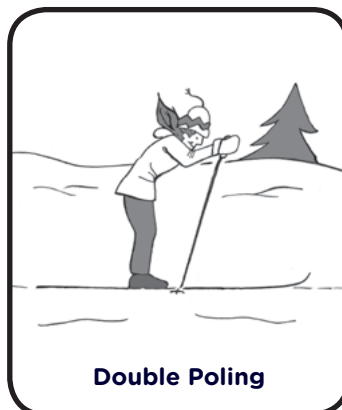
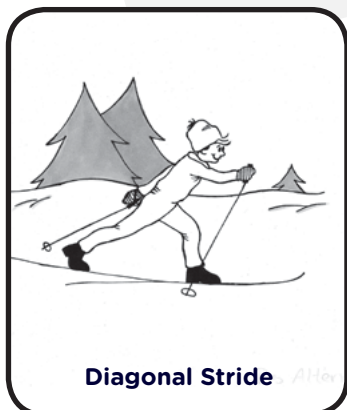
- ☐ The outdoors is a wonderful place to be in winter!
- ☐ I can play on skis with my new ski-friends!
- ☐ I will be warmer if I wear mitts (rather than gloves) and keep my toque on!
- ☐ I must never block the ski trail! If I fall, I should get off the track as quickly as possible to clear the way. If I stop on a hill, I must step to the side.
- ☐ How to carry my equipment when I have to carry it myself.
- ☐ How to store my skis after I have been skiing.
- ☐ Crystals interlock. I learned that a snowflake is frozen water in the air!

- ☐ I should put my skis and poles where they won't be stepped on when they are not in use!
- ☐ I must be careful not to ski over gravel or anything else that could damage the bottom of my skis!
- ☐ I should take a snack in a waist pack when I go skiing – a multi-grain bar, dry fruit and nut mix (gorp), or a couple of cookies. And of course, I must carry out all garbage.
- ☐ I need to practise my ski technique more than once a week in order to become a good skier!

LEVEL 2

WHAT I WILL LEARN AT MY PRACTICE SESSIONS

Put a check in the appropriate box when you have completed an item

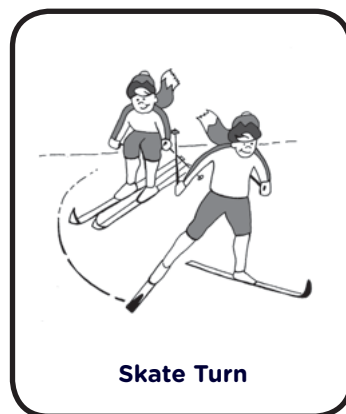
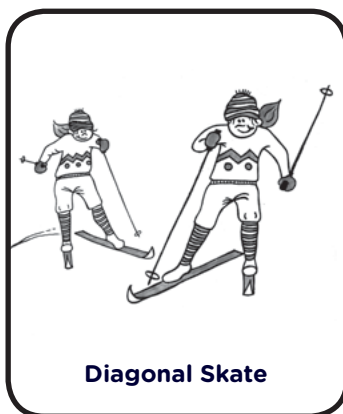
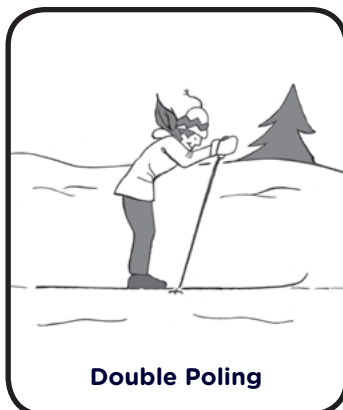
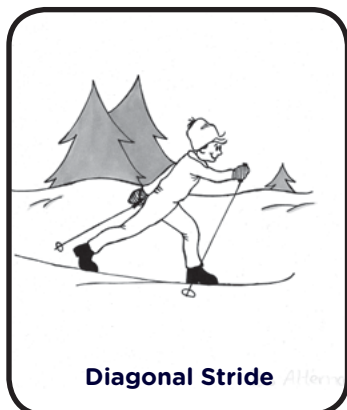


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| <input type="checkbox"/> My ski group, or “team”, has a lot of fun when we ski together. | <input type="checkbox"/> I should take my water bottle when I go skiing because it is important to drink lots, especially during exercise. |
| <input type="checkbox"/> Good technique will help me to ski fast. | <input type="checkbox"/> How to put my skis on and slip into my pole straps correctly. I must be careful of pole tips at all times. |
| <input type="checkbox"/> The different purposes of glide wax and grip wax. | <input type="checkbox"/> Relays, sprints and similar speed “games” are a lot of fun! |
| <input type="checkbox"/> I should yield and give the right of way to faster skiers coming down a hill by promptly moving to the side of the trail. I can ask “TRACK” if I overtake another skier when I am skiing up a hill. | <input type="checkbox"/> It is important to get my muscles “warmed up” before skiing fast, playing games or practising skills that require quick movements. |
| <input type="checkbox"/> I need a full breakfast before I go skiing. Cereals, muesli, oatmeal, pancakes, waffles, muffins, whole-wheat bread, peanut butter, eggs, fruits and yogurt are some good choices. | <input type="checkbox"/> Play time on snow, including frequent use of a terrain park/ski playground, will help me become a better skier. |

LEVEL 3

WHAT I WILL LEARN AT MY PRACTICE SESSIONS

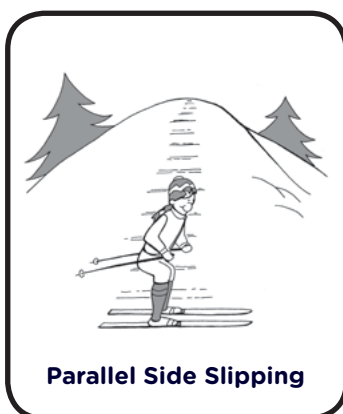
Put a check in the appropriate box when you have completed an item



- | | |
|--|---|
| <input type="checkbox"/> How to adjust my pole straps. | <input type="checkbox"/> I should be developing general fitness through participation in a variety of sports/activities on a regular basis, year round. |
| <input type="checkbox"/> I will obey the trail signs and ski in designated areas only and if I need to stop I will move off the trail to allow clear passage for other skiers. | <input type="checkbox"/> A good level of physical fitness will make skiing more fun and help me with my technique. |
| <input type="checkbox"/> How to clean the base of my skis under the supervision of my parents or coach. | <input type="checkbox"/> If I really want to progress as a skier I should be attending 30-40 sessions annually—pre-ski season activities as well as ski sessions on snow. |
| <input type="checkbox"/> How to apply and cork a grip wax - crayoning wax onto the grip zone, and smoothing it with a cork. | <input type="checkbox"/> My ski club is the centre of the cross-country ski community where I live. |
| <input type="checkbox"/> Why dressing in layers will keep me warmer. Which clothing to avoid and which types of fibres to use. | <input type="checkbox"/> How to be part of a team when I participate in a Ski Tournament or similar activity with other skiers from my club. |

LEVEL 4

WHAT I WILL LEARN AT MY PRACTICE SESSIONS
Put a check in the appropriate box when you have completed an item



- | | |
|---|--|
| <p><input type="checkbox"/> The properties of snow, the snow transformation process (crystals, grains, dry, wet) and their effect on wax selection.</p> <p><input type="checkbox"/> What waxes and tools I need in my wax kit. How to select wax for the day.</p> <p><input type="checkbox"/> I will not litter and I will pack out what I packed in.</p> <p><input type="checkbox"/> I can help my ski club in a variety of ways such as stuffing club bulletins in envelopes, preparing food for a club gathering, cleaning up litter at the ski area, playing ski games with the youngest skiers, etc.</p> <p><input type="checkbox"/> I need to ski frequently at a terrain park/ski playground in order to improve my ski technique.</p> | <p><input type="checkbox"/> What I should be eating for lunch to keep my energy level up. Choices might include: sandwiches with protein such as cheese, meat or peanut butter, macaroni or rice salad, vegetables and dip, apple sauce, fruit juice, etc..</p> <p><input type="checkbox"/> At this level I should participate in at least four short, “fun” competitions during the ski season—sprints, relays or similar kinds of activities.</p> <p><input type="checkbox"/> As I progress through the cross-country skill development programs there will be many adventure-based cross-country skiing opportunities I can take part in if I am physically fit, have developed my outdoor skills, and have good technique.</p> |
|---|--|

CHANDRA CRAWFORD AWARD: SUPER ATTITUDE



**This award acknowledges
your positive mindset,
supporting your friends,
showing perseverance and
your team spirit!**



Chandra Crawford

Chandra Crawford was born and raised in Canmore, Alberta. She started skiing at the age of one and did her first ski race at the age of 12. When she was 16, she narrowed her focus from school, music, photography, French, biking, swimming and running to focus more on her skiing. She was very inspired by Sara Renner, Beckie Scott, and their teammates and always had a positive attitude.

Chandra is well-remembered for her Olympic moment: she sang O Canada very enthusiastically on the podium after winning the gold medal in the women's cross-country 1.1 km sprint at the 2006 Winter Olympics in Turin, Italy. She won her first World Cup Gold Medal in her home-town of Canmore in January, 2008 in the sprint Event, followed by a second Gold in Lahti, Finland in March, 2008.

Chandra also raced for Canada in the 2010 and 2014 Winter Olympics and spent a total of 13 years on the national team. After the Sochi 2014 Olympics, she retired from sport to attend business school, deliver inspiring presentations to all kinds of audiences, and lead her not-for-profit organization, Fast and Female. Chandra and her teammates founded Fast and Female in 2005 to create a positive sport environment for girls. Today, Chandra works tirelessly on programs to keep girls healthy, happy and active through their teens. She still has a really positive attitude!

SARA RENNER AWARD: ADVENTURE



This award acknowledges your willingness to explore off track skiing into the woods and showing a determined spirit of discovery!

Sara Renner

Sara Renner grew up skiing with her family at Mount Assiniboine Lodge, which her parents operated. Her backcountry adventures there doubtlessly instilled her love for skiing early on in her life.

Sara had a long and successful cross country ski career. She is a four-time Olympian, a 2006 silver medalist, and she competed in five World Ski Championships, winning Canada's first-ever bronze medal. Sara is also the first Canadian to win a medal in each of Olympic Winter Games, World Ski Championships and World Cup.

She announced retirement from competitive skiing in 2010 after the Whistler Olympics. Currently she is a busy parent of three, and a Jackrabbit coach.



RICHARD WEBER AWARD: SKIING OFTEN

This award acknowledges your play-time on snow in addition to the club's practice sessions!

Check a box every time I ski for at least one hour outside the club practices.

1				5
				10
				15
				20
				25



Richard Weber

Born in Cantley, Quebec, Richard Weber comes from a family of cross-country skiers. It was therefore no surprise when he became a member of the National Ski Team. He competed for Canada at the 1977, 1979, 1982 and 1985 World Championships. He then dedicated his skills and talents to polar exploration, reaching the North Pole on skis in 1986. In 1988, he was the leader of the Canadian team that was part of the joint "Polar Bridge" expedition comprised

of Russians and Canadians who skied from Siberia to Canada via the North Pole. In 1995, Richard and Mikhail Malakhov became the only explorers in history to ski from Canada to the North Pole and back entirely unsupported.



BECKIE SCOTT AWARD: SPRINTS

This award
acknowledges how
fast you can go over a
short distance (50m)!



Beckie Scott

Beckie Scott, from Vermilion, Alberta, started skiing in the Jackrabbit Ski League at the age of six, and at seven she entered her first ski race. Through a rare combination of talent, hard work and determination, she later established herself as one of the world's best cross-country ski competitors. Beckie earned multiple World Cup medals in sprint, individual and relay events, and in 2002 at the Olympic Winter Games in Salt Lake City she became the first Canadian to win an Olympic gold medal in cross-country skiing.

PIERRE HARVEY AWARD: HAT TRICKS

This award acknowledges your exceptional accomplishment of achieving a high standard for technique, speed and skiing often!



GOAL #1 FOR TECHNIQUE +
SPRINT + SNOW GOAL



GOAL #2 FOR TECHNIQUE +
SPRINT + SNOW GOAL



GOAL #3 FOR TECHNIQUE +
SPRINT + SNOW GOAL



GOAL #4 FOR TECHNIQUE +
SPRINT + SNOW GOAL



GOAL #4 FOR TECHNIQUE + #5
SPRINT + #5 SNOW GOAL

Pierre Harvey

A native of Rimouski, Quebec, Pierre Harvey was the first Canadian cross-country skier to win a World Cup competition. During his career, he won a total of three World Cups and two World Loppets. He is also one of the top-ranked Canadian Championships medalists ever with a total of 35, including 22 gold! A multi- talented athlete, Pierre finished 24th in road cycling at the 1976 Olympic Summer Games, and in 1984, he accomplished the feat of competing in both the Winter Olympic Games (in Sarajevo) and Summer Games (in Los Angeles).



DEVON KERSHAW AWARD: DRYLAND

This award acknowledges your participation in pre-ski season club sessions engaging at least the following core skills: good ski striding and running techniques; flexibility routines; balance and technique drills/skills' course!



**4 DRYLAND SESSIONS
INCLUDING ALL CORE SKILLS**



**8 DRYLAND SESSIONS
INCLUDING ALL CORE SKILLS**



**12 DRYLAND SESSIONS
INCLUDING ALL CORE SKILLS**



**16 DRYLAND SESSIONS
INCLUDING ALL CORE SKILLS**



**20 DRYLAND SESSIONS
INCLUDING ALL CORE SKILLS**

Devon Kershaw

Growing up in the Northern Ontario city of Sudbury, Devon was an early sport enthusiast growing up playing hockey, volleyball, badminton, tennis and running competitively. Devon skied for Laurentian Nordic as a junior when he represented Canada at three World Junior Championships (2000-2002), and won 18 national junior titles.

Devon skied his name into the history books in 2011 with teammate, Alex Harvey, as the Canadian duo joined forces to become the first Canadian males to win a medal at the World Championships when they won gold in the team sprint race in Oslo, Norway.



ALEX HARVEY

AWARD: COMPETITION

This award acknowledges your participation in at least 4 fun local/regional races this season!



4 RACES DURING THE SEASON



**6 RACES DURING THE SEASON
(MINIMUM 2 SKATING & 2 CLASSIC)**



**GOAL #2 + ACHIEVED AN AVERAGE OF
5:00 MIN./KM (RACES OF 1KM OR MORE)
IN AT LEAST 2 RACES**



**GOAL #2 + ACHIEVED AN AVERAGE OF
4:30 MIN./KM (RACES OF 1KM OR MORE)
IN AT LEAST 2 RACES**



**GOAL #2 + ACHIEVED AN AVERAGE OF
4:00 MIN./KM (RACES OF 1KM OR MORE)
IN AT LEAST 2 RACES**

Alex Harvey

Alex has always been on a pair of cross-country skis as far as he can remember, spending most of his leisure time on the trails and alpine skiing. At only 16 years old, Alex took part in his first World Junior Championships and went on to win 3 medals at this event the following years.

In his third year on the National Ski Team, Alex teamed up with Devon Kershaw to win Canada's first-ever men's medal at the World Championships when they captured the gold in the team sprint at the mecca of cross-country skiing in Oslo, Norway in 2011. Six years later (in 2017) at the same site, Alex became the first Canadian to ever win a World Championship individual event, the prestigious 50km race.



WINTER SAFETY CHECKLIST

- ☐ Try to always ski with someone.
- ☐ Dress appropriately for ski sessions. Stay dry and warm. Be prepared for bad weather or changing conditions.
- ☐ Know which trails you are allowed to ski on, and never ski outside the designated area.
- ☐ Learn what to do if you become lost.
- ☐ Find out what causes frostbite. Learn to recognize it and what to do about it.
- ☐ Re-evaluate your plans if you or other members of your group start to get tired.
- ☐ Always ski in control.
- ☐ Ski terrain and distances adapted to your skill and fitness level.
- ☐ Be aware of the dangers of crossing bodies of water in winter.
- ☐ If you ski in an avalanche area, make sure you have the proper training and equipment.



CROSS COUNTRY
SKI
DE FOND

Name

